



LIFESPAN

FAMILY HEALTHCARE

VOLUME 3, ISSUE 1

SPRING / SUMMER 2015

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Office Hours

Monday:

8:15am - 4:30pm

Tuesday:

8:15am - 4:30pm

Wednesday:

8:15am - 4:30pm

Thursday:

8:15am - 4:30pm

Friday:

8:15am - 4:30 pm

Access to a
provider
after hours:
207-882-1062

Sign up to
receive your
newsletter by
email.

Welcome, Spring! Time for New Growth and Play

It's been an "above average" winter! Families and children have used up their school snow days, shovels, and rock salt. This sparkly white season has been beautiful, and even fun; yet most of us are ready to say "Welcome!" to spring. Winter has a way of slowing things down: slippery roads, blizzard precautions, earlier nightfall, plans on hold. Spring has a way of bringing a renewed sense of hope, a little spark of excitement, and a watchfulness for growth and change. Under all this snow and ice, the earth has been resting and preparing for its wonderful appearance of new life. And yes, here at Lifespan Family Healthcare, while not resting under the snow, we have been preparing for growth and change.

*This past winter we have welcomed, with you, **Terri Taylor, FNP** and extended our patient care hours thru Friday to meet the needs of our growing patient community. Just a few weeks ago, we welcomed **Bekah Turner, Certified Medical Assistant** to our team. Our **Patient Advisory Council (PAC)** is back to meeting regularly after the holiday/snow cancellations, with new ideas to enhance your experience here. It has been an exciting time of growth, change, and continued focus to provide you with a healthcare office that truly does feel like a medical home. Please continue to give us your feedback and ideas. We want to keep growing and developing with you. We'll take your feedback in any form, of course. Keep in mind that the PAC is eager to hear your ideas and turn them into plans.*

Also, one more thing. It's spring! Get outside to play, laugh, move, breathe, smell, taste. Shake off the winter blues and take in fresh inspiration. New research is showing that play is as important for our brain and well-being as is sleep. Wow! Let us know how you play this spring. Inspire us, too.

Warm wishes!

Michael & Rebecca Clark



Mission Statement

To create a patient-centered medical home that serves our patients, their families and the community by providing team-based whole person healthcare with compassion and excellence.

Our Phone Tree

To better serve you

Fax, Mail/email address, hours, press 1

Scheduling & General questions, press 2

Medication Refills, press 3

Rebecca, Shane’s M.A. Press 4

Sandy, Administration/ Billing Department Press 5

Kelly, Dr. Clark’s M.A. Press 6

Bekah, Terri’s M.A. Dial 112

Mickie, Referrals Press 7

Cally, Medical Records Press 9

Becky, Front Desk & Scheduling for Rebecca Clark, Press 0

When leaving a message, please leave your full name and date of birth.

New Lifespan Family Healthcare Team Member

Rebekah “Bekah” Turner, Certified Medical Assistant

Primary Role: Medical Assistant

Education: Bekah is a graduate of Keiser University with an Associate Degree in medical assisting. She achieved her CMA from the American Association of Medical Assistants (AAMA) in 2012. Has a partial Bachelor Degree in Health Management and Administration and is currently in classes at Kaplan University for her BSN (nursing) degree.



Entertainment: Reading, hiking, snowmobiling and spending time with her family.

Provided Healthcare: She has worked for Sheepscot Valley Health Center in Coopers Mills and Maine Health Cardiology in Augusta

History: Born and raised in Florida, Bekah moved to Maine in 2010. Resides in Woolwich with her husband, Josh, son Josh Jr., pup named Taz, a bunny and a leopard gecko.



Lifespan TechTalk

With Court Dwyer
Lifespan PAC member



Have you ever noticed that Maine outdoors, at least to my eyes, usually consists of three colors: green (trees and grass and fields), blue (sky and lake/sea water) and white (clouds and wave caps.) We who live, work and play in Maine know what it’s like to have fresh air and wonderful land and seascapes even if we haven’t noticed these three colors before.

Want to help in a small way to save some of the green stuff?

Lifespan Healthcare is going to start distributing this newsletter (optionally) via Email to those who wish to receive it that way. Save the environment in so many ways by using Email distribution.

Don’t worry: as with all PII (Personally Identifiable Information) at Lifespan, we will not use your Email for any other purpose than communicating with you. We will not give your Email address to anyone else.

