

## Message from the CEO

*Carol Carew*



Every August, we celebrate National Health Center Week. This year, it is August 4th-10th. National Health Center Week is a national campaign to increase awareness of the ways health centers are providing affordable health care in communities. For more information on the impact that health centers have across the country, see the story below.

Don't miss our Blood Drive. We are collaborating with the Red Cross for this important and critical event. The details are as follows:

- **Blood Drive:** Monday, August 12, 1 p.m. - 6 p.m.
- BRHC, 110 Broadway
- Call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: BRHC for an appointment, but walk-ins are welcome.

August is also National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases, such as whooping cough, cancers caused by HPV, and pneumonia with vaccines.

As your children head back to school, talk to your provider to ensure that your family is up-to-date on vaccinations that can help keep you all healthy. Enjoy the rest of your summer!

*Carol*

## The Impact of Federally Qualified Health Centers

Bucksport Regional Health Center is part of this nationwide network of locally-run health centers that serve more than 28 million people nationwide.

Community Health Centers are also a lifeline in remote, rural and underserved communities.

Highlights of health center accomplishments, nationally, include:

- Reducing unnecessary hospitalizations and unnecessary visits to the emergency room;
- Treating patients for a fraction of the average cost of one emergency room visit;
- Serving more than one in six Medicaid beneficiaries for less than two percent of the national Medicaid budget;
- Lowering the cost of children's primary care by approximately 35 percent;
- Treating 65,000 patients with Medication Assisted Therapy for opioid use disorder in 2017; and,
- Serving over 355,000 veterans throughout the country.

Community Health Centers' success in managing chronic disease in medically vulnerable communities has helped reduce health care costs for American taxpayers.

## Meet Our Team - Dr. Kathleen McCall

Join us in welcoming our new provider in Ellsworth.

Dr. McCall was working in a lab doing research when her boss took her to an outreach clinic in a rural area in Oregon. She realized rural medicine really called to her because it made her feel that it was possible to make a difference, very directly, in a community. Dr. McCall went to Albany Medical School and entered a Family Medicine Residency Program at the Mayo Clinic, in Rochester, Minnesota. Dr. McCall is accepting new patients.



## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- Medical Director
- Clinical Applications Specialist
- Lead Clinical Medical Assistant  
*Ellsworth Location*
- Dental Assistant  
Per Diem potential for Part/Full-Time
- Nurse Practitioner (FNP) **SATURDAY'S ONLY**
- Full-time Nurse Practitioner  
*Ellsworth location*

**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.

**BRHC, 110 Broadway, Bucksport, 469-7371**

**Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064**

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.

[bucksportrhc.org](http://bucksportrhc.org)

Estimated Vehicle Interior Air Temperature v. Elapsed Time						
Elapsed time	If Outside Air Temperature is (below shaded in yellow) ...					
	70°	75°	80°	85°	90°	95°
...then in 0 minutes, car reaches	70°	75°	80°	85°	90°	95°
...then in 10 minutes, car reaches	89°	94°	99°	104°	109°	114°
...then in 20 minutes, car reaches	99°	104°	109°	114°	119°	124°
...then in 30 minutes, car reaches	104°	109°	114°	119°	124°	129°
...then in 40 minutes, the car reaches	108°	113°	118°	123°	128°	133°
...then in 50 minutes, the car reaches	111°	116°	121°	126°	131°	136°
...then in 60 minutes, the car reaches	113°	118°	123°	128°	133°	138°

### Dangers of Children or Pets in Parked Cars – What you may not know

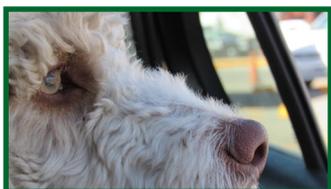
You have probably heard that leaving children or pets in a parked car is a bad idea. Of course, leaving children in a vehicle unsupervised is never a good idea and can be considered child endangerment and neglect in many circumstances. But what about when you want to leave your dog in the car for a quick errand, when it's a mild 70 degrees out? Read on to learn why your pet is better off staying at home.

The temperature in a parked car can rise rapidly, faster than you think, even in cooler weather.

The chart above highlights just how fast the temperature can rise in a car, even when it is only 70 degrees outside.

You might think you are just popping into the store for 10 minutes, but even in that short period of time, the temperatures in your car can become lethal, especially for children and pets.

The Centers for Disease Control and Prevention and the American Veterinary Medical Association report “very little to no difference” in temperatures inside a car with windows partially open versus cars with the windows rolled up. So leaving the windows partially down is not going to help.



While many people believe that if the windows are cracked, air will flow into the car to reduce

the temperature, that is simply not true.

If you find a pet left in a hot car, the Humane Society recommends you take the following actions:

- Take down the car's make, model and license plate number.
- If there are businesses nearby, notify their managers or security guards and ask them to make an announcement to find the car's owner. Many people are unaware of the danger of leaving pets in hot cars and will quickly return to their vehicle once they are alerted to the situation.
- If the owner can't be found, call the non-emergency number of the local police or animal control and wait by the car for them to arrive.
- If you see a child left alone in a car, especially in what may be a hot car, call 9-1-1.

### Word Search: Summer Safety

- |             |           |          |
|-------------|-----------|----------|
| HELMET      | SUN       | HYDRATE  |
| KNEE PADS   | WATER     | POPCYCLE |
| LIFE JACKET | DIVING    |          |
| SAFETY      | BUDDY     |          |
| HELP        | HAT       |          |
| FLOAT       | BUG SPRAY |          |
| POOL        |           |          |

