

**From:** Primary Care for All Americans admin@primarycareforallamericans.ccsend.com  
**Subject:** Primary Care for All Americans Newsletter  
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**To:** briankeyser@mac.com



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## This Week in Primary Care The Let's Get Together Issue

**Kitchen Table Testimony:** Last week, we received a letter from one of our members, Elaine Heebner, telling us not only what's wrong with primary care but also what's right about it. **Her story**, which mirrors many of our own, should inspire our work to bring *quality* primary care to all! Scroll down to read it.

To help amplify our message and reach a wider audience, we need your support in boosting the **PC4AA Twitter handle!** See below for steps you can take to help us grow our presence!

If you are involved in one (or more) of our workgroups, or if you might want to be, we have something for you! Friend of PC4AA Jack Ricchiuto has created three instructional videos for us to share. The *Primary Care Local Work Group Video Trilogy* gives pioneers and startup groups a foundation for launching and progressing their efforts. Watch the videos below!

Last Thursday, supporters of PC4AA in RI got together at Nick-A-Nees in Providence for an evening of jazz, conversation, and networking! Maybe you can host something similar in your community to build excitement for the cause of primary care for all! Pics below!

Also, **watch the video** of our most recent Teach-In/Learn-In, where Jack explains how movements start with just two people. Remember, you are one of them! Scroll all the way down to see the video.

Finally, help us welcome our three newest board members! See below to learn all about them!

Keep reading...

- Do you have a primary care story? Good or bad, **we want to hear it!**

Follow PC4AA on Instagram, Facebook and LinkedIn!

- FOLLOW PC4AA ON [Instagram](#), [Facebook](#), and [LinkedIn](#)!
- Please **support PC4AA** in the fight for primary care for people, not for profit!

Donate Now!

Each week we showcase how access to primary care makes people healthier, saves money, and can be the cornerstone of a healthcare system that puts people over profit.  
Was this newsletter forwarded to you? Do you believe in access to primary care for all Americans? **Click here to join our mailing list!**

Invite a Friend to Join the Movement!

## Elaine Heebner's heartfelt primary care story

I like everything about my Primary Care Physician and his practice.

Dr. Breiding acts as if I were his only patient. He is soft spoken and pleasant and will often greet me with a humorous greeting such as "welcome back", when I have had to come back to see him only a few weeks after my previous appointment.

He listens carefully and educates me, reviewing any scans or bloodwork. He anticipates something that might cause me anxiety, such as a red flagged result. He is reassuring. When I describe a symptom, he will review what the possibilities are with me and why he is eliminating certain possibilities so that I will know what he is still considering. This is often important because he might be sending me for additional tests, or as he explained recently why he wants me to go to the ER if my symptoms continue or worsen. I might have felt dismissed by those instructions as if he were dumping me on the ER doctors when what he really wanted was to avail me of certain tests immediately.

When he can, he is open to OTC or alternative treatments. He'll say, "My wife takes..." One time in a subsequent appointment, I asked for clarification about something his wife takes. Dr. Breiding looked pleased that I wanted to take his (and his wife's) advice using a natural alternative treatment.

Read the Letter

How to Boost



on ~~Twitter~~ X

FOLLOW US

Go to @PC4AA and click "Follow"



Like



Retweet





Engage us!



Comment



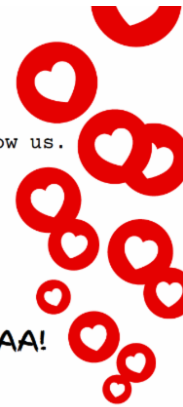
Mention @PC4AA in your tweets and encourage others to follow us.



Add our Twitter and other social links to your email signature and share in your networks.



Create content, post relevant tweets, and tag @PC4AA!



Tweet now!

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Do you want to make this movement more effective? The *Primary Care Local Work Group Video Trilogy* is for you! We recommend you watch these in order: Starting Up Primary Care Local Work Groups, The Art & Power of Question-Based Experiments, and Question-Based Collaboration. Click on an image to watch the video.



## The Art of Question-Based Experiments

There are two kinds of experiments:  
question-based and assumption-based.

In question-based experiments, we're interested in discovering what's possible. It's all about learning, not proving.

We work from questions like: **How could we...?**, **What would it look like if...?**, and **What would happen if...**

## Question-Based Collaboration

In Projects, Planning & Problem Solving



## Host a PC4AA Social in your Community!

It doesn't have to be a jazz night, like it was on Thursday at Nick-A-Nees in Providence. If you're in San Diego, host a PC4AA beach cookout! In Ft. Worth? PC4AA line dancing! Durham? Cornhole for PC4AA! The important thing is to bring people together and build enthusiasm for primary care!





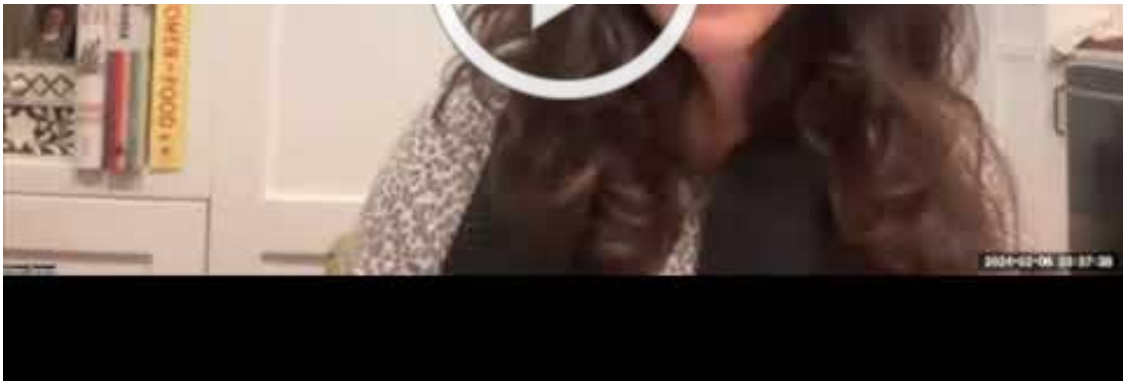
## Share Your Primary Care Story With Us!

Have you had an unfortunate experience trying to access primary care? A great experience with a primary care provider? Whether you are a patient, caretaker, or health care professional, we want to hear your story! How has access to primary care affected you and your family?

[Tell Us Your Story](#)

We may even ask you to share your story with our supporters in one of our bi-weekly Teach-In/Learn-Ins! You can watch Kristen's story for inspiration.





**Watch Kristen's Primary Care Story**

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**Watch Our Teach-In/Learn-In:  
Jack Ricchiuto on the Power of Two!**



**Watch Recordings of All Our  
Recent Teach-In/Learn-Ins**

[PC4AA Videos](#)

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## **The PC4AA Website is now available in Spanish!**

[PC4AA Español](#)

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If this newsletter was forwarded to you and you believe in access to primary care for all Americans, please join our mailing list!

[Join Us!](#)

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