

HEALTH CENTER HIGHLIGHTS



Volume 4, No. 4

A bi-monthly newsletter of HealthReach Community Health Centers

Sept/Oct 2006



A MESSAGE FROM THE ACTING PRESIDENT

Community Board Members Make a Difference

Dear HRCHC Staff, Board of Directors and Members of the Community:

In our last issue of Health Center Highlights, we celebrated “Patient Voice and Community Choice” as the theme of National Health Center week. A key to the success of the community health center movement is patient involvement in health care delivery. The active collaboration of approximately 80 volunteers who serve on the local community Boards throughout our system is critical to achieving the mission of HealthReach Community Health Centers.

Many of these boards began with a grassroots effort aimed at bringing healthcare services to the local community. These groups of citizens spent considerable energy raising the funds to create a medical home – a building where services could be offered. They then collaborated with HRCHC to provide services in those medical homes.

Today these local community boards continue in their role of maintaining our facilities. Their relationship with our organization, however, has developed to be much more collaborative as we continue to focus on the mission of bringing high quality health care to their communities.

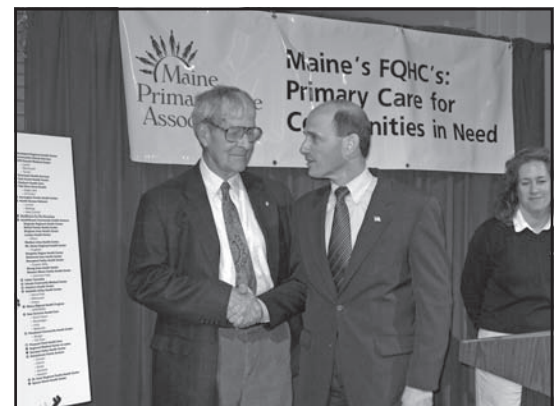
For example, nine members of our Governing Board of Directors are former/current members of local Community Boards.

These local Community Boards have also worked in partnership with HRCHC to welcome new providers to their health center and

Difference, continued page 2

Role of the Community Boards

- ◇ Participating in needs assessments and strategic planning
- ◇ Advocating at local, state and national level
- ◇ Welcoming new providers
- ◇ Recording the history of our Health Centers
- ◇ Participating in the Idea Exchanges with other local boards
- ◇ Maintaining the physical plant
- ◇ Participating in the HRCHC governing board
- ◇ Participating in fund development
- ◇ Promoting Health Centers
- ◇ Co-sponsoring community educational events



Jack McKee (left), President of the Mt. Abram Board of Directors, speaks on the behalf of Community Health Centers with Maine Governor John Baldacci.



introduce them to community members.

Co-sponsoring community educational events has been another area of collaboration. For instance, HRCHC collaborated with the Richmond Area Health Center Community Board and the Sheepscot Valley Health Center Board and area agencies on aging to bring Medicare Part D information to their communities.

Community Board members are also involved in advocacy efforts, ensuring that our public officials know the important role health centers play in providing quality health care 'close to home'.

We continue to look for more opportunities to partner with our local Community Boards and thank them for their contributions to the success of HealthReach Community Health Centers.

If you have any thoughts or suggestions I'd love to hear about them.

HRCHC Overview

- ◇ Delivering care at 11 sites
- ◇ Providing care to residents from 80 towns and cities (over 4,500 square miles), covering parts of 9 Maine counties
- ◇ Serving over 36,000 patients annually, which equals 39% of all Mainers served by community health centers
- ◇ Employing over 200 staff and 40 providers

Until next time...

No cost Mammograms, Pap Tests offered at 10 HRCHC locations



No cost services for Mammograms and Pap Tests are available to Maine women through the Maine Breast and Cervical Health Program (MBCHP). Services are offered at locations throughout Maine, including ten of the eleven HRCHC locations.

The Belgrade Regional Health Center has not been funded to provide these services to their patients at this time, but we are hopeful that funding and management from the Maine Department of Health and Human Services will become available in the near future.

Maine women may receive no cost services if the following requirements are met:

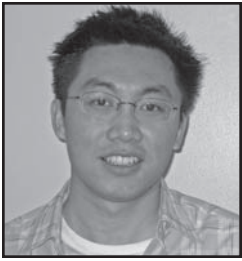
- Age 50* or older (limited openings for women 40-49), and
- Meet the 2006 income limits located in the box at right, and

- No insurance, or
 - Insurance does not cover mammograms or Pap tests, or
 - Have a high deductible or co-insurance
- The MBCHP pays for the following services:
- Mammograms (breast x-ray)
 - Breast exams
 - Pap tests
 - Pelvic exams (internal exams)
 - Limited Diagnostic or follow-up services

Uninsured Maine women undergoing treatment for breast or cervical cancer may qualify for the MaineCare Treatment Act.

