



## Message from the CEO

*Carol Carew*

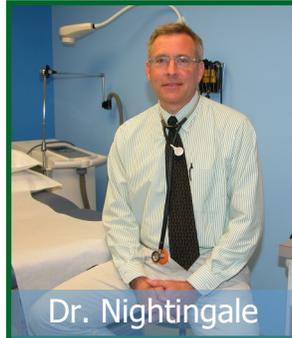
We are very happy to announce that we're opening a second location at Coastal Health Center, 37 Commerce Park, in Ellsworth.

We are fortunate to have Dr. Stephen Nightingale join our team and see patients at our new site.

We have been serving Bucksport and about a dozen other surrounding towns for more than 40 years and have been very successful bringing excellent health care to the area. But we have wanted to expand for a long time and bring our quality care to others. Dr. Nightingale is instrumental in that goal as he has been providing quality care in the Ellsworth area for years. He is Board Certified in Internal Medicine, Board Certified in Pediatrics, and Board Certified in Laser Surgery with a special interest in venous disease.

He's also a member of the American Academy of Pediatrics and the American College of Physicians. I hope you will come by and see us at Coastal Health Center and meet Dr. Nightingale.

*Carol*



Dr. Nightingale

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

## Meet Our Team: Matthew McLaughlin, Staff Accountant

Matt keeps track of finances for us. He has a knack for numbers and plays a big role in making sure our books are balanced. When he's not crunching numbers, he enjoys fishing, hiking and spending time with his family.



## Fruits and Veggies: More Matters Month (from healthfinder.gov)

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough.

This September, we are proud to participate in Fruits & Veggies – More Matters Month.

- Eating a healthy diet with plenty of vegetables and fruits can help you:
- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active
- Here are some ideas to help you and your family fit more fruits and vegetables into your day:
- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.
- Remember, eating more fruits and veggies can be fun – and it's worth it!



## Job Search

## We are hiring ...

### BRHC - Ellsworth Location Coastal Health Center, 37 Commerce Park

- FNP
- Medical Assistant
- Patient Service Representative

### BRHC - location 110 Broadway, Bucksport

- Dentist (part-time)
- RN Care Coordinator (per diem to be assigned to both Bucksport and Ellsworth locations)

Apply with a cover letter and resume to:  
[dadams@bhrcme.org](mailto:dadams@bhrcme.org)

BRHC is an Equal Opportunity Employer.



## Martha's Menu

Martha Cole, MS, RDN, LD

### Arroz Con Pollo Chicken and Rice

Courtesy:  
whatscooking.fns.usda.gov

This one skillet meal makes a quick, tasty, and healthy weeknight dinner.

#### Ingredients

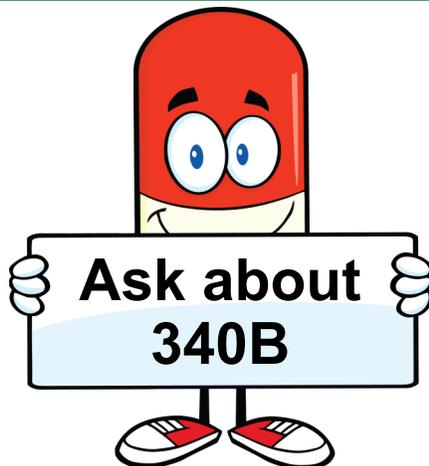
- 2 tablespoons vegetable oil
- 1 chicken (whole, cut up, skin removed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 2 tomatoes (chopped)
- 2 1/4 cups chicken broth (low-sodium)
- 1 bay leaf
- 1 cup rice (uncooked)
- 1 cup peas
- salt (to taste, optional)
- pepper (to taste, optional)

#### Directions

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic.
3. Cook for about 5 minutes.
4. Add tomato, chicken broth, bay leaf, salt, pepper to taste.
5. Cover and cook for 20 minutes.
6. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
7. Add peas, cook until hot.

Source: University of Illinois, Extension Service, Wellness Ways-Taste of the World.

Having trouble  
paying  
for your  
medications?  
We can help!



## September is National Recovery Month

Mental and substance use disorders affect millions of Americans.

Supporting recovery strengthens our families

and our communities, encourages public awareness, and helps people begin their recovery journeys.

If you or someone you know is struggling, visit [www.recoverymonth.gov](http://www.recoverymonth.gov) for information on prevention, treatment, and recovery support services. You can help yourself or someone you love take the first step toward recovery.

Celebrate **National Recovery Month** and spread the word that prevention works, treatment is effective, and people recover.

Whatever you're dealing with, BRHC can help. We have a compassionate team ready to assist you.

For those suffering from opioid/pain killer addiction, we have the Medication Assisted Treatment program, which offers ongoing individual and group therapy for those who wish to recover.

You do not need to be a patient at BRHC to join this program. Contact Kathy at 469-7371, extension 241 for more information.

### Tai Chi for Diabetes -

Healthy Acadia will be teaching Tai Chi for Diabetes at BRHC on Fridays, Sept. 14 -Nov. 2, 11 a.m. - 12 p.m. Classes are free and open to everyone.

#### Did you know?

Tai Chi can help you manage diabetes: It may ...

- assist in regulating glucose levels
- improve heart and lung function
- increase strength, flexibility and balance
- reduce stress

Join us for Level II Tai Chi for Arthritis classes Fridays, 10 a.m. - 11 a.m. through October 12.