



Message from the CEO *Carol Carew*

Summer is here and there are always interesting things going on. First up, Wear Blue Day is Friday, June 15, at the end of Men's Health Week. It is a day to bring awareness to men's health and to encourage men to take care of their health and make regular appointments with their providers so they can live long healthy lives. On average, men live about five years less than women. About 30,000 men in the U.S. die each year from prostate cancer. Yet, men make about half as many visits to their providers as women do. So, join us on June 15, and wear blue for men's health. To learn more, visit menshealthnetwork.org/wearblue

We looking forward to Orland River Day, Saturday, June 30. This is a great event so we hope you will stop by our tent and say Hi. We'll have screenings, games, goodies to take home and information on men's health and other services we provide.

It is great that the warm weather is here, but it is still important to be safe. Read our Heat Related Illness story on the back page.

Happy summer, everyone.

Carol

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



We are hiring ...

- Physician
- Family Nurse Practitioner
- Care Coordinator

Visit our website and click on the Employment tab.

Walk-In Care,
Saturdays,
8 a.m.- 3 p.m.

Everyone welcome,
whether you're
our patient or not.



110 Broadway, Bucksport
bucksportrhc.org - 469-7371

Meet Our Team: Scott Fernald, Facilities Maintenance and Security

Have you seen the new gardens at our main entrance? We can thank Scott Fernald for that. He's our Facilities Maintenance and Security Technician and keeps our buildings and grounds in working order and coordinates efforts to make our building secure and safe. Thanks for all you do, Scott!



Healthy Resource of the Month is Literacy Volunteers

By Jessica Richards, Health Educator

Many adults have literacy challenges.

They may find it difficult to fill out forms, read instructions, follow complex information, write, spell, or communicate effectively in English.

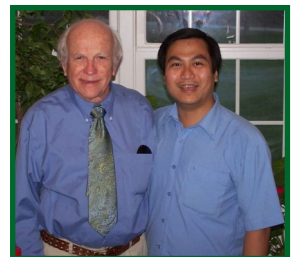
Literacy Volunteers of Bangor serves Bucksport and surrounding communities and can help people with these needs.

Any adult can ask for help by calling, filling out an application, or stopping by the office.

Applicants are carefully paired with a trained volunteer tutor who arranges times to meet that are convenient to both of them. (See pictures, right, of happy pairings.)

There is no fee or obligation. All services are free and confidential. If you or a friend needs help, you can: Call Literacy Volunteers at 207-947-8451, or get an application under "Get Help" at www.lvbangor.org.

Congratulations
Literacy Volunteers
on being our Healthy
Resource of the month!





Martha's Menu

Martha Cole, MS, RDN, LD

Breakfast Pumpkin Cookies

Courtesy:
whatscooking.fns.usda.gov

Bake these cookies the night before and enjoy a delicious treat on busy mornings when you are *running late*.

Ingredients

- 1 3/4 cups pumpkin (pureed, cooked)
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts (chopped)



Directions

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Source: Oregon State University Cooperative Extension Service, Healthy Recipes

Heat Related Illnesses: It's Summer!

For more information, search [heat related illness](http://www.cdc.gov) at www.cdc.gov

Heat Stroke

What to look for:

- 103°F or higher temperature
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do:

- Call 911 immediately-heat stroke is an emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Heat Exhaustion

What to look for:

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

What to do:

- Move to a cool place and loosen your clothes
- Put on cool, wet cloths or take a cool bath
- Sip water
- **Get medical help right away if:**
- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Cramps

What to look for:

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do:

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- **Get medical help right away if:**
- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Sunburn

What to look for:

- Painful, red, and warm skin
- Blisters on the skin

What to do:

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

Heat Rash

What to look for:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

What to do:

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash