

## Message from the CEO

*Carol Carew*



Hard to believe it is June already. We have a couple of things to share. On page 2, you will notice that we have a new feature: a Word Search puzzle. Hope you like it.

Since June is Alzheimer's and Brain Awareness Month, we wanted to help keep your brain engaged. Read more about Alzheimer's and memory loss on page 2.

And speaking of brain awareness, we offer a pain management group called Pain on the Brain, which was developed to help patients learn to control pain, and to help them take ownership of the very real risk of addiction and other problems which are part of opiate interactions with the body. Give us a call if you are interested in this program.

Wednesday, June 26, 12:30 p.m. to 1:30 p.m., we're hosting presentations on alternative therapies for issues like chronic pain, substance abuse, behavioral health conditions and more. Ariel Shepard, licensed Medical Massage Therapist and recipient of the Bucksport Chamber of Commerce June Business Buzz will explain how massage therapy can play a powerful role in treatment and healing. We'll have other practitioners available to share more forms of alternative therapies. Watch our Facebook page.

And Happy Father's Day to all you dads out there!

*Carol*

## June is Men's Health Month



June 1 kicks off Men's Health Month. Men on average have shorter life spans than women, while women are more likely to visit their doctor regularly. Seems like a correlation there.

The purpose of designating a "Men's Health Month" is to increase the awareness of preventable health problems and to encourage early detection and treatment of diseases among men and boys.

June 10-16 is Men's Health Week, with June 14 assigned as **WEAR BLUE DAY** to show support for men's health.

**Walk-In Care:** Monday - Friday, 7:30 a.m. to 9:30 a.m. and 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! Brandy George, FNP

Brandy became a provider because she enjoys helping people, especially in health promotion and prevention. She also enjoys building relationships with her patients. Team work with fellow providers is an important component to her as she seeks to provide the best outcomes for her patients.



Brandy earned her MSN and FNP from the University of Vermont, Burlington, and her BSN from Rhode Island College. She is an AANP Board Certified Family Nurse Practitioner. Brandy is married with two children, three cats and three dogs. She enjoys spending time with her family, reading, and music festivals.

Her favorite quote is, "Cherish your yesterdays, dream your tomorrows, and live your todays." Anonymous.

Brandy is currently accepting new patients and would love to meet you!

## Free Vascular Screening

If you suffer from venous disease, this event is for you.

Tuesday, June 25,  
4:30 p.m - 6 p.m.



## We are hiring ...

- Clinical Medical Assistant LEAD Ellsworth location
- Medical Director
- FNP/PA (hospitalists may apply also) Saturday only in Bucksport
- Dental Assistant – per diem
- FNP – part-time Ellsworth

## 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.

## June is Alzheimer's and Brain Awareness Month

Source: Centers for Disease Control (CDC)

According to the CDC, scientists do not yet fully understand the causes Alzheimer's disease. There most likely is not one single cause, but several factors that affect each person differently.

There are several risk factors at play, with age being the most familiar one. Family history is believed to have a roll in developing Alzheimer's disease, as well.

Scientists are finding more evidence that some of the risk factors for heart disease and stroke, such as high blood pressure and high cholesterol may also increase the risk of Alzheimer's disease. But there is growing evidence that physical, mental, and social activities may reduce the risk of Alzheimer's disease.

It is also known that changes in the brain that lead to Alzheimer's can begin years before the first symptoms appear.

Memory problems are typically one of the first warning signs of cognitive loss. The National Institute on Aging says that in addition to memory problems, someone with Alzheimer's disease may experience one or more of the following signs:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Decreased or poor judgment.
- Misplaces things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

It is very important to note that if you, or someone you know, has several or even most of the signs listed above, it **does not** mean that you, or they, have Alzheimer's disease. There are other conditions that can cause memory loss or confusion, including urinary tract infections, vitamin B12 deficiency, dehydration, and thyroid problems, to name a few. It is always important to speak with your provider if you have any memory loss. Early diagnosis is critical and may be very beneficial.

For more information, visit [www.cdc.gov/aging/aginginfo/alzheimers](http://www.cdc.gov/aging/aginginfo/alzheimers)



## Bucksport Farmers' Market

We wanted to let you know that the Bucksport Farmers' Market is up and running every Thursday from 2:00 p.m. to 5:00 p.m. at 99 Main Street behind the Post Office.

Did you know, that if you use your EBT/SNAP benefits at the market, for each dollar you spend, you get an **additional dollar to purchase fruits and vegetables?**

These are called Harvest Bucks and they are easy to use. Just go to the Bucksport Bay Chamber tent and they'll set you up to receive free fruits and vegetables with your EBT/SNAP purchase.

## Word Search

Word Search Puzzle is our newest feature. We hope you enjoy it.

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|-----------|--------------|
| health    | vascular     |
| wellness  | behavioral   |
| fairs     | rxassistance |
| classes   | labs         |
| diabetes  | vaccines     |
| flu       | walk in      |
| Bucksport | ellsworth    |
| dental    |              |

