



Bucksport Regional  
**Health Center**



## Message from the CEO

*Carol Carew*

April is a busy month! We are gearing up for our Spring Health Fair, May 5, so we hope you will join us for that. There will certainly be lots to do. Bring the kids, too.

April is also Alcohol Awareness Month. We have been working on the Time to Ask program with Lunder-Dineen Health Education Alliance of Maine, which offers free, easily accessible and evidence-based education to Maine health care professionals and the communities they serve. Read all about it on the back page.

We felt this was a critical component to providing even more comprehensive care for our patients.

And speaking of providing comprehensive care, we are very honored to be recognized as a Health Resources and Services Administration (HRSA) Health Center Quality Leader.

We are among the top 30 percent of all the HRSA supported health centers that achieved the best overall clinical outcomes, demonstrating high-quality across clinical operations. We are very proud of our clinicians and staff and are very fortunate they are part of the BRHC family.

*Carol*

## Healthy Resource of the Month is

*By Jessica Richards, Health Educator*

Learning about your own drinking habits and finding ways to cut back or stop drinking is easy with the National Institutes of Health interactive website: [rethinkingdrinking.niaaa.nih.gov](http://rethinkingdrinking.niaaa.nih.gov)

Log on to get instant feedback on whether your drinking habits are likely to affect your health and life in negative ways and learn about the many tools and support systems that can help. If you find yourself thinking about cutting back or quitting drinking, we have a compassionate team here at BRHC to help you achieve those goals.



12 fl oz  
Regular beer  
(about 5%  
alcohol)

=



5 fl oz  
Table wine  
(about 12%  
alcohol)

=



1.5 fl oz  
80-proof distilled  
spirits  
(40% alcohol)

## Meet Our Team: Danel Adams

Human Resources Manager

Meet Danel Adams, our Human Resources Manager. A major part of Danel's job is finding the right people to join our team. We currently have openings for Patient Account Representative, Medical Assistant, RN Care Coordinator, Physician, FNP and IT System Administrator. You can find links to job descriptions on our website under the "Employment" tab.



## Spring Health Fair

It's time for our Spring Health Fair. Join us Saturday, May 5, from 10:00 a.m. to 2:00 p.m. We will have indoor and outdoor activities for the whole family!

There will be vendors, a bike rodeo, Reiki, face painting, kids book swap, tick and Lyme disease education, skin cancer screenings, gardening and fitness demos, touch-a-truck, giveaways and raffle prizes!

Plus, AARP is holding a free shredding event next door at Bucksport High School, also from 10:00 a.m. to 2:00 p.m. so you can shred your unwanted paperwork. This event is just in time for spring cleaning (think old files and storage boxes full of paperwork.) Shredding is important because scammers have been known to go through people's mailboxes and even trash looking for personal information. Once they find your social security number and other personal information, they will make every attempt to steal your identity. Don't make it easy for them. Shred everything you no longer need.

Then come join us at the fair. This one-of-a-kind event is not to be missed.

Rethinking Drinking has FAQs that can shed some light on the topic. Here are a few:

1. Why are women's low-risk limits different from men's?
2. Isn't drinking good for the heart?
3. Is "low-risk" drinking just another term for "moderate" drinking?
4. What medications interact harmfully with alcohol?



### Martha's Menu Martha Cole, MS, RDN, LD

#### Cheesy Chicken, Broccoli and Rice Bake

Courtesy:  
[whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

**Makes:** 12 servings

A great recipe to use leftover chicken that has been properly handled combined with broccoli, cheese, onions, garlic, and brown rice to create a quick dinner.

## Ingredients

**5 cups** water  
**2 1/2 cups** rice  
**1/4 cup** onion (chopped)  
**1** garlic clove (chopped)  
**1 cup** milk (skim)  
**1 can** cream of mushroom soup (10.75 ounces, condensed, 98% fat-free)  
**1/4 teaspoon** salt  
**1/4 teaspoon** pepper  
**3/4 cup** cheddar cheese, low-fat (grated)  
**2 cups** chicken (shredded, cooked)  
**2 cups** broccoli (pieces)

## Directions

1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
3. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

## Nutrition Information for 1 Cup

Calories: 239  
 Total Fat: 4g  
 Sodium: 405mg  
 Total Carbohydrate: 37 g  
 Protein: 14 g

## Time to Ask Program

April is Alcohol Awareness Month and we wanted to share some exciting news about changes within our practice. As a part of the Lunder-Dineen Time to Ask program, staff at Bucksport Regional Health Center are participating in specialized trainings on alcohol education.

We know that unhealthy alcohol use is often under identified and undertreated and that it's a major public health issue in Maine and nationally.

We also know that many hospital visits and primary-care visits in Maine are alcohol-related, so we are investing in educating our staff on how best to talk with patients about alcohol.

This spring BRHC will be asking every patient, every time about alcohol use. In doing so, we hope to have meaningful conversations about alcohol consumption and help those patients who are at risk for unhealthy drinking and potential negative health effects.

The response to the program has been overwhelmingly positive, with nearly every member of the health care team having completed the educational program.

We are also happy to report that work is underway to integrate workflows for alcohol screening into the electronic medical record. Most recently, providers participated in a live workshop on Medication Assisted Treatment for substance use disorder facilitated by Time to Ask Advisory member Stephanie Nichols, PharmD, BCPS, BCPP, Associate Professor of Pharmacy at Husson, Adjunct Clinical Assistant Professor of Psychiatry at Tufts, psychiatric and substance use disorder (SUD) pharmacist.

We look forward to providing additional program updates this spring.

For more information on Time to Ask and alcohol education resources including short videos on the impact of unhealthy alcohol use, check out:

[lunderdineen.org/substance-use-resources](http://lunderdineen.org/substance-use-resources)



# TIME TO ASK

*Education that transforms  
conversations about alcohol use*

## April is Distracted Driver Awareness Month

Distracted driving is any activity that takes your attention away from driving. This includes talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system, interacting with your kids - anything that takes your focus away from safe driving. Texting is the scariest distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed! Learn more from the United States Department of Transportation at [www.nhtsa.gov/risky-driving/distracted-driving](http://www.nhtsa.gov/risky-driving/distracted-driving).