To get no cost services, or to find out more about this program, call 1-800-350-5180, or (207) 287-8068: Press 1 for more information and to see if you qualify. TTY 1-800-438-5514 (Deaf/Hard of Hearing).

2006 Family Income Limits	
Family Size	2006 Yearly Income
1	\$24,500
2	\$33,000
3	\$41,500
4	\$50,000
5	\$58,500
6	\$67,000
7	\$75,500
8	\$84,000



Jason Zhang
VISTA Member

Passion to help, computer, medical skills added by new *VISTA member Jason Zhang

“It feels wonderful to surround myself with others who are genuinely passionate about helping people in need,” states Jason Zhang, a new Americorps *VISTA member who joined HealthReach Community Health Centers this fall.

VISTA, which stands for Volunteers in Service to America, is one of the nation’s oldest community service programs. Since its inception in 1965, more than 140,000 Americans have served as VISTA members across the United States, each a committed individual working with community organizations and public agencies to create projects that will bring communities out of poverty.

“Having been in an academic environment for most of my life, I am excited to work as a VISTA and use my knowledge and skills in service of others.” Zhang has a MS degree in computer science from Carnegie Mellon University, and also completed his premedical studies at Johns Hopkins University. Before entering medical school, he decided to utilize this year to perform public service and to gain insight into the intricate workings of a healthcare system as well as its impact on the patients. He relocated from Massachusetts to Maine in fall of 2006 to work with HealthReach Community Health Centers, which is a system of eleven federally qualified health centers located in central and western Maine.

Presently there are nearly 6,000 VISTA members in America, working in over 1,200 projects. These projects aim to fight against illiteracy, improve health services, create businesses, increase housing opportunities, bridge the digital divide, and strengthen the capacity of community organizations. In addition to a monthly living allowance, VISTA members receive health care benefits, relocation expenses and non-competitive eligibility upon successful completion of service. They also gain new leadership skills, invaluable



work experience, and most importantly, a sense of satisfaction from making a significant contribution to community.

When Zhang decided to engage in public service for the year, the first thing that came into his mind was to join Americorps and become a VISTA. He chose to serve in HealthReach Community Health Centers in Maine because of his attachment to New England, where he wants to settle down and practice medicine in the future. “Having the VISTA experience will no doubt make me a better physician, because being a doctor is all about dedicating yourself to the needs of others.”

“ Having been in an academic environment for most of my life, I am excited to work as a VISTA and use my knowledge and skills in service of others.

~ Jason Zhang ”

In the state of Maine there are two major VISTA projects: Communities for Children, which focuses on youth education, and Senior \$ense, which is geared towards adults over 55 and is part of University of Maine-Orono Center on Aging. HealthReach VISTA members are part of Senior \$ense, which serves the needs of low-income seniors. VISTA members at HealthReach focus on seniors receiving care at eleven community health centers located in Albion, Bingham, Belgrade, Bethel, Coopers Mills, Kingfield, Livermore Falls, Madison, Rangeley, Richmond and Strong. They assist them in navigating the health care system. VISTAs also work to promote the Planned Care Model, which increases the involvement of patients with chronic conditions in their own care. The health centers provide medical care and prevention services to citizens of all ages and accept commercial insurance as well as Medicare and MaineCare. In addition, they offer Sliding Fee Services through a federal grant for people who are uninsured or underinsured.

Currently Zhang is working on a variety of health-

Zhang, continued page 4



WELCOME OUR NEW HEALTREACH PROVIDER

Dr. Kathryn Wistar joins Sheepscot Valley Health Center

The Sheepscot Valley Health Center is pleased to welcome new medical provider, Kathryn Wistar, MD. Dr. Wistar joins a team of five other providers and began her new practice at the Sheepscot Valley Health Center on September 20, 2006.

Dr. Wistar graduated with a Bachelor's of Art in Women's Studies from San Francisco State University in 1993. She went on to medical school at the University of North Carolina School of Medicine, receiving her medical degree in 2002.

Dr. Wistar completed her Family Practice



Dr. Kathryn Wistar (inset, right) performs a routine physical examination on a patient.

Residency here in Maine at the Maine Dartmouth Family Practice, and recently completed a geriatric fellowship. Dr. Wistar recently spoke about the

opportunity to treat patients at the Sheepscot Valley Health Center. "When I went into medicine I knew I wanted to pursue rural health care and develop a broad based primary care practice," said Dr. Wistar. "At Sheepscot I will have the opportunity to treat patients of all ages."

Dr. Wistar has always had an interest in the medical field. "My father was a doctor who mostly

worked in the research field," said Dr. Wistar. "After the birth of my two daughters I reflected on the kind of career I would find personally fulfilling, medicine was an obvious choice." Prior to attending medical school, Dr. Wistar had worked in the medical field and volunteered for social causes. A writer as well, she is the author of several professional publications.

As the newest Sheepscot provider, Dr. Wistar has found the clinical and administrative staff to be supportive as she gets to know the patients and the operation of the Health Center. She is also aware that Sheepscot along with the ten other community health centers under the HealthReach Community Health Centers umbrella will be adopting an electronic medical record system in 2007. Dr. Wistar pointed out that she utilized an

electronic medical record system during her Residency. "An EMR system is an effective tool to organize your

*"An EMR system is an effective tool to organize your workload. It provides an easier way to track lab work and provides safety measures when prescribing medications."
~ Dr. Wistar, speaking about EMR implementation at HRHC locations.*

workload," said Wistar. "It provides an easier way to track lab work and provides safety measures when prescribing medications."

Dr. Wistar's free time is devoted to her husband, their two daughters and dogs and tending her vegetable garden. She is an active member of the local Grange in Vassalboro. "The Grange does a lot of good work in our community," said Wistar.

Last year, SVHC provided primary and preventive health care services to over 5,000 area residents for a total of 19,228 patient visits.

Zhang

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related initiatives. With a strong background in computer science, he is assisting with the establishment of the EPM (Electronic Patient Management) and EMR (Electronic Medical Records) system for the eleven

health centers. He will also be involved with patient assistance programs such as the Medicare Part D prescription drug program, as well as with recruiting and training new volunteers for HealthReach. Before moving to Maine, many of his colleagues and friends told him stories about its harsh winters. But as someone who has lived most of

his life in New England, Zhang is no stranger to cold climates and is only eager to experience the legendary winter snow of Maine.

To find out more about VISTA opportunities in Maine call toll free at 1-866-385-8124 or visit the Maine VISTA website: www.mainevista.org.



Baldacci speaks at MPCA “Faces of Maine’s Safety Net” Project

The Maine Primary Care Association kicked off National Community Health Center Week with the “Faces of Maine’s Safety Net” photography project. The goal of the project was to describe the role of Maine’s Community Health Centers through the images and voices of our patients. Two patients from Richmond Area Health Center were among the twenty-five who volunteered their stories and reflections on the community health center safety net.

An unveiling of this display was held at the Maine State Museum on August 7 with Rep. John Richardson, Speaker of the Maine House and Governor John Baldacci speaking at the event. Both of the featured patients from Richmond were able to attend. A special thank you to Richmond staff members Pam Lindvall and Christine Holzinger for their attendance as well.



Governor Baldacci speaks with Jon Bishop (left), about his participation in the “Faces of Maine project”. Jon is a Sacopee Valley Health Center patient.



Rep. Tom Allen accepts a plaque for his steadfast support of community health centers as HRCHC Acting President/CEO Connie Coggins looks on.

Rep. Allen attends Belgrade luncheon

U.S. Rep. Tom Allen (1st District-ME) was the guest of honor at a luncheon on August 24th with the Belgrade community board. Rep. Allen attended the groundbreaking ceremony for the new Belgrade facility in August 2005.

Dr. Diane Campbell had the opportunity to give Rep. Allen a tour of the new facility, which opened in January 2006. The Congressman’s visit to Belgrade was part of the effort to promote National Health Center Week.

Rep. Allen was presented with a plaque for his steadfast support in Congress for community health centers.

Rep. Michaud presented with plaque on visit to Mt. Abram

U.S. Rep. Michael H. Michaud (2nd District-ME) was the special guest at Mt. Abram’s open house celebration on Thursday, August 10.

