



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

I think these are the strangest times in history. But I have no doubt that we will get through it. If you are feeling anxious and stressed over the COVID-19 virus, you are not alone. But we are here for you. Our behavioral health team understands and can help you sort through your feelings and help you cope with these challenging times. Our providers can meet with you at the office, through your computer with Telehealth or by phone.

Based on the new recommendations from Governor Mills, we are currently working on our plan to reopen our health center to routine appointments. Over the coming months we'll be encouraging patients who have put off their regular visits because of COVID-19 to come back and see us for these appointments. More information on this to come. Our top priority is patient and staff safety.

As many of us are isolating at home, outside activities, at least six feet away from others of course, are becoming more important. But, while our minds are on COVID-19, we still have to be mindful of ticks. Page 2 has information to help you stay safe outside.

May is Stroke Awareness Month and High Blood Pressure Education Month. High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease. Know your numbers. You can learn more at:

[www.cdc.gov/bloodpressure](http://www.cdc.gov/bloodpressure)

And finally, May 10-16 is Women's Health Week. Women have so many demands on them that sometimes it is challenging to take the steps necessary for better health. We each have our own approach on what works best for us as individuals. But this week is a good time to take stock and to reflect on your health goals, what motivates you, and what's holding you back from being your healthiest you.

For more information and some support along the way, visit: [www.womenshealth.gov/nwhw/find-your-health](http://www.womenshealth.gov/nwhw/find-your-health)  
Happy Memorial Day!

*Carol*

## We are hiring ...

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

- Medical Director
- FNP/PA - Ellsworth
- LCSW - Behavioral Health Therapist
- Medical Assistant - full time - Ellsworth
- Medical Assistant - full time - Bucksport
- Medical Assistant - per diem - Bucksport
- Referral Specialist – full time – Bucksport

## Meet Our Team: May 6-12 is National Nurses Week!

[www.nursingworld.org/education-events/national-nurses-week/history/](http://www.nursingworld.org/education-events/national-nurses-week/history/)



Katy Hieter, RN  
Care Coordinator



Joyce Jamison, RN  
Care Coordinator



Mia Hare, RN  
Intake Nurse



Rhonda Weeks,  
LPN



Amanda Lally,  
RN Manager,  
Population Health &  
Quality Improvement



Ronda Morrow, RN  
Care Coordinator

And, Carol Carew, RN, BSN, MBA, CEO.  
See photo, top left.

## Protect yourself and your community

- Wash your hands thoroughly and often
- Avoid touching your face
- Keep a distance of at least 6 feet between you and another person
- Cover your coughs and sneezes
- Avoid crowded places
- Stay home if you are sick

## Change to BRHC Walk-In Care

BRHC is Phone Screening for Walk-In Care services due to the COVID-19 outbreak.

Until further notice, please call to schedule an appointment for walk-in care.

If you think you may have symptoms, call our office to speak with someone on the phone for further instruction. Please, do not come to the clinic without calling.

### Please Note:

We will see you for issues other than respiratory illness, but please call first before coming in.



## Preventing Tick Bites on People

[www.cdc.gov/lyme/prev](http://www.cdc.gov/lyme/prev)

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

### Before You Go Outdoors

**Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

**Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

**Use** Environmental Protection Agency registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

**Avoid Contact with Ticks.** Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

### After You Come Indoors

**Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

**Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

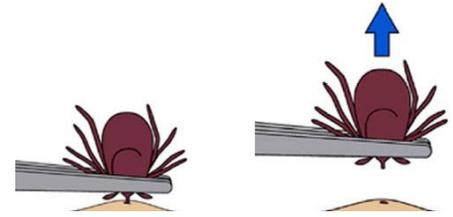
**Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

**Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body.

### How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the



mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

### Word Search - Flowers

We got through April Showers.  
Now its time for Spring flowers.

Daisy	Violet	Gladiolus
Rose	Lilac	Sunflower
Azalea	Carnation	Sweet Pea
Hydrangea	Petunia	Geranium
Tulip	Daffodil	Gardenia
Hyacinth	Orchid	Lily

