



Bucksport Regional Health Center



March 2020

# BRHC Health Beat



## Message from the CEO Carol Carew

It's finally March! Spring is on its way and the days are getting much longer. Reminder, we turn the clocks ahead early this year on March 8.

March is National Poison Prevention Month. On the back page, we have important information from the federal website [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov). It is a good idea to write down the Poison Help Line number 1-800-222-1222 and keep it on your refrigerator as a handy resource.

March is also National Nutrition Month. There is a helpful guide below. Reading nutrition labels on food containers is one of the best ways to know just how much you are eating. Most restaurants also have calorie counts on the menus.

We have good news. We have opened our lab in Ellsworth to everyone - patients and non-patients! Just like in our Bucksport location. This means if you need lab work done, come see us. You can make an appointment or simply walk-in. It's hassle free and we take all insurances.

Be sure to come see us at the Ellsworth American/Newspapers in Education Yard Sale, March 28, 8:00 to 2:00, at the Ellsworth Middle School behind Mill Mall. We are very excited to be sponsoring this year. We will have giveaways and screenings. Stop by our table.

*Carol*

## Meet Our Dental Assistants.

### March 1-7 is Dental Assistants Recognition Week!

### Have a great week!



Crystal Anderson (left) and Judith Stevens

## 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.

## We are hiring ...

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

- Medical Director
- Clinical Lead Medical Assistant – Ellsworth
- FNP/PA – Ellsworth location
- LCSW – Behavioral Health Therapist
- Medical Assistant – per diem

**Eat a variety of nutritious foods every day.**

- Include healthful foods from all food groups.
- Hydrate healthfully.
- Learn how to read Nutrition Facts Panels.
- Practice portion control.
- Take time to enjoy your food.

**EAT RIGHT BITE BY BITE**



National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition and Dietetics

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)

## National Poison Prevention Week March 15-21

Source: <https://poisonhelp.hrsa.gov>

### Poison centers provide:

- Help with a poisoning emergency, which can often be solved over the phone rather than calling 911 or visiting the emergency room.
- Advice to health care professionals and the general public.
- Poison prevention and treatment educational materials, including information on National Poison Prevention Week.
- Real-time data collection that aids in detecting public health emergencies.
- Free and confidential help, with interpretation services available in 161 languages. Service is available throughout the entire United States and many territories.

### Follow these basic steps at the first sign of a poisoning:

- If the person inhaled poison:  
Get them to fresh air right away.
- If the person has poison on the skin:  
Take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes:  
Rinse eyes with running water for 15 to 20 minutes.
- In some cases, you should not try to give first aid:  
If the person swallowed the wrong medicine or too much medicine.
- Should I use activated charcoal if I suspect someone has been poisoned?  
No. Activated charcoal addresses certain poisons, but it is difficult to use. Your poison center will decide if activated charcoal should be used. The poison center may call a hospital to advise what type of treatment to use.

**In EVERY situation, call  
Poison Help (1-800-222-1222),  
which connects you to your local  
poison center.**

## Need Lab Work done! We can do that.

We have independent lab services  
in our Ellsworth office, too!

Everyone welcome.  
No need to be a patient.  
Monday-Friday:  
8 a.m. - 1p.m.  
By Appointment *OR* Walk-In

Affordable, all  
insurances accepted,  
and sliding-fee scale  
for those who qualify.



**Count on us  
for all your  
lab work needs.**

**BRHC  
37 Commerce Park,  
Ellsworth  
667-5064**

## Word Search - March

- |                        |                 |                 |
|------------------------|-----------------|-----------------|
| Spring                 | Minerals        | Vitamins        |
| Raindrops              | Fiber           | Portion Control |
| Time Change            | Hydration       | Low Fat         |
| Saint Patricks Day     | Whole grain     | Flowers         |
| Poison Prevention Week | Nutrition month | Calories        |