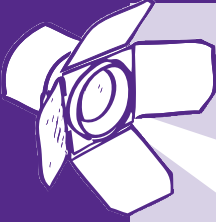
Mt. Abram’s community board hosted the open house to promote National Community Health Center Week. Jack McKee, President of Mt. Abram’s community board, and Connie Coggins recognized Rep. Michaud with a plaque noting his continued commitment and leadership in Congress on behalf of community health centers.

The open house provided an opportunity for the public to tour the Health Center and meet with Dr. Jacobs and staff.



Rep. Mike Michaud (center) is presented with a plaque by Jack McKee, Mt. Abram’s community board president as Connie Coggins looks on. The plaque recognized Michaud’s commitment to community health centers.

HEALTHREACH SPOTLIGHT



Editor's note: This feature of our newsletter "spotlights" patients, employees, volunteers and other community members from our service areas. We hope that you enjoy hearing about featured individuals and at the same time gain a better understanding of our organization.

At a conference for dental care providers in Madrid, Spain, Sharon Smith-Bouchard learned a great deal about the status of dental care around the world. Sharon, a Registered Dental Hygienist with the Strong Area Dental Center participated in the dental conference with folks from 24 other countries. "What I learned is that there is such a

need for access to dental care not only in the State of Maine, but worldwide," said Sharon. "The need for access to dental providers in underserved rural areas is not limited to our own backyard; the issue is much larger than that."

Surprisingly, Sharon found the lack of access to dental care to be as serious an issue in the United States as it is in other nations around the world.

Back in rural Maine however, Sharon does her part in ensuring that families in Franklin County receive access to high quality and affordable dental care. Sharon joined the Strong Area Dental Center before it opened, back in December 2002. She was one of the individuals instrumental in opening the new facility. Last year the Dental Center served over 1,000 patients.

The Dental Center is equipped with state-of-the-art dental technology including digital x-rays and an electronic patient record system. Sharon is proud of the quality of service provided at Strong as well as the universal access offered to anyone in need. "The fact that the Strong Area Dental Center is located in my community, a rural area with a lot of underserved patients, is important to me," said Sharon. "We serve a variety of the population, people of all social and economic means."

Becoming a dental hygienist was a great career move according to Sharon, "I was looking for a career that was hands on and allows me to be around different people each day. At the age of 24, I went to Hygienist School and discovered it to be the right fit." Sharon graduated in 1986 from Dental Hygiene School at Westbrook College, which is now part of the University of New England.

She notes that her role as a dental hygienist has changed over the years. For example, in 1986 dental hygienists were unable to provide services without direct supervision from a dentist. Today, a hygienist is able to provide services to patients under a dentist's general supervision. "The successive changes in law have had a positive effect in our field and it has allowed for more patients to be treated," noted Sharon.



A young patient practices brushing techniques on a stuffed moose.

It is clear that Sharon is determined to make the Strong dental practice a successful one. "For me, the number one goal of the Dental Center is to become more financially sustainable. I think part of that effort will be realized as we continue to expand our outreach efforts. Awareness and education are critical components for good dental health. It is important that we reach children in the local school system and educate them on proper oral hygiene." Sharon is also interested in eventually providing outpatient care for the elderly in local nursing homes. "We often overlook their needs for dental care and their inability to have access to services."

Sharon is enthused about the recent breakthroughs in medical research that have proven the critical importance of good oral hygiene to

“ What I learned is that there is such a need for access to dental care not only in (Maine), but worldwide.

~ Sharon Smith-Bouchard, Strong Area Dental Hygienist ”

Spotlight, continued page 7



Kevin Brooks, V.P. of Finance for MaineGeneral & HRCHC explains the various financial components of HRCHC.

Board Orientation Held

On September 27th, approximately 50 governing and local community board members and HRCHC staff, attended a Board orientation at John Martin’s Manor in Waterville.

Board members had the opportunity to learn about the role of Board membership, the history and organizational structure of Federally Qualified Health Centers and HRCHC, as well as develop an understanding of the various financial components that support our organization.

HRCHC Acting President, Connie Coggins, the orientation presenter, also updated the attendees on the status of our strategic plan initiatives.



Leonard Dow, HRCHC Board Chair, welcomes governing and community board members to the orientation.

Spotlight

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a person’s overall health. “We are finding that there is a strong relationship of gum disease to low birth rates, heart disease, and diabetes,” said Sharon. “Research is rapidly changing the way we look at dental care, we are learning more about the relationship of good oral hygiene as a part of a healthier lifestyle.”

