



Bucksport Regional  
**Health Center**



## Message from the CEO

*Carol Carew*

When we think of December, we typically think of the holidays. But, while everyone is very busy this time of year, it is no excuse to ignore a very real threat. The flu. December 2-8 is National Influenza Vaccine Week, chosen by the CDC and its partners to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine. As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible. It's not too late to vaccinate. A flu shot is still beneficial and should be done as soon as possible before our area is hit with a large outbreak. Call us if you need a flu shot.

One of the best ways to avoid getting sick is to wash your hands often. In fact, December 2-8 is also National Hand Washing Week. Wash for 20 seconds with soap and warm water. Follow these guidelines:

- Wash your hands when they are dirty, especially after shopping, doing errands, and before eating.
- Do not cough or sneeze into hands.
- Do not put your fingers in your eyes, nose or mouth.
- Clean your cell phone regularly as germs can live on them for extended periods of time.
- Use hand sanitizer with an alcohol content of at least 62-percent.

We all hope you have the happiest of holiday seasons and a very healthy new year.

*Carol*

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.



## We are hiring ...

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

- Nurse Practitioner (FNP)

Bucksport location, 110 Broadway, Bucksport

- Chief Operating Officer

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

BRHC is an Equal Opportunity Provider and Employer.

## Meet Our Team: Dr. Stephen Nightingale



Dr. Nightingale is our provider in our Ellsworth location.

He is Board Certified in Internal Medicine, Pediatrics, and Laser Surgery with a special interest in venous disease.

He is also a member of the American Academy of Pediatrics and the American College of Physicians. We are happy to have him on our team. He is accepting new patients and is happy to see his former patients. The Ellsworth number is 667-5064.

## December is Safe Toys and Gifts Month

The Consumer Product Safety Commission, CPSC, retailers, toymakers, and nonprofits are committed to ensuring the safety of toys. But, it is equally important that parents and caregivers take an active role in ensuring safe and fun play. That is why the groups issued the following tips for consumers when buying toys:

- Avoid toys with small parts, as well as marbles and small balls, for children under age three.
- Ensure that stuffed toys have age-appropriate features such as embroidered or secured eyes and noses for younger children and seams that are reinforced to withstand an older child's play.
- Be careful with magnets: High-powered magnet sets are a safety risk to children – toddler through teens. Children have swallowed loose magnets, causing serious intestinal injuries.
- Choose toys that match your child's interests and abilities as well as your family's play environment.
- Get safety gear. With scooters and other riding toys, be sure to include helmets. Helmets should be worn properly at all times, and they should be sized to fit.
- Know your seller. Purchase toys from retailers you know and trust.

To learn more about toy safety, visit [www.cpsc.gov](http://www.cpsc.gov)

**Two locations:**

**BRHC**  
110 Broadway, Bucksport

**Coastal Health Center**  
37 Commerce Park, Ellsworth



## Martha's Menu

Martha Cole, MS, RDN, LD

### Beef Goulash

Courtesy:  
whatscooking.fns.usda.gov

Goulash is an easy-to-prepare traditional Hungarian stew consisting of vegetables and meat in a savory tomato sauce. It is a popular dish in many parts of Europe including the Netherlands, Belgium, Switzerland, and Scandinavia.

### Ingredients

- 1 lb. beef round, roast or steak, fresh or frozen, lean, cut into 1/2 inch cubes
- 2 1/8 cups onions, fresh, diced
- 2 cloves garlic, fresh, minced (1 clove is about half a teaspoon minced)
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar, unpacked
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon mustard, yellow, prepared
- 1/4 cup warm water
- 2 tablespoons flour, all purpose, enriched, unbleached
- 2 1/4 cups whole grain-rich egg noodles, uncooked or other whole grain-rich pasta

### Directions

1. Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker and stir well.
2. Cover and cook for 3 hours on high or 6 hours on low
3. Combine warm water and flour, mix well using a whisk or fork to form a thin paste, known as a slurry. Add the slurry to the slow cooker, cover, and cook for 15 minutes or until goulash has thickened. Heat to 165 °F or higher for at least 15 seconds.
4. Fill a large pot with water. Bring water to a rolling boil. Slowly add noodles. Stir constantly, until water returns to a boil. Cook uncovered for about 8 minutes or until tender. Do not overcook. Drain well.
5. Serve 1/2 cup goulash over 1/4 cup of cooked noodles.

Source: CACFP Multi-Cultural Recipe Project - Team Nutrition:  
Adapted from Nutrition.gov.

## Meet our terrific new providers

All are accepting new patients.



### Craig C. Benson, DO

Dr. Benson has a BS in biology and completed a Family Practice Internship at the University of Tennessee Medical Center, Knoxville, TN. He earned a Doctor of Osteopathy from West Virginia School of Osteopathic Medicine, Lewisburg, WV. He is a member of the American Osteopathic Association, the American Medical Association, and the American Society Addiction Medicine.



### Brandy George, FNP

Brandy earned her RN and FNP from the University of Vermont, Burlington. She is an AANP Board Certified Family Nurse Practitioner.



### Heidi Shawley, FNP

Heidi has experience in chronic disease management, geriatrics and long-term care. She earned a Master's Degree in Nursing, Family Nurse Practitioner, from Husson University, Bangor, and a Bachelor of Science in Nursing from the University of Maine Fort Kent. She is a Certified Rehab Registered Nurse.



### Heather Gosselin, LCSW

Heather has spent years working with children, families and grandparents in a variety of capacities including child welfare. She earned a Bachelor of Arts in Psychology, and a Master of Social Work from the University of Maine. She is a member of Psi Chi and National Society of Collegiate Scholars.



**Walk-In Care,**  
Saturdays, 8 a.m. to 3 p.m.  
at our Bucksport location.

Open to all: patients and others.