



A New Direction in Health Care

AND



Neighbors Helping Neighbors

## An Innovative Partnership

A Pilot Project Creating Access to Health Care

**New England Time Bank's mission** is to strengthen the informal support systems of family, neighborhood and community through activities that promote a network of service credit exchange programs throughout Maine, starting in our own East End neighborhood. For more information call (207) 874-9868 or log on to our website: [www.newenglandtimebanks.org](http://www.newenglandtimebanks.org)

**True North's mission** to the community is to provide a patient-centered environment devoted to healing the body, mind, and spirit. At True North,

- reverent, participatory relationships are central to everything we do;
- patients and practitioners work together to determine the direction of the healing journey;
- the art and science of healing are supported by rigorous research, safe clinical practice, and thorough outcomes assessment.

For more information, call (207) 781-4488 or log on to our website:  
[www.truenorthhealthcenter.org](http://www.truenorthhealthcenter.org)

## An Innovative Collaboration

A Pilot Project Creating Access to Health Care



A New Direction in Health Care



Neighbors Helping Neighbors

AND

A New Way to Access Health Care & Health Related Classes and Workshops  
For Yourself and Your Family

- Earn time dollars, while helping others in your community, and pay for \*health services at True North with the time dollars you have earned! It's true. If you are a Time Dollar member and you are income eligible (see chart on page 2), you can pay for health services at True North with time dollars.
- The Bonus — All Time Dollar members (regardless of income) are eligible to receive a 10% cash discount at True North on services, classes, and at the True North Store.

**Join Time Dollars Today:** The concept is simple: You help a neighbor in need and earn one time dollar for every hour offered. In exchange, you can spend your time dollars on any number of over 100 different services that members offer each other, including health care services True North. See inside for details.

\*Health services, available for payment with time dollars, include individual practitioner services at True North, but not classes or the True North store.

# HOW TO ACCESS SERVICES AT TRUE



## LIMITED AVAILABILITY:

Access to health services at True North for payment with time dollars is limited. If you have other health care options, please use the 10% discount, and save the Time Dollar slots for members who have fewer options.

The intent of the program is to create greater access to health care for families who are earning less than \$35,000 per year. Call the office if you have any questions.

### If you're paying with cash.

It's simple. All Time Dollar members receive a 10% discount on all services offered at True North.

### Step 1

If you haven't joined Time Dollars, call our office (207) 874-9868 for an application, and to set up an orientation meeting. You will receive a Time Dollar ID card, as well.

### Step 2

After you have become a member of Time Dollars, call True North directly, (207) 781-4488, to schedule an appointment with a practitioner. Be sure to say you are a Time Dollar member.

### Step 3

When you pay for services received, be sure to let them know you are a Time Dollar member, and you will receive a 10% discount. You will need to present your Time Dollar ID card, at this time.

### If you're paying with Time Dollars.

This is simple, too. Time Dollar members have access to True North health services for payment with time dollars.

### Step 1

If you haven't joined Time Dollars, call our office (207) 874-9868 for an application, and to set up an orientation meeting. You will receive a Time Dollar ID card, as well.

### Step 2

After you have become a member of Time Dollars, call True North directly, (207) 781-4488, to schedule an appointment with a practitioner. Be sure to say you will be paying with Time Dollars.

### Step 3

When you pay for services received, you will be charged 2 time dollars for each appointment with a practitioner at True North. You will need to present your Time Dollar ID card, at this time.

## Offerings at True North



At True North, we believe there are many paths to healing, and that the integration of these resources leads to the most effective and satisfying outcomes. True North's highly trained and credentialed practitioners offer both conventional medical care and complementary therapies. We offer our skills to you within an environment of caring, quality, and consideration.

True North's "menu" of services reflects our belief that different strategies are useful for different people at different times.

- Medical consultations for men, women, and children with specific health concerns
- Comprehensive women's health care, including gynecology and gynecologic surgery, fertility/preconceptions and family planning, healthy meno-pause, hormone balancing, annual exams, healthy aging, etc.
- Physician consultations regarding holistic approaches for people with cancer/chronic illness or disease
- Comprehensive holistic health evaluation, personalized preventive medicine, and health mentoring
- Nutritional assessment and counseling, including therapeutic nutrition and food supplement information
- Massage
- Acupuncture
- Energy therapies, including Healing Touch, Reiki
- Rubenfeld Synergy® Method (body-centered psychotherapy)
- Pediatric hypnotherapy
- CONNECTIONS™ (an innovative model of group-based health care)
- Life counseling
- Shamanic healing
- Movement classes (yoga, t'ai chi, Pilates)
- Mindfulness meditation and stress-management classes
- Voice and sound healing

### PLEASE NOTE:

- We cannot offer a discount or payment by time dollars on any lab tests performed at True North or on any outside services to which you may be referred.
- True North does not accept insurances although patients are given a detailed receipt and can submit directly to their insurer. Services may or may not be covered.
- Although True North does provide a large array of services, there are still many types of care that are not offered at True North. You may need to seek other healthcare options for some of your health related needs.