A resident of the Town of Phillips, Sharon enjoys living in a close knit community. “I like that it is still a small community that has not become gentrified over the years. I grew up in Farmington, and I have a tendency to know all my patients at the Dental Center.”

Sharon and her family own the Town Line Farm on Troy Hill Road. They raise most of their own meat including pigs, chickens, turkeys, and lambs. They also grow potatoes, garlic, onions, and broccoli. “We trade with other farmers for things we don’t grow ourselves.” For pets they have a horse, two dogs and a cat. And in the winter, Sharon and her husband are avid skiers of both the downhill and cross country variety.

Sharon recently featured her family’s cornucopia of farm products at the Farmington Fair Exhibition Hall where she won a blue ribbon. It was the first year that she had entered the agriculture competition. “I remembered how my grand parents used to do the flower show and would work for days to get their garden ready,” said Sharon. “I found it to be a fun and rewarding experience.”

Strong Area Dental staff provides parents with vital information

Jewellyn Baker and Donna White from the Strong Area Dental Center volunteered on August 5 at the Wilton Blueberry Festival for the Wilton Masonic Lodge on the CHIPS (Child Identification Program) program.

The Masonic CHIP program provides parents and guardians the means to quickly access vital information on their children to emergency responders. Additionally, the program is a comprehensive service that provides parents with video and digital photographs on CD, fingerprints,, DNA identification, and teeth impressions of young children. During the course of the Festival, the team took dental impressions of over 50 children’s teeth.

On Wednesday September 20, Sharon Smith-Bouchard and Andrea DeRusha assisted with the project by providing dental impressions for 58 children’s teeth during the Farmington Fair. The Strong Area Dental Center staff had a lot of fun interacting with the children during the festivals.



Planned Care Model Update



Christa Dillihunt, RN

The Planned Care Model will reshape the way we deliver healthcare to our patients. It focuses on planned visits for patients with chronic conditions rather than waiting for the patient to develop acute symptoms before calling for an appointment.

One of the successful processes used in the Planned Care Model is to assist patients in setting realistic, measurable, and attainable treatment goals that they can work on between the current visit and the next planned visit. This is referred to as patient self-management.

Studies have proven that patients with chronic illnesses who actively participate in discussions and decisions about their treatment plans are more likely to establish achievable, realistic and measurable self-management goals. These are goals that patients believe they can achieve within a specific timeframe. It is important to help patients establish small steps with very specific timeframes that will help them recognize small achievements as they continue working toward achieving the larger goal of a healthier lifestyle. Ultimately, your provider is viewed as the guide in the self-management process. The patient is the day to day manager of their own health.

An essential ingredient to implementing a successful self-management plan is an informed and engaged patient. Patients need to understand the chronic disease process and realize his or her role as the daily self manager of their illness. Family and caregivers have to be engaged as well in the patient's self-management goals. A family working together to live healthier lives often have greater success than individuals going at it single-handedly.

As an organization, HealthReach Community Health Centers is committed to implementing the Planned Care Model throughout all eleven community health centers. For example, during the month of September a central staff member attended a series of four "Train the Trainer" classes in "Living a Healthy Life with Chronic

“ Studies have shown (patients) with chronic illnesses who actively participate in discussions and decisions about their treatment plans are more likely to establish...goals. ”

“ ...HealthReach Community Health Centers is committed to implementing the Planned Care Model throughout all eleven community health centers. ”

Conditions”. In the future this staff member will be available to provide some education to HRCHC staff and patients about self-management goal setting as we implement the Planned Care Model across our system of eleven health centers.



Forrest West, MD

In addition, at the Regional Provider meetings scheduled for October 4th at the Granary in Farmington and on October 11th at The Senator in Augusta, Dr. Forrest West, our Clinical Medical Director, will provide a brief review of the Planned Care Model to all of the providers at HealthReach Community Health Centers. All of the HRCHC clinical support staff are invited to attend the meetings as well. There will be a guest speaker, a Health Educator, who will provide an overview of patient self-management and a program that he teaches called: "Living a Healthy Life with Chronic Conditions."