So PLEASE, contact the front desk and give them your Email address, letting them know that Lifespan has your permission to distribute the newsletter and updates to you via Email. Better yet, email them at info@lifespanfamilyhealthcare.com and let them know. Each and every correspondence distributed will offer you the opportunity to “opt out” should you change your mind later.

SIGN UP TODAY!

Do you know about the Lifespan Family Healthcare PAC?

The Patient Advisory Council or PAC team is a diverse group of active patients who meet monthly with the providers to discuss how to improve patient/provider communication, and make changes that may be beneficial to both. The PAC team can suggest ideas from a patient's perspective in helping to guide these improvements. In fact, the PAC mission statement is: "to proactively reinforce the patient's perspective with the staff of Lifespan Family Healthcare in a way that promotes compassionate high quality care for the patient, family and community".

Past PAC team accomplishments include: improvements to the telephone service, website access, faster communication to patients regarding test results, and changes in the waiting room with the addition of the HD TV monitor.

The PAC team is working on two major projects for 2015. The first includes helping patients become more familiar with the basic access tools to the LFH web portal. This idea came about because the practice noted that only a few patients were taking advantage of using the portal. Benefits such as requesting prescription renewals, making appointments, viewing laboratory results, or e-mailing a concern/question to the provider were not being used. Once this was brought to the attention of the PAC team, one of the members who has IT work experience volunteered to be make himself available to meet with individuals on a one to one basis to help with this process. More information about all of this is available in the office.

The other project involves developing informational binders for the waiting rooms. Some information will be provided to assist patients in being more proactive and developing an open dialogue with their provider. This communication will lead to a better understanding of what is important to the patient in making decisions about their physical and mental healthcare. It will also contain answers to frequently asked questions (FAQs) such as: what to expect during visits, will I see provider if I am admitted into the hospital, etc.

The PAC goal is to remain focused and complete a few projects at a time, while remaining open to discussing potential ideas keeping in mind, the importance is to always find ways to improve the partnership between the Lifespan team and their family of patients.

~Carole Kennally

DIRT THERAPY

After a long, cold and snowy winter I don't know about you but I'm ready for some "dirt therapy". After the long dormant period where those of us living in Maine tend to hibernate, I can't wait to see the ground and those tiny crocus shoots breaking through the dirt. Are you looking forward to the color returning to our beautiful area? We live in such a gorgeous place but sometimes forget to notice.

I hope you are also planning some "garden therapy" this spring. Getting back in touch with nature and the bounty of our backyard gardens is great for the soul as well as the body. Much of the nutrition in our food deteriorates over time after it is harvested. So the fresher the better! The value of eating multiple fruits and vegetables every day cannot be more important for our health. Eating 5 fruits/vegetables per day is associated with healthier weights, less risk for heart disease and less risk for many cancers. Besides they taste really good too! If you don't grow your own, check out the local farm stands for fresh locally grown produce.

In addition, being outside in the sun for a few minutes each day can help our bodies create vitamin D and boost our mood. Leaving arms and face exposed to the sun for **no more** than 15 minutes/day can give us plenty of vitamin D in the summer. More than that risks damaging the skin and increased risk for skin cancers. Use of an SPF of at least 15 is recommended for all exposed skin except for a few brief minutes. Sunlight has also been shown to help some people with their mood.

So I'm ready, are you? DIRT THERAPY!!

~Terri Taylor, NP



LIFESPAN FAMILY HEALTHCARE

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Check out our website:
www.lifespanfamilyhealthcare.com

Super Easy Vegetarian Chili

Ingredients:

1 can black or pinto beans, drained	
1 can kidney beans, drained	1/2 tsp salt
1 can diced tomatoes	1/2 tsp pepper
1 medium onion, diced	dash cayenne pepper (optional)
3 cloves garlic, minced	dash red pepper flakes (optional)
1 bell pepper, diced (any color)	1/2 cup Textured Vegetable Protein (optional)
2 tbsp olive oil	1/2 cup water (optional)
1/4 cup vegetable broth	
1 teaspoon paprika	
2 teaspoons ground cumin	
1 teaspoon cayenne pepper	} or 2 tbsp chili powder
1 teaspoon oregano	
2 teaspoons garlic powder	



Preparation:

In a medium to large soup pot, sauté the onion, bell pepper and garlic in the olive oil. Add tomatoes, vegetable broth and spices or chili powder and stir. Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. Add textured vegetable protein and water 10 minutes before done cooking. Of course, the longer you cook chili the better, but if you're pressed for time, 20 minutes is fine. For a spicier chili, add extra cayenne and red pepper flakes. Makes 6 servings.

David & Janet M.