



Bucksport Regional
Health Center



Message from the CEO *Carol Carew*

We are having great weather so far this summer. It has been perfect for hitting fairs and festivals.

If you go to the Bucksport Bay Festival later this month stop by our booth. We'll have plenty of giveaways including fun things for the kids.

Speaking of kids, they mostly all love junk food. And according to www.nationaldaycalendar.com, July 21 is National Junk Food Day. Chicken nuggets is a favorite at the drive-through but this tasty treat does not have to be unhealthy. See the back page for a homemade chicken nugget recipe that is sure to please even the pickiest little eater.

At the end of the month, July 28 is World Hepatitis Day. Talk to your provider to see if you should be tested for hepatitis. You can have hepatitis and not even know it. We have a full laboratory in-house so if you need blood work done, come see us. Not a patient? No problem. We are happy to do your blood work.

We are also welcoming two new providers: Dr. Andrea Palencar and Heidi Shawley, FNP. Watch upcoming newsletters for more about them.

Happy Summer!

Carol

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

We are hiring ...



- A Dentist

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: Jason Cyr IT Systems Administrator



Have you noticed that everything we do nowadays relies on computers?

If that makes you nervous, rest assured our IT Systems Administrator, Jason Cyr, keeps BRHC computers up and running smoothly and securely. Jason and the rest of our team work together to make sure your health information is used only for the purposes of keeping you healthy and well.

Healthy Resource of the Month is WIC *By Jessica Richards, Health Educator*

Do you see that hospital-grade breast pump I'm holding? That's only one of the resources eligible families might use through the WIC (Women, Infants and Children) program.

You might know WIC better for providing monthly vouchers for staple foods like milk, cheese, whole grains, fruits and vegetables, infant formula and more for young families.

WIC saves, on average, \$60 per person enrolled within the family. And, parents receive ongoing support and guidance from trained counselors like Savanna on breastfeeding, nutrition and additional resources for the family.

Who is eligible? If you or your child meets one of the descriptions below, along with family income guidelines, you may be eligible:

- A woman who is pregnant, breastfeeding or has had a baby in the past months
- Infants and children up to their 5th birthday
- Foster children

Savanna
Hudson, WIC
Breastfeeding
Coordinator,
and Jessica
Richards



And, starting in August, you can receive WIC services right here at BRHC. Call WIC at (207) 667-5304 for more information.



Martha's Menu

Martha Cole, MS, RDN, LD

Baked Chicken Nuggets

Courtesy:
whatscooking.fns.usda.gov



Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Ingredients

- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Directions:

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Notes

To remove bone from chicken thigh:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

Cooking Matters for Adults:

This is a 6-week cooking class, at BRHC, that covers basic kitchen and cooking skills, nutrition information, and budget-friendly shopping tips.

The class runs from Thursday, July 12 - August 16, 4:30 - 6:30 and is ideal for families with children six years of age and older. However, families with younger children are encouraged to sign up!

We'll have a children's activity area in the same room as class where our Health Educator can keep your younger ones busy and having fun so you can soak in all the great information the class has to offer.

In every class participants cook a full meal together. They also go home with a free bag of groceries after each class.

Learn New:

- Cooking tips & techniques
- Ways to involve kids in meal planning and preparation
- Tips for proper food safety and storage
- Nutrition information
- Ways to stretch food dollars and maximize resources
- Smart shopping tips

This course is specially designed for families struggling with a tight food budget searching for healthy options.

To register or FMI contact Emily at 667-7171 or emily@healthyacadia.org



Join the fun!