



Message from the CEO

Carol Carew



It is proving to be a busy couple of months.

Starting this month, we will have a lab in our Ellsworth location. As always, you don't need to be a BRHC patient to have your blood work done with us. Just stop by with your lab order.

We also hold a lot of meetings and classes. If you visit our website and click on the Calendar tab on the left side, you can see all that is happening. We even have a printable calendar so you can print it off if you need to.

As you can see, there are several things coming up in November, too. Along with everything on this page, we are also holding an **Open House** to celebrate our 1 Year Anniversary on our Ellsworth office. Stop by and see us, Thursday, November 7, between 3 p.m. and 6 p.m. Meet the providers, have some refreshments, take home giveaways, and enter a drawing, and take a tour. It's been a great year and we want to share it with the community. Hope to see you there - 37 Commerce Park.

Carol

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

Free vascular Screenings with Dr. Stephen Nightingale and skin cancer checks by Heidi Shawley, FNP.

Lots of interesting vendors, fun activities, food and giveaways. Don't forget to bring your expired or unused medications for the Drug Take-Back by the Bucksport Police Department.

We are hiring ...

Visit www.bucksportrhc.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
- Scheduler (full-time) - Bucksport
- FNP/PA – Ellsworth location
- FNP – Saturdays only – Bucksport
- LCSW/Behavioral Health Therapist (full-time)

Meet Our Team - Tammy McAllian Patient Service Representative, Ellsworth

If you're a patient at our Ellsworth clinic, you've probably met Tammy at the front desk. When she is not busy helping patients get to their appointments, she enjoys scrapbooking, camping and spending time with her family and dog Rosie.



Heads-UP on what's coming up!



Fill the Bus
Saturday, November 2,
10:00 am to 2:00 pm
at Hannaford

Stop by Hannaford to help us Fill the Bus with non-perishable food items for the RSU 25 School Food Pantry. This program provides food for kids to consume on weekends to ensure they return to school on Mondays ready to learn.

On November 2, you'll find signs throughout Hannaford highlighting the types of food the program needs, such as single serving fruit cups, granola bars, oatmeal packets, canned tuna and chicken, and canned vegetables, soup and baked beans. Cash or check donations are also greatly appreciated.

Cooking Matters Pop-Up Grocery Tour
Wednesday, November 6,
12:00 to 1:00 pm

Learn how to grocery shop for healthy foods without breaking the bank during this free class by Health Acadia at BRHC. All participants will receive a \$10 gift card to Hannaford. We'll have play areas for the little ones so feel free to bring the whole family!
No registration necessary.



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.

October is National Dental Hygiene Month

Source: <https://www.nia.nih.gov/health/taking-care-your-teeth-and-mouth>

Healthy teeth and gums make it easy for you to eat well and enjoy good food. Several problems can affect the health of your mouth, but good care should keep your teeth and gums strong as you age.

Tooth Decay

Teeth are covered in a hard, outer coating called enamel. Every day, a thin film of bacteria called dental plaque builds up on your teeth. The bacteria in plaque produce acids that can harm enamel and cause cavities. Brushing and flossing your teeth can prevent decay, but once a cavity forms, a dentist has to fix it.

Use fluoride toothpaste to protect your teeth from decay. If you are at a higher risk for tooth decay (for example, if you have a dry mouth because of a condition you have or medicines you take), you might need more fluoride. Your dentist or dental hygienist may give you a fluoride treatment during an office visit or may tell you to use a fluoride gel or mouth rinse at home.

Gum Disease

Gum disease begins when plaque builds up along and under your gum line. This plaque causes infections that hurt the gum and bone that hold your teeth in place. Gum disease may make your gums tender and more likely to bleed. This problem, called gingivitis, can often be fixed by brushing and flossing every day.

A more severe form of gum disease, called periodontitis, must be treated by a dentist. If not treated, this infection can ruin the bones, gums, and other tissues that support your teeth. Over time, your teeth may have to be removed.

To prevent gum disease:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss once a day.
- Visit your dentist regularly for a checkup and cleaning.
- Eat a well-balanced diet.
- Quit smoking. Smoking increases your risk for gum disease.

How to Clean Your Teeth and Gums

There is a right way to brush and floss your teeth.

Every day:

- Gently brush your teeth on all sides with a soft-bristle brush and fluoride toothpaste.
- Use small circular motions and short back-and-forth strokes.
- Brush carefully and gently along your gum line.
- Lightly brush your tongue to help keep your mouth clean.

- Clean around your teeth with dental floss. Careful flossing removes plaque and leftover food that a toothbrush can't reach.
- Rinse after you floss.

People with arthritis or other conditions that limit hand motion may find it hard to hold and use a toothbrush.

Some helpful tips are:

- Use an electric or battery-operated toothbrush.
- Slide a bicycle grip or foam tube over the handle of the toothbrush.
- Buy a toothbrush with a larger handle.
- Attach the toothbrush handle to your hand with a wide elastic band.

See your dentist if brushing or flossing causes your gums to bleed or hurts your mouth. If you have trouble flossing, a floss holder may help. Ask your dentist to show you the right way to floss.

And remember, we have a full-service dental department.

Word Search: Health Education!

It's National Health Education Week October 21 - 25. Try this cross-word puzzle with keys words related to Health Education!

LIFESTYLE	STRESS	NATIONAL
WELLNESS	SLEEP	FIBER
EXERCISE	PREVENTION	HEALTH
OUTDOORS	HABIT	EDUCATION
CHANGE	ENVIRONMENT	WEEK

