



Message from the CEO

Carol Carew



Here we are in September, which is National Childhood Obesity Month. We did a large article on this topic because it is an enormous problem in the US. Not only is obesity hard on a child's health, more often than not, overweight children grow up to be obese adults.

It's so easy for children to be less active these days as they are immersed in content on their phones and devices. But exercise is critically important for all of us, including kids. Health benefits include:

- Strengthening bones.
- Decreasing blood pressure.
- Reducing stress and anxiety.
- Increasing self-esteem.
- Helping with weight management.

See the back page for more on this.

September is also Pain Awareness Month. We have collaborated with Atlantic Mental Health Center to develop a program to address the battle that millions of Americans fight every day - living with chronic pain. Our program is called Pain on the Brain. It is comprehensive and includes a workbook and support. If you are living with chronic pain, give us a call. We will try to help you live a better, less pain-filled life.

Carol

We are hiring ...

Visit www.bucksportrh.org to learn more.

Here is your opportunity to join an integrated and community oriented health center. Full-time (f/t) and part time (p/t) employees receive health and dental benefits in addition to paid time off, life insurance, 401K and HSA. Come join our team!!

- Medical Director f/t
- Phlebotomist I - Ellsworth, 22.5 hrs/wk
- Medical Biller Specialist/Coder - Bucksport f/t
- Front Office Manager, f/t
- FNP/PA - Bucksport, Saturday's only
- FNP/PA - Ellsworth, f/t
- Lead Clinical Medical Assistant - Ellsworth, f/t
- Behavioral Health Therapist, LCSW - Bucksport/Ellsworth, f/t

Meet Our Team - Erin Carter, LCSW

Erin is a Licensed Clinical Social Worker and a Certified Drug and Alcohol Counselor. She has a unique background in mental health as a field instructor at outdoor behavioral therapy camps and working in-home with children and adolescents with behavioral issues. Erin has a Bachelor's degree in psychology and a Master's of Social Work from Appalachian State University in Boone, NC. She enjoys exploring a variety of art mediums (clay, book binding and altered books, stained glass, etc.) and has been trying to learn to play the ukulele.



New Support Group at BRHC for People with Mental Health Conditions

The National Alliance on Mental Illness is now offering a support group for anyone affected by a mental health condition. The group meets from 5:30 to 7:00 pm on the 1st and 3rd Monday of each month. Jessica McGuire, group facilitator, talks more about the group below.

"My name is Jessica. For me, this journey has been all about making sure that people living with mental illnesses knew that they weren't alone and to help remove the stigma surrounding living with such. I have lived with mental illness for most of my life and I've always wanted to find an outlet where I was able to help others, but wasn't sure where to begin. I came across NAMI through a coworker who shared the Mental Health First Aid training 4 years ago and I was hooked. From there, I took the support group facilitator training and it was exactly what I was looking for.

NAMI Connection Recovery Support Groups are open to all individuals impacted by mental health conditions. Those might include Depression, Anxiety, PTSD, Bipolar disorder and many others. Through this group, members can find hope and support by connecting with others who face similar challenges. It is free. There is no need to register and you can drop in as needed or wanted. This group is run and co-facilitated by individuals with lived experience as a peer. If you have any questions at all, please contact myself, the support group facilitator at (207) 745-8103 or jmcguire@wceg.org."

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.

September is... National Childhood Obesity Month

Childhood obesity is a serious problem in the United States putting children and adolescents at risk for poor health. Obesity prevalence among children and adolescents is still too high. For children and adolescents aged 2-19 years: The prevalence of obesity was 18.5% and affected about 13.7 million children and adolescents.

Obesity prevalence was 13.9% among 2- to 5-year-olds, 18.4% among 6- to 11-year-olds, and 20.6% among 12- to 19-year-olds.

What Can a Parent or Guardian to Help Prevent Childhood Overweight and Obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

For more information about nutrition, visit www.ChooseMyPlate.gov

Remove calorie-rich temptations!

Although everything can be enjoyed in moderation, reducing the calorie-rich temptations of high-fat and high-sugar, or salty snacks can also help your children develop healthy eating habits.

Help kids stay active.

Children should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.

Reduce sedentary time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day.

Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children aged 2 years or younger. Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

Word Search: It's Fall!

AUTUMN	HALLOWEEN	APPLE
LEAVES	HIKING	SWEATERS
CRISP	COLORFUL	FOOTBALL
PUMPKIN	SCHOOL	CHILLY
SOUP	RAKE	SEPTEMBER