At the meetings, Dr West and his nurse, Paula Dube, RN, will share how they learned to incorporate the discussion of self-management goals with patients during the course of a normal office visit. They will also provide a sample of the patient self-management

goal form developed for patients at the Lovejoy Health Center. The Lovejoy Health Center serves as the pilot site for the implementation of the Planned Care Model. The October meetings will provide an opportunity for all of our providers and clinical staff to receive a first hand account of the successful implementation of this program at Lovejoy.

by Christa Dillihunt, RN – Director of Performance Improvement & Clinical Support Services



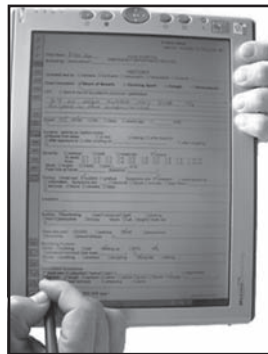
NextGen: HRCHC prepares for Electronic Medical Records

HealthReach Community Health Centers is implementing The NextGen computer-based Electronic Practice Management (EPM) and Electronic Medical Record (EMR) system. The NextGen system will streamline our front and back office administration and manage all of our clinical data relating to patient care. The NextGen system currently provides EPM and EMR capabilities to more than 700 physician practices across the country. The mission at NextGen is to “provide innovative systems that help clients cut costs, increase revenues, improve quality and reduce risk.”

We are currently on track to begin implementation of the EPM portion of the new system. We plan to “go-live” with the new EPM software at two pilot sites (Bingham and Western Maine) on Nov. 29.

NextGen

“ **NextGen’s Mission:**
To provide innovative systems that help our clients cut costs, increase revenues, improve quality and reduce risk.



Our remaining health centers are scheduled to “go live” in December. The EMR system is scheduled to “go live” next year.

” During the next several months we will be exercising great effort to adapt from our predominantly paper-based medical records system to a computer-based EMR system. For example, we will be pre-loading a significant amount of patient information into the EMR system (medication lists, problem lists, allergies, some family/social history). Medical providers, clinical and administrative staff will all have a hand in this effort.

Finally, we need to constantly remind ourselves that adoption of an EMR system just for the sake of new technology is really not our ultimate goal. The ultimate goal is to use this technology as a tool to improve the way we deliver health care to our patients.

VISIT US ONLINE!

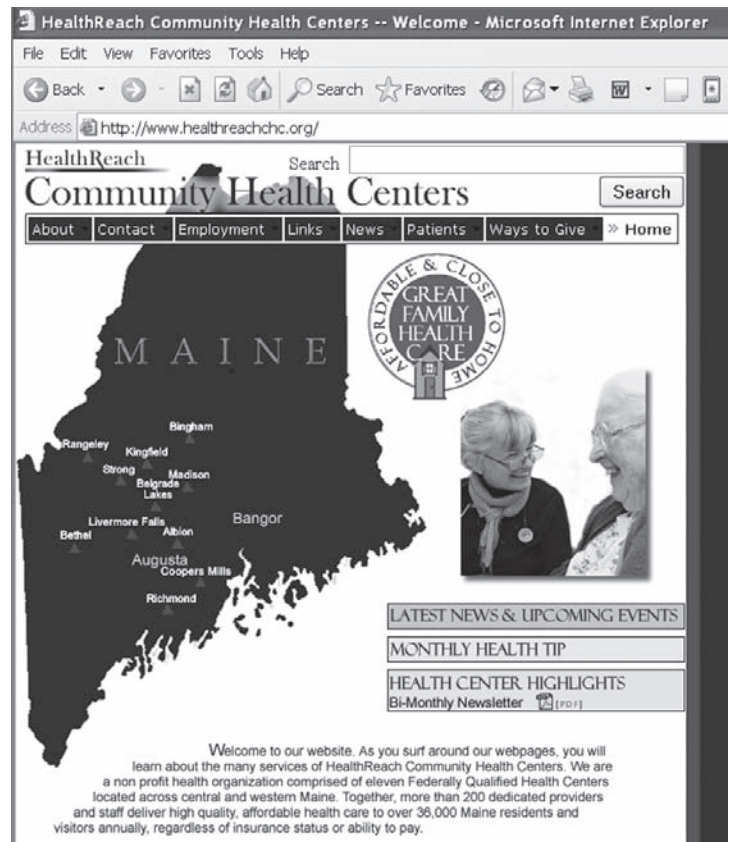
Have you visited our website lately?

