



**Message from the CEO**

*Carol Carew*

There is a lot going on in March. First, it is National Nutrition Month. To celebrate, we are helping to raise funds/food for the Hancock County Food Drive to reduce food insecurity in the area. We're working with RSU 25 and the Bucksport PD to "Fill a Cruiser" at Hannaford on Saturday, March 10, from 10:00 - 2:00. The money raised in Bucksport (funds or food value) will be matched by Hannaford up to \$1000! And the food that is distributed to us from the final food drive (divided up by all participating food banks) will go directly toward our backpack food program which gives hungry kids at RSU 25 a bag of food for the weekend.

Patient Safety Awareness Week is March 11-17. We strive to ensure that all of our patients are safe. Clear communication is key. It's a good idea to keep a journal of any symptoms you may have, such as when they started, what you were doing at the time: eating, exercising, taking medications, etc., and how long they lasted. Bring the paper with you so you don't forget to tell your provider all the specifics so he/she is well informed and up-to-date on how you are feeling. Better communication makes for a better outcome.

And finally, March 27 is the American Diabetes Association Alert Day, established to "sound the alert" on the risks of diabetes. Talk to your provider to learn your own risk. Visit [www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf](http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf) for a quiz on your risk factors.

*Carol*

**Healthy Resource of the Month is  
Bucksport Senior Center**

*By Jessica Richards, Health Educator*

Bucksport Senior Center, located at 125 Broadway, in Bucksport, serves citizens ages 55-plus from Bucksport, Orland, Verona Island, Prospect, and the surrounding communities.

Along with activities, such as music and games, the Senior Center has a wonderful meal program. I am always happy to eat lunch with the folks at the Senior Center. For only \$5, you get a hearty, home-cooked meal to eat with great company. Can't afford the meal? Income-eligible guests can eat free once per week. In a hurry? Take-out is available. Call Donna to reserve your Spot at 469-3632. And to learn more about the Senior Center visit [bucksportmaine.gov](http://bucksportmaine.gov).



Jessica and her Senior Center buddies

**Meet Our Team: Jessica Fernald,  
Health Access Connection Program  
Coordinator and Billing Specialist**

Is paying for health care a struggle? Have you been looking for affordable medical and dental care for your family? If so, have a chat with **Jessica Fernald**, our Health Access Connection Program specialist. Jessica can show you how much your family could save through Health Access Connection and help you get registered.



She's also one of our Billing Specialists, so she can work with you to make a simple payment plan and answer any billing questions you may have.

**March is Colorectal Cancer  
Awareness Month**

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancer.

Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.



## Martha's Menu

*Martha Cole, MS, RDN, LD*

### Snacking is OK! Tips for Parents.

Courtesy:  
www.Healthfinder.gov

Snacks don't need to be unhealthy. There are plenty of options for healthy snacks that give your kids important nutrients and help control hunger between meals.

Try these healthy snack ideas.

- "Ants on a log" (celery with peanut butter and raisins)
- Fresh or canned fruit (canned in 100% juice, not syrup) with fat-free or low-fat yogurt
- Whole-grain crackers with low-fat cheese
- Vegetable "matchsticks" (thin sticks made from fresh carrots, zucchini, or bell peppers)
- Whole-wheat bread, rice cakes, or apple slices with peanut butter
- Quesadillas (low-fat cheese melted in a whole-wheat tortilla)
- Unsalted pretzels or air-popped popcorn
- Baked (not fried) tortilla chips and salsa
- Whole-wheat pita bread with hummus (dip made with chick peas)
- Keep fresh fruit in a place that's easy to reach. This will make it easier for kids to grab a healthy snack.
- Take unsalted nuts and unsweetened dried fruits, fresh vegetables, or fresh fruit in small reusable containers or baggies.
- Serve snacks like pretzels or popcorn in a bowl. Don't let kids snack directly out of the bag or box.
- Drink water, milk (fat-free or low-fat), or 100% fruit juice instead of soda or fruit-flavored drinks.

### Eat Less Sodium: Quick tips

Courtesy: www.Healthfinder.gov

Nine out of 10 Americans eat more sodium (salt) than they need. Too much sodium increases your risk for health problems like high blood pressure. To eat less sodium, you don't have to make lots of changes at once. If you cut back on sodium little by little, your taste for salt will change with time.

Know your sodium limit. Ask your doctor how much sodium is okay for you. The general guidance is:

Healthy adults and teens age 14 and older need to limit their sodium intake to no more than 2,300 mg a day (about 1 teaspoon of salt).

Some adults, including people with high blood pressure, need to limit their sodium intake to 1,500 mg a day.

Children need no more than 1,500 to 2,200 mg a day of sodium, depending on how old they are.

### Check the label.

Use the Nutrition Facts label to check the amount of sodium in foods. Try to choose products with 5% Daily Value (DV) or less. A sodium content of 20% DV or more is high.

Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

### Shop for low sodium foods.

Load up on vegetables, fruits, beans, and peas, which are naturally low in sodium. Fresh, frozen, and dried options are all good choices.

When you buy canned foods (like vegetables, beans, or fish), choose ones with labels that say "low sodium," "reduced sodium," or "no salt added."

Compare the sodium in prepared foods like bread, soup, and frozen meals. Choose the ones with less sodium.

Limit processed meats – especially ones that are salted, smoked, or cured, like hot dogs, bacon, and deli meats.

### Prepare your meals with less sodium.

If you use canned foods that aren't low in sodium, rinse them before eating or cooking with them. This will wash away some of the salt.

Use unsalted margarine or spreads with no trans fats.

Don't add salt to the water when you cook pasta or rice.

Try different herbs and spices to flavor your food, like ginger or garlic, instead of salt.

Take the salt shaker off your table.

Get less salt when you eat out. When you order at a restaurant, ask that salt not be added to your food.

Choose low-sodium options when you can – like dishes that are steamed, broiled, or grilled.

Add more potassium to your diet. Replace high-sodium foods with high-potassium foods. Eating foods with potassium can help lower your blood pressure. Good sources of potassium include potatoes, cantaloupe, bananas, beans, milk, and yogurt.

