



Message from the CEO *Carol Carew*

Happy New Year! BRHC saw some important changes in 2018. The biggest is our expansion into Ellsworth with Dr. Stephen Nightingale. We had wanted to serve the Ellsworth area for a long time and are thrilled that it finally came to fruition. I'd like to thank everyone who was involved in making this new location a success.

Another important benefit about the Ellsworth office is the treatment of venous diseases. Dr. Nightingale is an expert in vascular conditions. We are very fortunate to be able to offer this service.

This past month, BRHC staff decided to contribute to children who may not have access to enough nutritious food, which is needed for kids to do well in school and life. I am extremely proud of our staff for raising \$755 during our holiday party, as well as 160 food items to donate to the RSU 25 School Food Pantry Program. This program offers weekly or biweekly bags of food to kids who need them to use on weekends and school vacations.

I am happy to announce the addition of Walk-In care hours. For months now, our Bucksport location has been providing Walk-In care to the community on Saturdays from 8:00 - 3:00. We have decided to expand this service, beginning sometime in February. The exact start date is not set yet, but I wanted to give you a heads-up. We will expand the hours in Bucksport to Monday - Friday, 7:30 a.m. to 9:30 a.m. As always, you do not need to be our patient to access this service. If you need us, we are here for you. *And here's to a great 2019.*

Carol

Meet our Interns!

Davina Stiles (pictured left) works as a college intern with our Behavioral Health Department. She sits in on therapy sessions, some school-based therapy, and in-home sessions. She is with us until the beginning of May, when she graduates with her Master of Social Work degree.



Johanna, (right) Davina's sister, is joining us as a high school volunteer. She will be helping with our health events and programming.

**Thank you, Davina and Johanna,
for your contributions to BRHC!**

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

Upcoming events to start the new year right!

Cooking Matters

is a free cooking and nutrition class designed to help people learn how to make healthy meals on a budget.



You'll cook a tasty and nutritious meal with your classmates and get a bag of groceries to take home after each class.



Great fun in class. Photo courtesy of Healthy Acadia.

Classes are from January 10 – February 14, on Thursdays, from 3:00 p.m. - 5:00 p.m. BRHC, Bucksport location.

Contact Jessica Richards to register at 469-7371 extension 260.

Job Search

We are hiring ...

Ellsworth Location

- Nurse Practitioner (FNP)

Bucksport location

- Case Manager - Behavioral Health

Both locations

- RN Care Coordinator - PER DIEM

Learn more at www.bucksportrhc.org .

Apply with a cover letter and resume to: dadams@bhrcme.org
BRHC is an Equal Opportunity Provider and Employer.



Martha's Menu
Martha Cole, MS, RDN, LD

Baked Potato Soup

Courtesy:
whatscooking.fns.usda.gov

This warm and hearty soup is sure to please. The main ingredient is potato. For an even heartier dish, add 2 cups diced cooked chicken or turkey ham. Makes: 5 Servings

Ingredients

- 2 tablespoons light butter
- 1 small onion (chopped)
- 2 medium potatoes (baked, peeled and mashed)
- 3 cups 2% milk
- 2 cups low-sodium chicken broth
- 1 cup low-cheddar cheese (shredded)
- Salt and pepper (to taste)

Directions

1. Melt butter in a large saucepot over medium heat and add chopped onion, stirring every once in a while until onions are clear.
2. Stir in potatoes, milk and broth. Continue to stir until smooth.
3. Bring to a boil over medium heat, stirring every once in a while, being careful not to burn.
4. Remove from heat and stir in ½ cup cheese. Add pepper and salt to taste. Sprinkle remaining cheese on top and serve.

Get moving in the new year!

Senior Aqua Aerobics:

Free class, Free Transportation! This low-impact class uses the water's resistance to give you a strength and cardio workout that's easy on your joints.

The YMCA here in Bucksport will even supply your ride to and from the Ellsworth YMCA. You just have to make it to the Bucksport Senior Center by 8:30 am.

Classes are Tuesday & Thursday mornings 9:30 to 10:30, January 3 - February 21. Call 469-3518 to register.

Bone Builders:

Seniors can increase muscle strength and bone density with this beneficial and free class Monday & Wednesday afternoons, 1:00 to 2:15 at the Bucksport Senior Center. Call Denise Brown at 745-8415 or Pat Burke at 299-2857 to register.



Happy 2019!
Making and Keeping
New Year's Resolutions
By Jessica Richards,
Health Educator

Sometimes there is a lot of excitement surrounding making New Year's resolutions. They all seem like good ideas, that is until you try to keep them. Then you realize maybe you were too ambitious for your lifestyle.

Here are some tips to make sticking to your resolutions a bit easier while still getting the benefit from them.

Make them doable. Trying to make big, sudden changes almost always backfires. Be realistic, and break your long-term goal (say losing 25 lbs.) into small actions that are challenging, but achievable, in your everyday life.

Be specific. How will you know if you are achieving your goal if you don't define it? For example, if your goal is to eat more vegetables, what does that mean? How many extra servings? Take a little time to plan the "what, when, where and how" details of your goal. For example, you'll eat one extra serving of vegetables at dinner Monday through Friday of this week.

Focus on your actions. You can control your actions but you can't control the outcome. Instead of "I want to lose 2 lbs. this week," define your goal as actions: "I will walk 20 minutes 3 times this week."

Plan for challenges. We've all been there, when you're on a roll making changes and then something comes along that throws you off-track. Anticipate these obstacles and have a plan to work around them. Find ways to reduce stress and clutter in your life so you can focus on making the changes you want to make.

Get support. Making changes is hard. Use all the resources and tools you can to make it easier. Find a counselor, a friend, or another supportive resource to help. Have confidence in yourself and remember the reasons why you are making changes in the first place.