<http://www.HealthReachCHC.org>

We invite you to stop by frequently to

- Learn about services at your Health Center
- Find out more about your provider
- Check out our press releases
- Discover job opportunities
- Read our health tip of the month
- Connect with other resources on our Links page

Any and all feedback is always welcomed:
HRCHC@HealthReach.org





HEALTH TIP

October is National Dental Hygiene Month



Sharon Smith-Bouchard, RDH

In recognition of October as “National Dental Hygiene Month,” Sharon Smith-Bouchard, RDH, discusses “Dragon’s Teeth”

There is a famous story in Greek mythology depicting the heroic prince Cadmus battling a fierce dragon (photo, right). Upon his victory, Cadmus sowed the sharp teeth of the dragon into the bare soil, from which sprang an army of strong warrior soldiers. Even in those times of ancient legend, people viewed teeth as having powerful connections to the lives of human beings.

Modern studies demonstrate an intimate connection between oral hygiene and overall health. In particular, senior adults have the highest rate of periodontal (gum) disease, which most often causes tooth loss and infection within the mouth. This in turn leads to more serious health issues such as heart disease, stroke, and diabetes. Understanding how to prevent oral diseases is essential to maintaining a healthy body, so take a look at the following helpful tips:

Taking Care of Your Teeth:

- Brush at least twice and floss at least once per day
- Use fluoride toothpaste and rinses to protect against dental decay
- Avoid tobacco and limit alcohol consumption to reduce risk of oral/throat cancer
- Use dental sealants and mouth guards to prevent cavities and mouth injuries
- Thoroughly clean dentures daily and remove them at night to avoid bacterial growth
- Schedule regular dental appointments for cleaning and oral examination, and report to your dentist any hospitalizations, surgeries, or changes in medications

Visit Your Dentist:

- Brush at least twice and floss at least once per day
- If experiencing sudden changes in tasting, smelling, or swallowing
- If noticing lumps, blood, or loose teeth in the mouth
- Prior to undergoing cancer chemotherapy or radiation to the head or neck

Overcoming the Physical Challenges of Brushing:

- Brush at least twice and floss at least once per day
- Seniors with arthritis in the hands and fingers may find it difficult or even impossible to brush or floss their teeth.

The following adaptations might make it easier to perform oral care:

- Increase the size of toothbrush handle by wrapping handle with tape or inserting handle into a rubber ball or a bicycle grip handle

- Increase the length of a toothbrush by taping popsicle bar sticks, wooden rulers, or tongue depressors to the toothbrush handle

Maintaining proper nutrition is important for oral health. It is highly recommended to eat a diversity of foods from the five major food groups and choose a diet with plenty of grain products, fruits, and vegetables. In addition, multivitamin or mineral supplements might also be necessary, so consult your healthcare provider today.

Resources:

1. American Academy of Periodontology <http://www.perio.org>
2. Dental Care for Seniors www.webmd.com/content/article/108/108966.htm
3. seniorjournal.com <http://www.seniorjournal.com>
4. American Dental Association <http://www.ada.org>



N. André Monsiau. 1754-1837.
Cadmus kills the dragon of Ares.
Photo © Maicar Förlag - GML



Sharon Smith-Bouchard, RDH, is under the watchful eye of an interested patient while she performs a routine dental procedure.



Dr. Jacobs joins Central & Western Maine Physicians-Hospital Organization Board

Dr. Robert Jacobs, a provider at the Mt. Abram Regional Health Center, has joined the Board of Directors of the Central and Western Maine Physicians-Hospital Organization (CWMPHO).

CWMPHO is a nonprofit organization made up of Franklin Memorial Hospital and the Western Maine Physicians Organization, a group of area physicians.

According to CWMPHO, its goal "is to ensure a compassionate, cost-conscious, and consistent system of delivering managed care to the residents of west central Maine."



Robert Jacobs, MD

Richmond Area Health Center to offer Blood Pressure Clinic, Education Session

The Richmond Area Health Center is sponsoring a free blood pressure clinic at the Richmond Town Office on Wednesday, November 8, from 11:30 to 12:30 pm to be followed by a 20

minute educational talk

by Tom Bartol, Nurse Practitioner on pre-diabetes. Tom is a

Certified Diabetic Educator and writes and speaks nationally on the topic of diabetes. A short question and answer session will follow. The public is encouraged to attend.



Tom Bartol, NP



HealthReach Community Health Centers is a system of eleven federally qualified, community-based health centers located in central and western Maine. Dedicated providers deliver high quality, affordable healthcare to 36,000 rural and underserved residents in over 80 communities. HealthReach is a private, non-profit organization with a 30-year history, funded by patient fees, grants and individual donations.

