



Bucksport Regional
Health Center



Message from the CEO *Carol Carew*

May is all about physical activity. See the story on the back page for more on that. But, as a related fact, May is also, National Bike Month.

Sponsored by the League of American Bicyclists, National Bike Month has been celebrated across the country since 1956, to highlight the vast benefits of cycling and to encourage people to take up biking.

Celebrate biking by bringing your kids to the Bike Rodeo happening at our Annual Spring Health Fair, May 5.

While on the topic of the health fair, we will be offering skin cancer screenings, as well. May also happens to be skin cancer awareness month. It may surprise you, but skin cancer is the most common type of cancer in the United States.

Ultraviolet (UV) radiation from the sun is the main cause, but UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is melanoma. There is good news, though. Skin cancer, even melanoma, can almost always be cured when it's found and treated early. Talk to your provider.

Notable holidays in May: Mother's Day, and Memorial Day. Enjoy.

Carol

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.

Meet Our Team:

Tamra Hanson, Executive Assistant

Meet our Team – Tamra is truly the backbone of our leadership team. As the Executive Assistant, she coordinates everything from meetings to trainings to employee events. If you are hoping to speak with our leadership team, Tamra is your first point of contact. You can reach her at extension 221.



Healthy Resource of the Month is Healthy Acadia

By Jessica Richards, Health Educator

Healthy Acadia's website says that their mission "is to empower people and organizations to build healthy communities."

They work on health challenges faced by the community, while also working to ensure that everyone in Hancock and Washington counties, is encouraged, and supported, in the pursuit of a healthier life. Healthy Acadia has been a community health coalition for 17 years and has partnered with thousands of community members in their quest to address local health needs.

They have six key areas of focus: Strong Beginnings, Healthy Food for All, Active & Healthy Environments, Healthy Aging, Substance Prevention and Recovery, and Health Promotion and Management.

DID YOU KNOW? Healthy Acadia offers free weekly Tai Chi classes at BRHC. Learn more on the back page.



We are hiring ...

- RN Care Coordinator – per diem
- Patient Service Representative
Saturdays with chance for additional hours
- Practice Manager – Full time

Visit our website and click on the Employment tab.

Health FAIR

Bucksport Regional Health Center

- Lots of Vendors
- Health Screenings
- Door Prizes/Giveaways
- Fire Dept. Touch a Truck
- Bike Rodeo
- Face Painting
- Kids Book Swap
- and more!

Bucksport Police are having a **Drug Take-Back Day** so bring your expired meds.

*Listen to
MAC
the Apple*

*Don't miss
this Health Fair!
Get your picture
taken with me.*



Saturday, May 5, 10:00 - 2:00
110 Broadway



Martha's Menu

Martha Cole, MS, RDN, LD

Creamy, Cheesy Cauliflower Bake

Courtesy:
whatscooking.fns.usda.gov

Makes: 7 Servings

Creamy cauliflower and low-fat cheese make a delicious sauce for this pasta dish.

Ingredients

1 pound whole-wheat pasta shells
8 cups water
2 cups chopped cauliflower
1 1/2 cups milk, non-fat
1 teaspoon garlic salt
1 cup flour (recipe reviewer suggested 1/4 cup flour)
1/4 cup vegetable oil
1 cup cheese, low-fat



Directions

1. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Notes: Low-fat cheddar cheese used in the nutrition analysis.

Nutrition Information for 1/7 of recipe

Nutrients - Amount

Calories - 408
Total Fat - 10 g
Cholesterol - 6 mg
Sodium - 233 mg
Total Carbohydrate - 66 g
Dietary Fiber - 6 g
Total Sugars - 5 g
Protein - 18 g
Calcium - 257 mg



Source: Michigan State University Extension - Midland County

May is National Physical Fitness and Sports Month

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet, many people don't get the recommended amount of physical activity.

According to healthfinder.gov, these are the recommended physical activity guidelines adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Challenge your family and friends to do it with you.

Here are just a few benefits of physical activity:

Children and adolescents: Physical activity can improve muscular fitness, bone health, and heart health.

Adults: Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.

Older adults: Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Before you start...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right for you. If you were not exercising before, start slowly.

Begin with 10 minutes of aerobic activity and gradually build up to doing 30 minutes at a time.

Learn Tai Chi, a Chinese mind-body exercise

that involves moving the body slowly and gently, at BRHC. Classes run on Fridays from 10 to 11 am.

Whatever activity you decide on, make sure you enjoy it, so you will keep doing it and gain the maximum benefit.



Tai Chi with Healthy Acadia