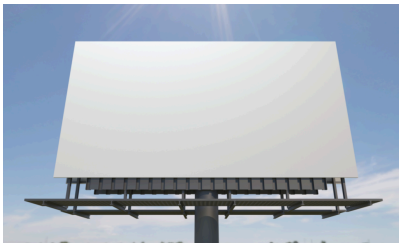




MAINE ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR MAINE

*MAFP PineCones E-Newsletter
Autumn 2025*



Fun Facts About Maine

Got Billboards? Not in Maine! Maine was the second state, and one of only four in the US, that has banned billboards to protect its coastline and scenic beauty.

President's Message

Greetings from your President,

I hope you all are having a great Fall and have enjoyed the warmer weather we had earlier this month. I'm excited to share our Fall quarterly newsletter with you and hope you enjoy reading it. There are several exciting activities we want to tell you about - including FMX, our redesigned annual update in March, and the state legislation we submitted this month to preserve rural maternity care. Please take a few minutes to read the newsletter. We also would love to hear your thoughts. You can email them back to me at cornelio.marco@gmail.com or post them on our new Facebook page or Instagram.

Our board members are working hard to support all of you and to promote family medicine in Maine but we are only a small group compared to the over 700 members of MAFP. If you would like to join one of our committees (education, communication, governance, and advocacy), we

would love to have you participate. I know it's not easy being a family doctor but I also know many people appreciate the work we do even if they may not say it. Thank you for all the care you provide each day and I wish you all a wonderful upcoming holiday season.

Marco Cornelio MD, FAAFP
MAFP President

Advocacy Updates

Rural Maternity Care Advocacy

Update from our Rural Maternity Care focus group:

MAFP members interested in supporting and preserving rural obstetric care have been meeting regularly on zoom to discuss ways to address the ongoing Maternity Care Desert crisis in our state. As many know, we have had four hospitals in Maine close their labor and delivery units just this year, and about a dozen have closed in the past decade. Family Physicians play an essential role in providing prenatal and obstetric care especially in rural areas, but we face many challenges.

Members of our task force have submitted a bill for this legislative session which would seek to pause further closures of L&D units, we have also been involved with the state's commission for healthcare delivery, and have connected with the state's Transforming Maternal Health (TMaH) program which is now underway. We have also connected with other groups in Maine who are interested in addressing this issue. There is much to be done!

We welcome new participants! Our next meeting will be held on Monday, November 17, at 6:30pm on zoom. If you would like to connect, please contact Executive Director Adam Beamer (abeamer@lutinemanagement.com), or Dr. Marya Goettsche Spurling (marya.spurling@gmail.com).

Red Flag Law/ERPO

MAFP is collaborating with other health organizations including Maine chapter of American Academy of Pediatrics to advocate in support of Question 2: the Extreme Risk Protection Order.

Vote Yes! MAFP has officially endorsed this initiative.

Vaccination Advocacy

Speak Out on Vaccine Integrity:
<https://fammpac.aafp.org/take-action/alertid/490/>

AAFP Statement re: RFK Jr.

Family Physicians Call on President to Reconsider Secretary Kennedy's Ability to Serve | AAFP

AAFP FMX Recap

We had 19 MAFP members attend AAFP's annual FMX conference in Anaheim, California from October 5-9. It was a fun atmosphere of learning, networking, celebrating family medicine, and going to the Disney parks as well. There were great keynote speeches from Dr. Vivek Murthy, Dr. Frank Domino, and an inspiring talk from Dr. Natalie Stavas who was present during the Boston Marathon bombing.

MAFP hosted a social event for all MAFP members who attended the conference. It was a wonderful evening to get to know other family docs across Maine and share our passion for family medicine. Thank you Pat Connolly (our unofficial social chair) for organizing it.

Each year there is also a breakfast to celebrate the new Fellows of the American Academy of Family Physicians. If you are not able to attend FMX, you can also obtain your degree of Fellow during our annual update from a board member from the AAFP who always attends. To learn more about AAFP's degree of fellowship [click here](#). We encourage you to strongly consider submitting the application, especially in 2026, as it will be the 55th year of the degree of Fellowship. It is a great way to be recognized for the extra work you do to promote family medicine and further our specialty. The following MAFP members became Fellows in 2025.

