



## Message from the CEO *Carol Carew*

February is full of good news! We have several wonderful things happening that will improve the health of our patients and the community.

If you missed last month's Vascular Screening in our Ellsworth office, don't worry. You will have more chances to attend. We have decided to expand the free screenings to the fourth Tuesday of every month, at least until summer. You do not have to be a patient of BRHC to attend but appointments are required. Call Ellsworth at 667-5064 if you want an appointment Feb. 26. The screening is from 4:30 p.m. - 6:00 p.m. These screenings are for anyone living with, and suffering from, painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, or leg heaviness and discomfort. You do not need a referral. Just make an appointment and Dr. Nightingale will take a look. Again, this is a completely free screening.

Also, starting Feb. 4, we are expanding our Walk-In care to Monday - Friday, 7:30 a.m. to 9:30 a.m. Saturdays have been very helpful to the community so this seemed like a natural progression. You do not need to be a BRHC patient to come to Walk-In Care. We will treat everyone.

As if all this wasn't enough, we are happy to announce that Dr. Thomas Bugbee will be joining our team in February. Read more about him in Meet Our Team.

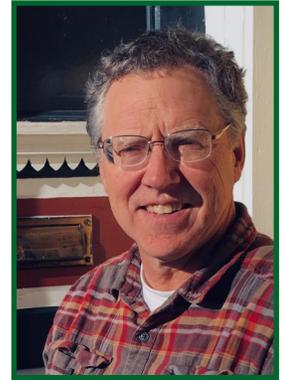
February also sheds a light on heart disease, and Wear Red Day specifically focuses on women's heart health. Join us in wearing red on February 1. As always, check our website calendar for activities.

*Carol*

## Meet our Team!

### Dr. Thomas Bugbee - Ellsworth

Dr. Bugbee has moved back to this area and we are very happy that he has joined our team in Ellsworth. He is certified with the American Board of Family Physicians, and is a member of the board of directors of the Maine Academy of Family Physicians. He has extensive experience, having worked as a family physician, an emergency room/ambulatory center physician, and a hospitalist. Dr. Bugbee is accepting new patients.



**Celebrate National Wear Red Day** by wearing red, Friday, February 1. Read about women and heart disease (back page) and on Facebook - [www.facebook.com/BucksportHealth/](http://www.facebook.com/BucksportHealth/)



## NEW Service at BRHC:

### Car seat checks and free car seats to those who qualify



Did you know 80-percent of car seats in the U.S. are installed or used incorrectly?

We have a certified Child Passenger Safety Technician on site to help you install and operate your child's car, or booster seat, safely and correctly.

If you need a car seat, we can help with that, too. We will provide a new car seat to those who qualify. These services are free and open to all whether a patient or not. Contact Jessica Richards at 469-7371 extension 260 to schedule a car seat check or to obtain a car seat.

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.

## 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](http://www.bucksportrhc.org).

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

BRHC is an Equal Opportunity Provider and Employer.

**Two locations:**

**BRHC**  
110 Broadway, Bucksport

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



**Martha's Menu**  
*Martha Cole, MS, RDN, LD*  
**Hearty Beef Potato Soup**

Courtesy:  
[whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

This tasty and satisfying soup can be served for lunch or dinner. The leftovers can be frozen for later.

### Ingredients

- 1/4 pound beef round roast (thawed and chopped)
- 1 tablespoon vegetable oil
- 3 cups water
- 2 cups winter squash (chopped, or 2 cups cabbage, finely chopped)
- 1/2 cup onions (chopped)
- 1 celery stalk
- 1 teaspoon garlic (finely chopped)
- 1/2 teaspoon dried oregano
- 1 tablespoon parsley (chopped, optional)
- 1/4 cup macaroni (dry)
- 1 tomato (large, chopped, or 1 can, about 15 ounces, low-sodium diced tomatoes)
- 1/2 cup green pepper (finely chopped)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

### Directions

In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.

Add water, squash, onion, celery, garlic, and oregano. If using parsley, add that too. Mix well.

Bring pot to a boil. Lower heat and cook for 20 minutes.

Add macaroni, tomatoes, green pepper, salt, and pepper.

Keep cooking over low heat for 20 minutes. Serve hot.

Tip for cooking beef roast: The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

Source: Cookbook: A Harvest of Recipes with USDA Foods

## Facts on Women & Heart Disease

Heart disease is the leading cause of death for women in the United States. Although

heart disease is sometimes thought of as a “man’s disease,” around the same number of women and men die each year of heart disease in the U.S. Some conditions and lifestyle choices increase a person’s chance for heart disease, including diabetes, overweight and obesity, poor diet, physical inactivity, and excessive alcohol use. High blood pressure, high LDL (“bad”) cholesterol, and smoking are key risk factors for heart disease.

## Symptoms of Heart Disease

Some women have no symptoms of heart disease, but others may experience heavy sharp chest pain or discomfort, pain in the neck/jaw/throat, or pain in the upper abdomen or back. Sometimes heart disease may be silent and not diagnosed until a woman has signs or symptoms including:

- Heart Attack: Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest.
- Heart Failure: Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- Stroke: Sudden weakness, paralysis (inability to move) or numbness of the face/arms/legs, especially on one side of the body. Other symptoms may include confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.

## What You Can Do for Heart Health

You can lower your chance of heart disease and a heart attack by taking simple steps.

- Eat fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
- Be physically active. Strive for at least 2 hours and 30 minutes (or 150 minutes total) of physical activity each week. You can spread your activity out during the week, and can break it up into smaller chunks of time during the day.
- Be smoke free. Talk to your provider if you are thinking about quitting.
- Limit alcohol use, which can lead to heart disease and cancer. If you do drink, have no more than one drink a day if you’re a woman. Do not drink at all if pregnant.
- Know your family history. There may be factors that could increase your risk for heart disease and stroke.

Manage any medical condition you might have.

Learn the ABCS of heart health. Keep them in mind every day and especially when you talk to your health provider:

- o Appropriate aspirin therapy for those who need it
- o Blood pressure control
- o Cholesterol management
- o Smoking cessation

Information from the Centers for Disease Control and Prevention