Health Center Highlights is a bi-monthly publication of HealthReach Community Health Centers. Please send article ideas/submissions, comments, or suggestions to Communications Department, 8 Highwood St., PO Box 1568, Waterville, Maine 04903, via fax to (207) 861-5519, or e-mail: HRCHC@HealthReach.org

WELCOME July - Sept., 2006

- Carrie Brown, Med. Asst. - Bingham
- Catherine Lockwood, MD - Richmond
- Patricia Irish, Patient Acct. Rep. - Cent. Billing
- Kimberly Grant, Patient Srv. Rep 1 - Rangeley
- Jeannie Kibbin, RN - Sheepscot
- Sandra Picard, FNP - Central Office
- Tanya Steele, PA - Rangeley
- Andrea Derusha, Dental Asst. - Strong
- Stephanie Webber, Med, Asst. - Sheepscot
- Robin Moore, Med. Records Clerk - Richmond
- Kathryn Wistar, MD - Sheepscot
- Jessica Smith, Patient Srv. Rep. 1 - Belgrade

FAREWELL July - Sept., 2006

- Shannon Allen, Dental Asst. - Strong
- Heather Hartford, RN - Richmond
- Samantha Richards, Med. Rcrds. - Richmond
- Heather Podkowka, Med. Asst. - Belgrade
- Germaine Beane, LPN - Madison
- Pamela Hawkins, Patient Srv. Rep 1 - Bethel
- David Ferris, DO - Madison
- Gail Carrano, Med. Records Clerk - Belgrade
- Karen Taylor, RN - Central Office

MILESTONES July - Sept., 2006

5 Years of Service

- Diane Pearson - Western Maine
- Stephanie Whalen - Western Maine
- Melinda Hale - Bethel
- Ernest Aguilar - Bethel
- Pamela Dawes - Madison
- Linda Durland - Mt. Abram
- Stephanie Hemingway - Strong

10 Years of Service

- Estelle Cook - Richmond
- Julie Bailey - Sheepscot

15 Years of Service

- Cheryl Viles - Central



Mt. Abram Regional Health Center (Kingfield): 265-4555



Rangeley Region Health Center: 864-3303



Bethel Family Health Center: 824-2193



Richmond Area Health Center: 737-4359



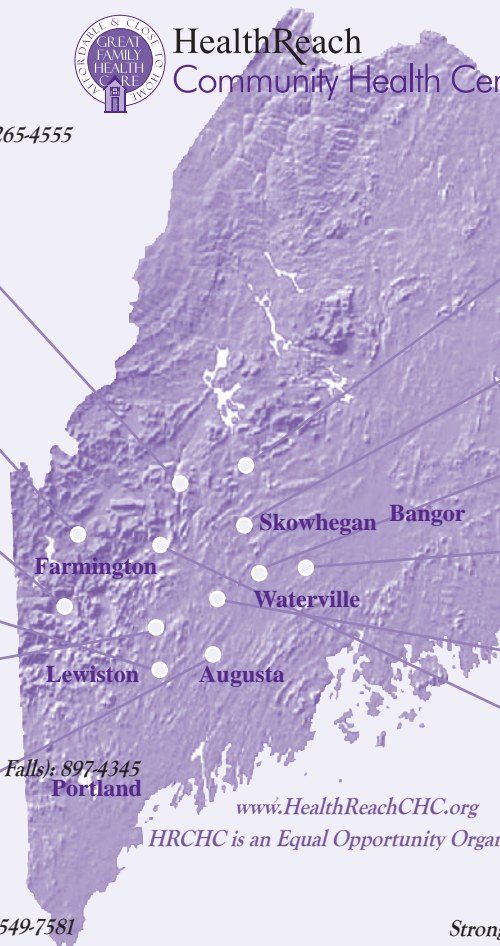
Western Maine Family Health Center (Livermore Falls): 897-4345



Sheepscot Valley Health Center (Coopers Mills): 549-7581



HealthReach Community Health Centers



Bingham Area Health Center: Health: 672-4187



Madison Area Health Center: 696-3992



HRCHC Administrative Office (Waterville): 861-3400



Lovejoy Health Center (Albion): 437-9388



Belgrade Regional Health Center: 495-3323



Strong Area Health Center: Health: 684-4010 Dental : 684-3045

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8 Highwood Street
P.O. Box 1568
Waterville, ME 04903

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