



# The Navigator

The Exchange Club of Greater Newburyport

P.O. Box 31, Newburyport, MA 01950

Meetings 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 6 p.m. at Starboard Galley

April 10, 2019

[www.exchangeclubofgreaternewburyport.org](http://www.exchangeclubofgreaternewburyport.org)

President-Jim Noyes, Secretary-Stuart Deane, Treasurer-Barbara Griffith, President Elect-Erin Fournier  
Newsletter Editor-Stuart Deane

## Surprises enliven April 2 election and meeting

By Stuart Deane

The April 2 meeting featured a new twist in the election of officers, a surprising coincidence in the careers of your editor and our guest speaker and the attendance of a potential “new” member.

Past club member and president Scott Berkenbush of West Newbury, the former town fire chief, was in attendance as he considers rejoining the club.

As for the election, Jane Collins has stepped up to serve as President-Elect, relieving yours truly from serving a second term twenty-five years after his first and allowing him to continue as “secretary for life.”

### Election

The newly elected slate of officers for the 2019-2020 administrative year is thus as follows:

**President:** Erin Fournier  
**President-Elect:** Jane Collins  
**Immediate Past:** Jim Noyes  
**Secretary:** Stuart Deane  
**Treasurer:** Barbara Griffith

**One-Year BOD:** Patty McGrath  
Joe Murphy  
Steve DiCamillo

**Two-Year BOD:** Dave Dylewski  
Mary Sortal  
Mike Viccaro



### Guest Speaker

As we awaited our entrée choices of chicken over rice, tips and shrimp, salmon over Caesar salad or fried haddock, we were presented with another surprise when your editor discovered in informal chatter with our guest speaker, Kristin Binder (above) of the new Convenient MD Urgent Care facility on Storey Avenue, that both of us started our work careers with first jobs at the *Hartford Courant* – though a few years apart.

“Our goal is high quality, convenient, less costly care,” said Kristin. “We bridge the gap between your primary care physician and the emergency room. If it’s a chronic issue, see your primary care physician. If it’s life or limb, go to the ER.”

Physician-owned Convenient MD is headquartered in Portsmouth, N.H., with 17 facilities: three in Massachusetts with three more on the way and a goal of ten.

The Newburyport office is staffed with two physicians as well as nurses and medical technicians. Both X-rays (at one-tenth the cost) and lab services are on site.

Facility hours are from 7 a.m. to 8 p.m. No appointment is necessary. The average time between reception and triage is seven minutes. The average time of stay is under an hour. At midnight of that day, electronics are forwarded to the patient's primary care physician with instructions to the patient to see that physician.

Convenient MD also offers occupational health care.

"We offer more affordable, convenient care with the same outcome," concluded Kristin, who serves as director of community development.

## Salvation Army Dinner



On Thursday, March 28, club members served a roast turkey dinner with mashed potatoes, gravy, dressing, green beans and assorted desserts at the local Salvation Army headquarters. We were joined by two local high school students and by friend Susan Hines.

Special recognition goes to project chair Mike Viccaro

Said Mike in a follow-up phone conversation, "It was such a nice event. Everyone worked so well together. We were done serving and all cleaned up before 6 o'clock. It's a nice spirit that the club has."

A second community dinner at the same facility is scheduled for the fall.

## Schedule

- Apr. 11: "Bowling Social" at Leo's in Amesbury POSTPONED with a new date TBA
- Apr. 16: BOD meeting at 5 p.m. prior to the regular meeting to follow
- Apr. 16: Regular Meeting, with speaker Jessica Olson, president of the Friends of the Newburyport Youth Services
- May 3-5: N.E. District Convention in Hyannis
- May 7: Regular Meeting
- May 21: Regular Meeting
- July 17-20: National Convention in Norfolk, Virginia

## Blue Ribbon Campaign



"Neither rain nor snow nor sleet nor hail" prevented members Jim Noyes, Barbara Griffith, Kieran Joyce, Mike Viccaro, Stu Deane, Erin Fournier and Joe Murphy from gathering in Market Square in Newburyport on a misty Tuesday, April 9, to put up approximately 75 blue ribbons around the downtown center in recognition of April as "Prevention of Child Abuse Month."

Furthermore, two potential members were recruited, one after asking about the Blue Ribbons and the other after being asked to take the above photograph.

**"Unity in Service"**