



## Message from the CEO

*Carol Carew*



Since we are in December, you are probably thinking about the holidays. While festive and fun, they can also be stressful, and stress lowers your immune system. If you have not had your flu shot yet, be sure to get one soon. There are two options: regular dose and high dose for older people. The flu vaccine is the best prevention against the flu.

December 1-7 is National Handwashing Week. Washing your hands is essential for avoiding germs and staying healthy. And it is one of the most important things you can do to prevent food poisoning when you're cooking. Washing your hands frequently with soap and water is an easy way to prevent germs and bacteria from spreading around your kitchen and onto other foods. Remember: wet, lather, scrub (most important part) rinse, dry.

Hand sanitizers are great, but they do not get rid of all types of germs, may not be as effective when hands are visibly dirty or greasy, and might not remove harmful chemicals from hands like pesticides and heavy metals. If you can, use soap and water. Learn more at [cdc.gov/handwashing](http://cdc.gov/handwashing)

From all of us at BRHC we wish you and yours a safe and happy holiday season.

*Carol*

## What should you know about the hands-free driving law?

The holidays cause more people to be on the road. There is a new law that prohibits the use of mobile telephones, handheld electronic devices and portable electronic devices while operating a motor vehicle, unless specifically exempted by law.

Maine State Police answer some common questions:

### Can I place a phone call while driving?

You can place a call while driving, but the phone cannot be held to your ear. You may use voice commands to make a call or if your mobile telephone is mounted or affixed to the vehicle you may use your hand to push, swipe or tap the phone to activate or deactivate a feature or function.

### Can I answer a phone call while driving?

You may answer the call as long as you use a hands-free option and don't have to hold the phone to manipulate it. If the phone is mounted or affixed to the vehicle you may use a hand to push, tap or swipe to answer the call.

### What if I want to use my GPS?

GPS can be used while driving, provided the address is entered prior to driving. If the address needs to be changed while you are driving, you must pull off the roadway, find a safe place to park and then write the message. You can also use your phone's voice command feature.

Learn more by searching [Maine's hands free driving law](http://www.maine.gov) at [www.maine.gov](http://www.maine.gov)

## Holiday Safety Tips

*U.S. Consumer Product Safety Commission*

The holiday season is a festive time with family and friends, but it can also be fraught with dangers. The U.S. Consumer Product Safety Commission wants everyone to be safe.



Here are some tips to help you have a safe holiday.

### TOY Tips:

- Follow age guidance and other safety information on the toy packaging, and choose toys that match your child's interests and abilities.
- Get safety gear, including helmets for scooters and other riding toys –helmets should be worn properly at all times and be sized to fit.
- Keep small balls and toys with small parts away from children younger than age 3, and keep deflated balloons away from children younger than 8 years old (discard broken balloons at once).

### COOKING Tips:

- Never leave food unattended on the stove or in the oven.
- Keep children away from the cooking area, and keep flammable items like potholders and paper or plastic bags away from the stove and oven.
- Only fry a turkey outside and away from your home –not inside your garage or on your porch. Do not overfill the oil in the turkey fryer.

### DECORATING Tips:

- Make sure your live Christmas tree has plenty of water, and look for the "Fire Resistant" label when buying an artificial tree.
- Place burning candles in sight, away from flammable items, and blow them out before leaving the room.
- Only use lights tested for safety by a national recognized testing laboratory. Throw out sets with broken or cracked sockets, frayed or bare wires, or loose connections.

For more information on how to have a *Home Safe Home* during the holidays, please visit CPSC's Holiday Safety Information Center at [www.cpsc.gov](http://www.cpsc.gov)

## December 1 is World AIDS Day

In recognition of World AIDS Day on December 1, we encourage everyone in the community to get tested for HIV, the virus that causes AIDS.

In the United States, about 1 in 7 people who have HIV don't know it. The only way to know for sure whether or not you have HIV is to get tested. You could have HIV and still feel healthy. Everyone ages 15 to 65 needs to get tested at least once. Some people may need to get tested more often.

To find an HIV testing location near you, text your ZIP code to KNOWIT (566948) or use <http://locator.aids.gov/>

HIV is passed from one person to another by:

- Having unprotected sex with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Around the world, about 37 million people are living with HIV. In the United States, about 38,500 people get infected with HIV every year.

World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV and AIDS. For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov) and search HIV.

### 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
- FNP/PA – Ellsworth location
- LCSW/Behavioral Health Therapist (full-time) Ellsworth and Bucksport
- Patient Services Representative/Health Information Coordinator - 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. We will treat everyone.

## Cooking Matters for Families Healthy Acadia

We are offering a FREE cooking and nutrition class for the whole family! Explore new foods, learn tips to make "healthy" the *easy* choice for meals, and practice your new skills to prepare tasty, low-cost meals together at home.

### Hands-on lessons

- Food samples & recipes
- Free bag of groceries each week!

Date: Tuesdays, January 7 - February 11, 2020

Time: 3:00-5:00 p.m.

Where: Bucksport Regional Health Center  
110 Broadway, Bucksport

Register: Call or email Jada at (207) 667-7171 or [jada@healthyacadia.org](mailto:jada@healthyacadia.org)

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).

## Word Search - Holidays

|             |          |           |
|-------------|----------|-----------|
| Snowman     | Shopping | Eggnog    |
| Giving      | Wrapping | Chocolate |
| Presents    | Family   | Candles   |
| Candy canes | Tree     | Menorah   |
| Cards       | Kwanzaa  | Cheer     |

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