

April 2019

# BRHC Health Beat



Bucksport Regional  
**Health Center**



## Message from the CEO

*Carol Carew*

Happy April. I think we are finally rid of the snow. It's time for yard clean-up and spring cleaning. We want to help, so we are having a clothing drive and e-waste clinic at our Annual Health Fair.

If you are having any vascular problems, remember our next free vascular screening at our Ellsworth location is Tuesday, April 23, from 4:30 - 6:00. These screenings are perfect for anyone who has painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, and leg heaviness and discomfort. Just call our Ellsworth office for your appointment.

Along with Distracted Driving Month (details on the back) it is also Alcohol Awareness Month. *The Centers for Disease Control (CDC) and the Alcohol-Related Disease Impact Application (ARDI) reports that about 88,000 deaths in the United States are attributed to alcohol use every year*, according [www.alcohol.org](http://www.alcohol.org), the American Addiction Centers Resource. Log on to learn more. And if you are struggling with addiction, give us a call. We can help.

Happy Spring, everyone! See you at the Fair.

*Carol*

## Spring Cleaning, Less Clutter, Less Stress

Do you ever notice how good you feel when your living and work environment are clean and organized? You're not just imagining it - a cluttered environment causes stress.

According to Stanford University, studies show that people surrounded by clutter have poorer focus and ability to process information compared with those in clean, organized environments.

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### 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.

## Meet our Team!

**Katy Palkie,**  
**RN, BSN, Nurse Care Coordinator**

Katy works with primary care providers to coordinate and manage care for high-risk and complex patient populations.

You might hear from Katy if you need help managing a chronic condition or are transitioning from the hospital or nursing facility to home.

Katy enjoys being active outdoors with her fiancé, four children and two German Shepherds.



## Spring Health Fair – May 4

Spring is here and that means our Annual Health Fair is near! This year's fair will take place on Saturday, May 4, from 10:00 am to 1:00 pm.

Enjoy activities for the whole family! We'll have games and crafts for the kids, free car seat checks by certified technicians, nature walks, cooking and fitness demonstrations, food samples, vendors, health screenings and more.

We also thought we'd offer some "spring cleaning" assistance by holding an onsite e-waste recycling event.

We're also collecting clothing donations for local charities.

So, bring your old computers and clothes that you no longer want and we'll take care of them! We'll even destroy your hardware in front of you, or give it to you to keep, so you don't have to worry that your information will be shared.

If you have questions about what type of electronics will be accepted, contact Jess Richards at 469-7371 ext. 260 or watch our Facebook page for more information.

## Two locations:

**BRHC**  
**110 Broadway, Bucksport**

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

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.

BRHC is an equal opportunity provider and employer.

## April is Distracted Driving Awareness Month

Source: National Safety Council

Just what constitutes distracted driving?

According to the National Safety Council, distracted driving is any activity that diverts attention from driving, including talking or texting on a phone, eating and drinking, talking to people in the vehicle, fiddling with the stereo, entertainment or navigation system - anything that takes the driver's attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

### MYTHS and FACTS

**MYTH:** My car came with an infotainment system. Since it's built into my car, it must be safe.

**FACT:** An NSC survey found more than 50 percent of drivers believe this myth. But technologies that allow drivers to make hands-free calls and use voice commands to dictate texts and emails, change music and update social media **can be** distracting to drivers – even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

**MYTH:** I know distracted driving is dangerous, but I can't afford to miss calls, emails or text messages. My job depends on it.

**FACT:** Car crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. Fortunately, more employers are recognizing this hazardous expectation of always being connected and they are doing something about it.

Dozens of Fortune 500 companies have adopted cell phone policies, banning the use of phones while driving. By eliminating this deadly distraction, employers are keeping their workforce safer.

**MYTH:** Most car crashes are caused by malfunctions such as faulty brakes, blown tires or engine problems.

**FACT:** On the contrary, 94 percent of crashes are caused by driver error. Therefore, nearly all of the crashes that happen on our roadways are 100 percent PREVENTABLE.

### A leading cause of these human errors? Distractions.

Distraction leads to driver error. Seven percent of all drivers at any given time are using their phones while driving.

A National Highway Traffic Safety Administration survey finds 660,000 drivers using cell phones or manipulating electronic devices while driving at any given daylight moment. Drivers talking on phones, hand-held or hands-free, miss seeing up to 50 percent of what is around them like:

- other drivers
- pedestrians
- bicyclists

### Spring Cleaning, Less Clutter, Less Stress *cont. from front*

Getting organized can sound like a daunting task. Start with small goals, such as cleaning out one drawer or going through the shoes piled in the entry-way. When deciding what to tackle first, consider what bothers you the most and make a realistic plan to tackle it.

Divide your items into piles, such as trash, give away and file/keep. Attach a schedule or deadline to it.

**For example, sort the clothes in one closet each week this month and bring all your unwanted clothes to our Spring Health Fair on May 4.**

Consider why you are so attached to certain things. Do they remind you of a passed loved one? Do you feel that by keeping the item you're more likely to achieve something (for example, the box of your "skinny" clothes you haven't fit into in the past decade or a bin of books you are not likely to read)?

Does shopping for things you don't need fill a void?

If you feel clutter is getting in the way of your life, talk with a professional, such as one of our behavioral health providers. Otherwise, get organizing, and experience less stress this spring and summer.