



## Message from the CEO

*Carol Carew*



Veterans Day is coming up. Ever wonder why it is Nov. 11? According to the Department of Veterans Affairs, World War I officially ended with the Treaty of Versailles, signed on June 28, 1919. But, fighting ended seven months earlier on the 11th hour of the 11th day of the 11th month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars,” and came to be Veterans Day. We are sending a special THANK YOU to all who have served.

We hope you will join us for our open house to celebrate our one year anniversary in Ellsworth. It is Thursday, Nov. 7, from 3 p.m - 6 p.m. Meet our providers, tour the office, have some refreshments and take home some giveaways. We are so grateful to the community for its support of our new location.

Finally, Thanksgiving is a joyous time, but also a time when countless people get food poisoning. For information on food safety this holiday season, visit:

<https://www.foodsafety.gov/blog/tags/thanksgiving>

Have a great holiday. And don't miss our Annual Senior Health Fair. See below.

*Carol*

### Senior Health Fair, Nov. 13, 9 a.m. to 12 pm.

Free vascular screenings, blood pressure, glucose and skin cancer checks. Lots of interesting vendors, fun activities, food samples, senior fitness demos, and giveaways.

Don't forget to bring your expired or unused medications for the Drug Take-Back by the Bucksport PD. Enter to win an electric fireplace. Bring a friend!

### We are hiring ...

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

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

- Medical Director
- Scheduler (full-time) - Bucksport
- FNP/PA – Ellsworth location
- FNP – Saturdays only – Bucksport
- LCSW/Behavioral Health Therapist (full-time )

## Meet Our Team - Brooke Jansen Outreach & Enrollment, Marketplace Navigator

Do you need health insurance?

Open enrollment is from

**Nov. 1 to Dec. 15.**

Whether you need to enroll for the first time, or renew your insurance, Brooke is ready to help you. She will navigate the marketplace for you and help you find the right policy for you.



## The Great American Smokeout

November 21, thousands of people across the country will take part in the Great American Smokeout and begin their journey to a tobacco-free life. If you smoke, quitting is the best thing you can do for your health and long-term quality of life.

For resources on quitting, visit:

The American Cancer Society - [www.cancer.org](http://www.cancer.org) and search “Great American Smokeout” or call 1-800-227-2345

The Maine Tobacco Helpline, 1-800-207-1230. Free counseling for all and nicotine replacement therapies for those who are eligible.

Talking with your provider is a great first step to becoming tobacco-free. We have a Certified Health Education Specialist who will meet with you one-on-one to help you quit. Services are free for patients. Call Jessica at 902-1615 for more information.

## The FLU: Recommendations from the CDC

You can reduce your chance of getting the flu this season by getting your flu shot. Call us to get yours!

You can also take these everyday precautions from the CDC:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, stay home for at least 24 hours after your fever is gone. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

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**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.

## Do you or loved ones use e-cigarettes?

*FLU from front page*

Dangers surrounding electronic cigarettes, also called e-cigarettes, vapes, vape pens, e-hookahs, tank systems, mods and electronic nicotine delivery systems (ENDS), have recently come into the news with reports of multiple deaths and injuries related to the use of these products.

CDC recommends that people should **not**:

- Buy any type of e-cigarette, or vaping products, particularly those containing THC, off the street.
- Modify or add any substances to e-cigarette, or vaping, products that are not intended by the manufacturer, including products purchased through retail establishments.

Since the specific compounds or ingredients causing lung injury are not yet known, the only way to assure that you are not at risk while the investigation continues is to consider refraining from use of all e-cigarette, or vaping, products.

If you are an adult using e-cigarettes, or vaping, products to quit cigarette smoking, do not return to smoking cigarettes. Adults addicted to nicotine using e-cigarettes should weigh all risks and benefits and consider utilizing FDA approved nicotine replacement therapies.

People using an e-cigarette, or vaping product, need to carefully monitor themselves for symptoms, including

- cough, shortness of breath, or chest pain
- nausea, vomiting, abdominal pain, or diarrhea
- fever, chills, or weight loss

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. A lung infection does not appear to be causing the symptoms. See a healthcare provider immediately if you develop these symptoms.

- E-cigarette, or vaping, products should never be used by youths, young adults, or women who are pregnant.
- Adults who do not currently use tobacco products should not start using e-cigarette, or vaping, products. There is no safe tobacco product. All tobacco products, including e-cigarettes, carry a risk.

For more information, visit [www.cdc.gov/e-cigarettes](http://www.cdc.gov/e-cigarettes)

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

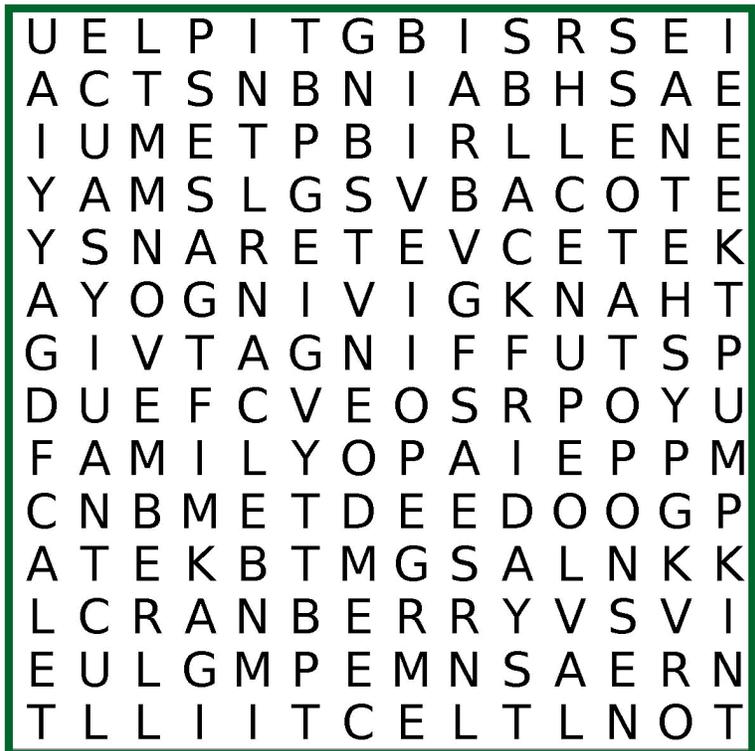
If you believe you have the flu, it is important to see your provider as soon as possible.

This means getting to your doctor ideally within two days of getting sick, especially for people with high risk factors, such as having diabetes or being over 65.

For more information, visit [www.CDC.gov/flu](http://www.CDC.gov/flu)

### Word Search

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|--------------|-----------|--------------|
| Veterans     | Cranberry | Football     |
| November     | Sauce     | Black Friday |
| Thanksgiving | Potatoes  | Yams         |
| Turkey       | Pumpkin   | Pie          |
| Stuffing     | Family    | Television   |



Apply Now! Earn extra income. Work for the 2020 Census. They need thousands of temporary workers for jobs beginning in the spring of 2020. These jobs are critical to a complete and accurate census, which helps your local community. Apply for the jobs at [www.2020census.gov/jobs](http://www.2020census.gov/jobs).