



Bucksport Regional Health Center



Message from the CEO

Carol Carew

Hard to believe it is March and we survived another winter. Here's to an early spring!

Last month, we held our first free Vascular Screening in our Ellsworth office. But, if you missed it, 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, 4:30 - 6:30 p.m., at least until summer. You do not have to be a patient of BRHC to attend but appointments are required.

We're very proud of our dental team and we will celebrate them during Dental Assistants Recognition Week, March 3-9. Oral health is just as important as your general health so taking care of your teeth increases your overall well-being. Give us a call if you have any dental concerns.

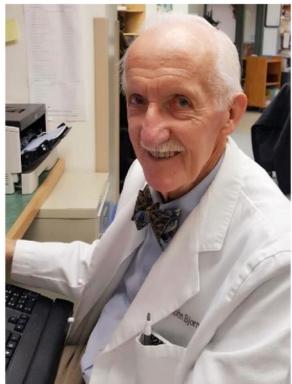
And Patient Safety Awareness Week is March 10-16. In collaboration with the Center for Patient Safety, we are placing an enhanced focus on patient safety in recognition of Patient Safety Awareness Week. Although we are using this week in March to celebrate our patient safety achievements and increase awareness, safe care is our organization's focus every day.

Carol

Dr. John Bjorn passed away in January at 86.

He was one of the community's favorite providers and while he retired a year ago, after being on our team for 14 years, he was thought of often.

We cherish the memories.



Walk-In Care

Monday - Friday, 7:30 a.m. to 9:30 a.m.

Saturdays 8:00 a.m. - 3:00 p.m.

You don't need to be a BRHC patient to visit Walk-In Care.

We will treat everyone.



March 2019

BRHC Health Beat

Meet our Team!

Mark Hankinson, Chief Operating Officer

Mark comes to us with 20 years of experience in healthcare.

His clinical background is as a Physical Therapist. He has held leadership positions across the spectrum of healthcare environments including hospitals, home health and hospice and ambulatory care settings.



He is passionate about ensuring a high standard of care is delivered within an exceptional patient experience. Mark admits he is a huge Walt Disney fan and enjoys running half marathons and hiking in his free time.



We are hiring ...

You may apply on our website. You may also email a resume directly to dadams@brhcme.org.

Medical Assistant: Full Time, including Saturdays

Qualifications:

- At least one year of experience as a MA preferred
- HS Diploma or the equivalent is required
- Recognized certificate from accredited education institute for Medical Assistant/Certified Nurses Aid, or the equivalent in education and work experience required

Patient Account Rep II – Full Time

Qualifications:

- At least two years of experience working in a Business Office required
- HS Diploma or equivalent with emphasis on office and business skills including keyboarding, filing, and multi-tasking required
- Some college education preferred
- CPT and ICD-10 knowledge REQUIRED
- Microsoft Office software experience required

FNP – Ellsworth Location – Full Time

Responsible for managing health problems and coordinating health care for patients.

Two locations:

BRHC
110 Broadway, Bucksport

Coastal Health Center
37 Commerce Park, Ellsworth



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

Asian Noodle Bowl

Courtesy:
whatscooking.fns.usda.gov

This recipe uses unsalted, oil roasted peanuts. Try sprinkling peanuts onto vegetable and rice or noodle recipes, such as this Asian Noodle Bowl recipe.

Ingredients

- 1 pound egg noodles (uncooked)
- 2 teaspoons vegetable oil
- 2 cloves garlic
- 1 teaspoon chili powder
- 1 can low-sodium mixed vegetables (about 15 ounces, drained)
- 3/4 cup water
- 1/4 cup barbecue sauce
- 1 tablespoon peanut butter
- 1/4 cup roasted peanuts (chopped)

Directions

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Notes

Tip: Try adding chopped cooked chicken, turkey, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.

Source: Recipe adapted from Food.com

Welcome back to the area, DR. Thomas Bugbee!

He worked in Oregon for a bit,
but he's back in Maine
and working with
Bucksport Regional Health Center
in the Ellsworth office!

Dr. Bugbee is accepting new patients at our Ellsworth location:

37 Commerce Park!
Call 667-5064

bucksportrhc.org



Medication Assisted Treatment (MAT)

Do you or someone you love, have an addiction to opioids or other pain killers? BRHC offers Medication Assisted Treatment (MAT) with certified providers through the use of Suboxone along with support groups. If you're interested in getting help with your sobriety, we have a four step process you can join.

- You'll come in for a mental health screening with a behavioral counselor.
- If deemed a good fit for the program, you will receive a brief physical exam from one of the certified providers to review any health risks.
- When you start the program, you'll need to be two days free from drug use. You'll have induction, and receive a prescription of a limited dose to be taken at BRHC over the course of a half day.
- You'll attend group sessions weekly where you will also see the doctor at the same visit for your refill.
- Individual counseling is also offered for added support to address reasons for addiction and any mental health concerns.

We have expanded and now offer three different groups to meet the needs of patients: Monday during the day, Tuesday evening, and Thursday evening.

We do not have a time line because everyone's addiction story is different and you do not need to be a BRHC patient to join. We do accept insurance along with a sliding scale fee.

When asked how the MAT program has changed their lives, some group members commented.

"It has given me stability in my life, when I was on drugs I never knew what was coming the next day or where I would get my fix from. The Suboxone program has steadily put me on an even keel to a better life. I am much happier. I really like the group, it helps a lot. Doctor D is an amazing doctor. He has really helped change my life."

"This program gives us all hope and we can confide in each other, we have wonderful counselors, and a terrific doctor. You don't feel like you're battling it alone anymore."

"The acceptance in to a welcoming program is exactly the support that I needed to further my recovery."