



Bucksport Regional
Health Center



Message from the CEO

Carol Carew

We have a very busy week coming up. National Health Center Week is August 12-18. It is a time designated to highlighting all the benefits of a Federally Qualified Health Center and how important these centers are to the community. Take a look at our activities for the week:

We are holding a patient appreciation event all week - free food, giveaways, and prizes so stop by and see us for that. We are also having color stations for kids to draw pictures of homes. We will hang these on our walls and feature them on Facebook to bring awareness to homelessness, which is one of the focuses of Health Center Week.

On Monday, August 13: A Red Cross Blood Drive in our Conference Room from 1:00 p.m. to 6:00 p.m. Please call us to schedule an appointment.

On Thursday, August 16: Free Oral Health Exams by Dr. Paul in our dental center from 7:30 a.m. to 10 a.m. Call 902-1100 for an appointment. This is a limited screening, not for diagnosing, but for a very quick check of basic oral health and education. All ages are welcome.

I hope you will come by and see us.

Carol

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

Meet Our Team: Amy Violette Patient Services Representative

Amy is likely the first person you'll meet when you walk through our doors on a Saturday.

Amy would like you to know that you **do not** need to be a BRHC patient to receive walk-in care on Saturdays. You can call or walk-in and Amy will make sure you see a provider that same day, between the hours of 8:00 a.m. and 3:00 p.m.



Healthy Resource of the Month is BRHC

By Jessica Richards, Health Educator

In honor of National Health Center Week, from August 12-18, I chose BRHC to be our Healthy Resource of the Month. We offer so many benefits to the community. We are not your typical doctor's office.

You probably know we have top-notch medical services, dental services and behavioral health services, but we also have numerous classes for your good health. Visit our website for more on that. And if money is tight, you can apply for our sliding-fee scale, and get prescriptions at a reduced cost. We do whatever we can to help ensure the health of our community.

Job Search

We are hiring ...

Dentist (part time)

Part-time dentist to work independently with our existing patient base while building additional clients. The ideal candidate must have a strong ability to give focused, comprehensive care to patients of all ages.

- Experience with digital x-rays and electronic dental record is a plus.
- Must be a Licensed Doctor of Dental Medicine (DMD), licensed as a dentist in the state of Maine.
- Microsoft office experience required.

Apply with a cover letter and resume to:
dadams@bhrcme.org

BRHC is an Equal Opportunity Employer.

Behavioral Health Counselor (full-time)

The ideal candidate will provide outpatient psychotherapy treatment to patients, and clinical assessments, diagnosis, treatment and crisis management. The practitioner will practice in the community, including home visits, schools and other social settings.

- Master's Degree in social work or counseling or doctorate in psychology required.
- Licensed practitioner in the State of Maine; maintain licensing requirements as required.
- Must have at least 5 years experience in social work/counseling required.
- At least 2 years experience (or equivalent) in assessing and treating substance abuse and dependency.
- Ability to provide case formulation and develop focused/goal oriented treatment plans.



Martha's Menu

Martha Cole, MS, RDN, LD

Bean Filling for Tacos or Burritos

Courtesy:
whatscooking.fns.usda.gov

Tacos and burritos are delicious, nutritious and healthy for the whole family. This recipe is tasty, quick, and easy to prepare. Makes three Tacos or Burritos

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup green pepper (chopped)
- 1 cup Pinto beans, dry (cooked) or canned
- 3/4 cup salsa
- 1/4 teaspoon chili powder (or garlic powder)
- 3 taco shells (warm or 3 flour tortillas)
- 3 tablespoons cheese (shredded) or sour cream

Directions

1. Cook onion and green pepper in vegetable oil until soft.
2. Add cooked beans, salsa, and chili powder or garlic powder.
3. When beans are heated, mash them with a fork to make a thick mixture.

For tacos: Fill taco shell with bean mixture; top with shredded cheese or sour cream (and more salsa if you like).

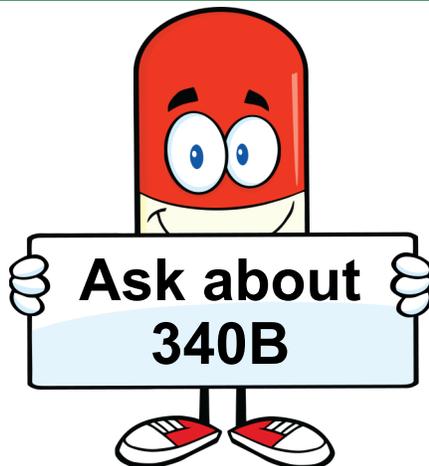
For burritos: In a warm flour tortilla, place filling on one side; top with shredded cheese or sour cream. Roll up and serve with extra salsa.

Notes

Tips: Add shredded lettuce and tomatoes to tacos and other vegetables to burritos.

Source: Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, beans4health.com. USDA, Center for Nutrition Policy and Promotion (CNPP)

Having trouble
paying
for your
medications?
We can help!



August is Immunization Awareness Month

The Centers for Disease Control and Prevention have a list of Frequently Asked Questions about vaccines. For a complete list of the questions and more information, visit www.cdc.gov/vaccines/parents/parent-questions.

Read answers to common questions to learn more about vaccine safety, the recommended schedule, how vaccines protect your child from 14 diseases by age two, and more. CDC regularly updates this document to ensure frequently asked questions from parents are answered with the most current information. Here are a few of the questions:

Q: Are vaccines safe?

A: Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are typically very mild, such as pain or swelling at the injection site.

Q: What are the side effects of the vaccines? How do I treat them?

A: Vaccines, like any medication, may cause some side effects. Most of these side effects are very minor, like soreness where the shot was given, fussiness, or a low-grade fever. These side effects typically only last a couple of days and are treatable. Apply a cool, wet washcloth on the sore area to ease discomfort. Serious reactions are very rare. However, if your child experiences any reactions that concern you, call the doctor's office.

Q: What are the risks and benefits of vaccines?

A: Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The main risks associated with getting vaccines are side effects, which are almost always mild (redness and swelling at the injection site) and go away within a few days. Serious side effects after vaccination, such as a severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children. The only exceptions to this are cases in which a child has a serious chronic medical condition like cancer or a disease that weakens the immune system, or has had a severe allergic reaction to a previous vaccine dose.

Q: Is there a link between vaccines and autism?

A: No. Scientific studies and reviews continue to show no relationship between vaccines and autism.