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Live Well Clinic Hires New Staff, Appoints Dr. Timothy Reid as Medical Director

(Lexington, MO – November 19, 2014) If you think the Live Well Community Health Center-Waverly is just another clinic, think again. The Live Well Clinic, formerly called the Waverly Clinic, is poised to become a medical home. Although not officially designated as such, the clinic provides primary care, mental health and dental services under one roof.

Now owned and operated by the Health Care Collaborative (HCC) of Rural Missouri, the clinic shares patients with several of HCC's network partners, including Lafayette Regional Health Center and clinics, I-70 Community Hospital and clinics, Pathways Community Health and Carroll County Memorial Hospital and clinics.

Integrated health care approach

"We've built a fairly seamless system that integrates well with our partners' health systems," said HCC Executive Director Toniann Richard. "When necessary, our patients easily navigate through a referral base of network providers to receive services not provided at our rural health clinic."

The clinic staff has grown. Recent hires include John Poston, DDS and two dental hygienists, Jami Vandervort, RDH, and Kyra Tracy, RDH. The new dental staff provides dental care to children and adults. Another staff addition is Amanda Arnold who serves as a community health manager. One of her roles is to provide chronic disease management and prevention. Lisa McLain, MSW, LCSW serves as the clinic's behavioral health consultant through a partnership with Pathways.

"We have strategically integrated a variety of health disciplines at the clinic," Richard said. "We are very fortunate to have a unique group of health care professionals who bring different strengths. Collectively, we have an incredible staff that is committed to providing quality care and improving access for the underserved."

Gene McFadden, MD and Ashley English, BSN, RN, MSN also bring a unique dynamic to the clinic. McFadden has been practicing medicine since the 60s and English passed her boards last summer to become a nurse practitioner. Together, they bring a unique, intergenerational approach to medicine.

Dr. Timothy Reid

Another recent addition to the team is Timothy Reid, MD. If the name sounds familiar, it's probably because he is the same doctor who heads-up the Reid Clinic in Carrollton.

Reid is what you call a “home-grown” rural health doctor. Born and raised on a farm in Carrollton, he said his dad was his biggest motivator. “He knew that I was not going to be able to farm due to some health conditions and wanted me to have options,” Reid said. “Education was very important to him. He emphasized it with all of us.”

His high school science teacher, Scarlet Horine, also played a huge roll in his decision to become a doctor. “I wasn’t sure what I wanted to do,” Reid said. “I liked the idea of being a doctor but didn’t think that I was capable of doing it. Ms. Horine really encouraged me to pursue medicine and really built me up. She’d say, ‘You are clearly intelligent enough to do this. You just have to work hard enough to achieve it.’ If I could say anything to her it would be, ‘Thank you.’” Horine still teaches science at Carrollton High School.

Reid attended medical school at the University of Missouri-Columbia, where he also completed his residency in family practice. Afterwards, he completed a one-year sports medicine fellowship at Southern Illinois University. In 2009, he returned to Carrollton.

Rural medicine

Coming back home was always the plan—one that started back in high school. Reid said he approached the Carroll County Memorial Hospital board with a proposal that he parlayed into a scholarship to help pay for college. In return, he promised to come back to Carrollton and repay the funds by practicing at home.

“My plan to come back really started in high school, and thankfully for everybody, it worked out well,” Reid said. “Even in medical school and while doing my residency, I was always trying to tailor what I was learning to a rural health setting. You have to do more with less backup in a rural community—which is fine. It actually makes it more fun.”

At the Reid Clinic, he works alongside his sister, Katie Potter, who is a licensed practical nurse. When asked how the two get along he said, “It works well 95 percent of the time. We are very similar in personality, which is why it works. Growing up, we clashed because of that. But now since we are older, and hopefully more mature, it works really well. She tells me when I am out of line and vice versa. I always say that Katie is truth serum for me, because she tells me how it is.”

Health care’s status quo

When asked what concerns him most about health care, Reid said access to providers and costs. He said providers in rural America provide high quality care, but access to these providers is the dilemma, as well as attracting younger physicians.

Another concern are the people who fall through the cracks because of costs—like hardworking individuals who still don't make enough to afford medical care or who can only afford catastrophic health plans.

As for health care reform and its ability to help more Americans receive preventive services, Reid said he remains hopeful. He pointed out that just about every country has a different health care system because people are still trying to figure out how to do it right. He added that although health care reform is a very politically-charged issue, the fact remains that U.S. is the only industrialized nation, on earth, that hasn't provided some sort of government-supported universal health care, until recently.

"I find it completely unacceptable that we rank 18th or 19th in the world for prenatal care—in the United States, one of the richest countries in the world. Colon cancer rates in the U.S are literally higher than several other countries because colonoscopies are expensive. Even though it is a well-documented test that can prevent colon cancer, people just don't get them because of costs," he said.

The Live Well Clinic

Reid, who is clearly passionate about delivering high quality health care and preventive services, said he will support the Live Well Clinic by ensuring its patients receive the best care possible. He said another role he will play is finding [new] ways to improve care, while insuring that the clinic continues to thrive in the same manner it did when it was founded. "With Dr. McFadden and Ashley, I know that it will," Reid said.

Reid is married with two small children. He and his wife reside in Carrollton.

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