

# BOOTHBAY REGION **Health Center**

*Serving Mid-Coast Maine • Accepting New Patients*

## Summer 2019 Newsletter

185 Townsend Ave.  
Boothbay Harbor, Maine  
at the "Meadow Mall"  
(207) 633-1075



### Summer Hours & Walk-Ins:

This summer, we're open 7 days/week. **8:30 to 4:30 on weekdays. 10 to 4 on Saturdays. 11 to 3 on Sundays.** It's best to make an appointment. If you want to come in same day, just call ahead to find out when the best time would be to avoid waiting. Patients with appointments take priority over walk-ins. If you have a problem after hours, and are already one of our patients, don't hesitate to call. We always have a medical provider on call.

### Our Medical Providers:



Dr. "Chip" Teel



Susan Lord,  
FNP



Dr. Steve Cook



Brett Auclair,  
FNP



Becky Traquair,  
FNP



Jennie McNeil,  
FNP

**Whom to See When.** Dr. Teel works Saturdays and Sundays. Sundays are our least busy times, so you may want to book your appointment then. Dr. Teel can handle just about any issue for patients of any age, but he is particularly gifted in working with our older patients. **Family Nurse Practitioner, Susan Lord** also works for us on Saturdays. She is well-versed in family medicine, but she also specializes in women's health, birth control, and sexually transmitted diseases for both men and women. During the week, you'll find **Dr. Steve Cook**, and **Family Nurse Practitioners, Brett Auclair and Becky Traquair** available to treat you. If you want to see someone in particular, it's best to make an appointment. Our newest **Family Nurse Practitioner, Jenny McNeil**, is available by appointment only. She specializes in tick-borne diseases and mental health. We pride ourselves in spending as much time as needed to listen to, and to diagnose and treat each patient. During the busy summer months, that's a challenge, so please be patient and understanding.

***Are you aware that our Nurse Practitioners can diagnose, treat, and prescribe just like an M.D.?*** You don't need an M.D. or a D.O. to be your Primary Care Provider (PCP). Many of our patients develop a strong and trusting relationship with one of our Family Nurse Practitioners and choose that person as their PCP.

### We're becoming Lyme-Literate!

Good News! We're now a Lyme-Literate Health Center--one of fewer than 5 in the State of Maine that take health insurance. What does that mean? Our



185 Townsend Ave., Suite R, Boothbay Harbor, ME 04538 • (207) 633-1075  
info@bbrhc.org • www.boothbayhealthcare.org

providers are all very knowledgeable about diagnosing and treating Lyme and other tick-borne co-infections. We won't dismiss your fears or give you a couple of pills and send you on your way. And, we use specialty tick disease labs that will find ALL the diseases you may be infected by. People from all over the state are coming to see us. Here's an example. Recently the mother of a 5-year old called because her daughter had an embedded tick and her pediatrician removed it, but refused to treat her, saying "kids don't get Lyme Disease." The mom was justifiably upset. So she called us and then drove 90 minutes each way to come meet with Dr. Steve Cook. He listened to her concerns, and treated her daughter. Unfortunately, there are many physicians in Maine who are not up-to-date on how to diagnose and treat the many diseases that can be carried by a single tick. And, since the Tick Lab at the University of Maine tells us that over 50% of the ticks it has tested this year carry at least one disease, it's important to:

- 1) get the tick that bit you tested, so you know what disease(s) it's carrying, and
- 2) start treatment right away, and alter that treatment once you learn more about which diseases (if any) you've been infected with.

The old rule of thumb that a tick has to be embedded for 24+hours in order to be of concern is no longer true. There are at least two tick-borne diseases that will infect you within 15 minutes.



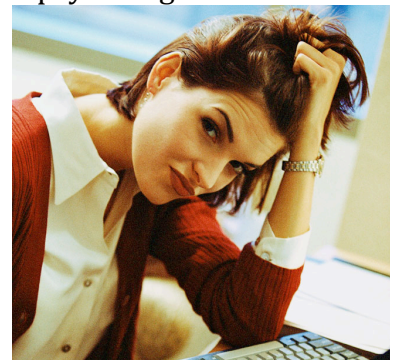
### **Matching Grant! Donate before 7/31 and your Donation will be Doubled!**

We're happy to announce that **we've received a matching grant of \$20,000**. That means that all the donations we receive between June 15th and July 31st will be matched up to a total of \$40,000. \$20,000 from you will bring us \$20,000 in matching funds. So please give generously now so we can meet this challenge.

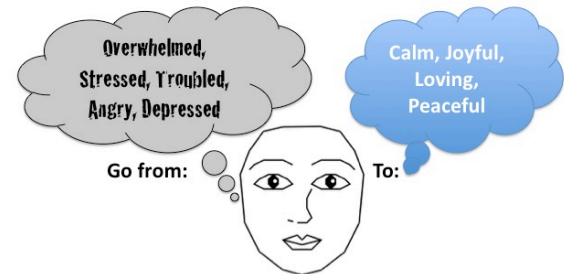
### **We Now Offer Mental & Behavioral Health Services**

The Boothbay peninsula does not have psychiatric services available. And psychologists are difficult to find on our peninsula and may not take health insurance. The Boothbay Region Health Center is committed to filling this local mental and behavioral health need. Often people suffering with chronic mental dis-ease find it difficult to find someone local who can help. Here are the services we currently have available through the Boothbay Region Health Center:

- **Psychiatric and Holistic Mental Health Services.** Nurse Practitioner, **Jennie McNeil** is trained in Psychiatric Mental Health and has spent over 8 years specializing in child and adolescent mental health. In addition to being able to prescribe psychiatric medications, Jennie practices integrative medicine, including energy medicine, pranayama/meditation, and therapeutic massage. She provides mental health consultations for patients of all ages, and offers collaborative wellness planning, integrating nutrition, lifestyle modifications, spiritual and emotional support, specific supplementation and herbal protocols, bodywork, and energy medicine modalities, referrals, and medical treatment.



- **Substance Mis-Use Recovery Services.** Nurse Practitioner **Brett Auclaire** has a Master of Science in Clinical Psychopharmacology, and many years of experience in treating addiction and substance mis-use. She is licensed to dispense Suboxone, a treatment used to wean people off of heroin and other opiates. Brett oversees our Opioid Health Home program, which is a comprehensive program that provides individual counseling, group therapy, medical treatment and family support services.
- **Additional Mental & Behavioral Health Services.** We also offer non-medical therapies in mental health and in behavioral health for individuals and families. These include Patty Seybold's *Three Principles for Innate Mental Health* coaching and Liz Lussier's *Behavioral Health Coaching for Families*. For more information, download our description of services: <https://boothbayhealthcare.org/wp-content/uploads/2019/06/Mental-Health.pdf>.



## What Does it Mean that our Health Center is "Run by Patients, For Patients"?

Most doctors' offices are run by doctors, or by a larger healthcare system. We've chosen a different model, in part because of our concern that MaineHealth may choose to remove primary care services from our peninsula, as it did our community's hospital and ER. So our board consists primarily of patients. This "run by patients" model also means we will be able to become a Federally Qualified Health Center (FQHC) down the road, which would entitle us to better reimbursement from Medicare and Medicaid. So our all-volunteer board hires our staff, including our medical providers, and ensures that our Health Center provides the services that are needed by people who live and work and visit the Boothbay peninsula. (Recently we've noticed that our reach is expanding beyond the peninsula, as others in Maine with diverse needs find our services and our caring staff appealing.) Our Board is also responsible for making sure that our medical providers are credentialed with as many insurance companies as practical, and with raising the funds required to bridge the considerable gap between what insurers and patients pay us and what it costs to provide the kind of preventive, primary medical care we believe our community needs.

## How You Can Help

**Promote your Health Center.** There are still LOTS of local people and summer residents who have no idea that we exist. Please tell them! We've doubled the number of patients in our first 18 months of operation. But, in order to break even financially, we need to double again.

**Make Appointments for Visits.** It's important for us to remain convenient and to accept walk-in patients. That's how many people come to us for the first time. They wake up feeling lousy and they don't want to drive off peninsula. But if you can, please make an appointment. That will ensure that you get the time and attention you deserve from the provider you prefer.

**DONATE.** Please give generously today! Mail a check to Boothbay Region Health Center, 185 Townsend Ave., Boothbay Harbor, ME 04538.

**VOLUNTEER:**

- **Drivers.** We believe that people should have access to healthcare when they need it and not be hampered by a lack of transportation. So we need volunteers who are willing to drive patients to and from the Health Center (usually just on the Boothbay peninsula). We add your name to our list of available drivers, and if a patient needs a ride, we call to see if you're available for that ride. If not, we go to the next person on the list. Most drivers only get about 1 call per month.
- **Greeters.** It's helpful to have a volunteer in the lobby to act as a greeter, to offer a beverage and to chat up patients as they're waiting, if they're so inclined. We often also have small projects that you can do for us while you're sitting and greeting folks--putting labels on recycling bags, or assembling tick kits, for example.
- **Educational Outreach.** We try to have a table at local Craft Fairs and Markets to hand out information about preventing Lyme disease. We could use some help manning our table a couple of hours at a time. We also would like to do more educational events like our twice-monthly *Empowered Patient* meetings (in the winter months) on particular health topics that are of interest to members of our community. We need help planning these and finding expert speakers and/or books and online videos to share. Our medical director, Dr. Steve Cook, is also looking for people with medical or nursing backgrounds who can review materials and boil them down to make them simple for patients and community members to understand and to digest.
- **Marketing.** We need help telling our story in compelling ways in order to attract patients, contributions, and grants. If you're good at writing, story-telling, illustration, social media, video production, please let us know and we'll put you to work!
- **Party & Event Planning.** If you're good at planning, promoting and/or organizing events, boy, can we use you! We'd like to put on a couple of fantastic events each year that people will look forward to attending.
- **Fundraising.** If you have experience fundraising and/or have good contacts with many people in our community and are a natural networker, or have grant research or writing experience, we would love to have you join our fundraising/development committee. We meet every Monday at 3 pm at the Health Center, but if that time isn't convenient for you and you can help, pls. let us know and we'll get you involved.
- **Join our Board!** We're actively recruiting new board members of all ages who believe in our mission to provide affordable, accessible healthcare to residents, workers, and visitors in the Boothbay Region. You don't have to be a patient of the Health Center to join the board (we're already in the majority), but you can't be a practicing medical professional who earns more than 10%/year from the healthcare industry. Medical retirees are fine.



To volunteer for any of these roles, or if you have other ideas about how to help, please contact our Board Secretary/Treasurer, Liz Lussier, preferably via email: [Elizabeth.Lussier@boothbayhealthcare.org](mailto:Elizabeth.Lussier@boothbayhealthcare.org) or (207) 633-1162.