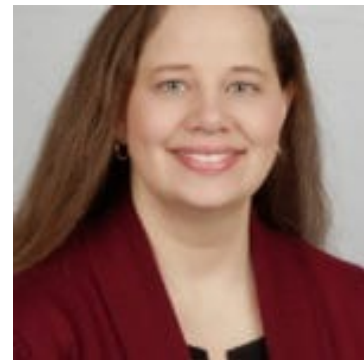
- Peter Amann, MD, FAAFP
- Marco Cornelio, MD, FAAFP
- Jessica Lauren Faraci, MD, FAAFP
- Marya Rose Goettsch-Spurling, MD, FAAFP
- Lauren Nadkarni, MD, FAAFP

If you have questions about the process or the application, just reach out and we can connect you to a current fellow from our chapter who can help you through the process. And mark your calendars for FMX 2026 in Nashville October 20-24. We hope to see you there!



Introducing the MAFP

Get to know your MAFP Board! Lydia Thorp is on the MAFP Governance and Communications Committees and practices at DFD Russell Medical Center Leeds. Reach out to her or the other board members with ideas for MAFP content or feedback.



Self-Care: Are You Taking Care of You?

Being a family physician is hard work. And although it is highly rewarding, we still need to take steps to take care of ourselves and each other. How are you currently caring for yourself and your colleagues?

· Do you have personal well-being practices (setting boundaries, practicing mindfulness, and prioritizing nutrition, exercise, and sleep)?

· Are you optimizing opportunities to improve workflows to help reduce administrative burden (delegate tasks, streamline documentation)?

· Are you building meaningful connections with colleagues and engaging in organizational or system-level support?

Regardless of where you are on your self-care journey, we hope you know that you are valued, and you matter. Here at the MAFP, we are grateful for the work you do, and the compassionate care family physicians provide across our great State. Thank you!

Physician Burnout: Preserving Your Well-being





Hey MAFP Family,

We're gearing up for the 34th Annual Family Medicine Update—and we want YOU to help make it unforgettable.

Where: Samoset Resort, Rockport, ME

When: March 19–21, 2026 🎉

What's Happening:

- March 19: Optional pre-conference sessions
- March 20–21: Two full days of energizing CME, connection, and coastal vibes

Whether you've got a clinical pearl, a policy hot take, a practice hack, or a story that inspires—this is your moment to shine. We're looking for speakers who bring heart, humor, and fresh thinking to the table.

👉 Pitch your idea or nominate a colleague by filling out this quick survey (please use the link for each topic you would like to submit).

<https://www.surveymonkey.com/r/CJLXZ8R>

Let's build a program that reflects the brilliance and diversity of Maine's family docs. No need to be a seasoned presenter—just bring your passion and perspective.

We can't wait to hear from you. Let's make this year's update the kind of event people talk about long after the lobster rolls are gone.

[Click here to pitch your idea or nominate a colleague](#)

Career Benchmark Survey

This anonymous survey helps the AAFP compile data for a robust picture of modern compensation for family physicians. This allows members to review salary and benefit information throughout the US, and can help with contract negotiations and job searches. Know Your Worth!!

[Career Benchmark Dashboard](#)

We have new Facebook and Instagram accounts! Please follow, like and share the links below to follow the MAFP!



[Follow us on Instagram!](#)



[Check out our new Facebook Page!](#)

Practice Resources

Please see below for information on an ECHO lecture series on Clinical Research, run by the NNE-CTR (Northern New England Clinical & Translational Research Network). One must register for the series (once) to be sent the Zoom link each month – click here to register: <https://www.mainehealth.org/health-care-professionals/project-echo>. Each session includes a didactic talk followed by a research case. They are the fourth Wednesday of each month at noon.

December 3

Consenting of vulnerable populations
Melanie Locher, Director, IRB - UVM

January 28

Biostats 101 – part 1
Chi-square vs T-tests
Brianna Taylor, PhD - MH & Roux Inst

February 25

Biostats 101 – part 2
Linear vs Logistic regression
Peter Callas, PhD - UVM

March 25

Data visualization part 1
Graphs for common data types

April 22

Data visualization part 2
Graphs for complex data
Jessica Dibiase, MPH - MH

May 27

FDA audits and cautionary tales
Kim Luebbers, Director, Clinical Trials - UVM



AAFP Immunization Schedule

<https://www.aafp.org/family-physician/patient-care/prevention-wellness/immunizations-vaccines/immunization-schedules.html>

We'd love to hear from you!

Thank you for helping shape the future of the MAFP newsletter! We value your input and want to ensure that our content is relevant, engaging, and helpful to you. This short survey asks about your reading habits, what topics you care most about (like advocacy, CME opportunities, or member spotlights), and how connected you feel to the organization. Your feedback will guide our editorial decisions and help us better serve you as a member.

It should only take a few minutes — thank you for your time and insights!

We look forward to hearing your thoughts.

[Click here to complete the survey](#)

