



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

It's September which means flu season is right around the corner. While we are all thinking about COVID-19, it is important to remember that the flu is also dangerous.

But unlike COVID-19, there is a vaccine for the flu that can help you from becoming sick or to probably having a milder case if you do become infected.

See below to learn more about the importance of the flu shot and watch our Facebook page and website for information on our upcoming flu clinics. This is not the time to ignore a flu shot.

*Carol*

## Flu Season is on the Way

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

### What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- In the 2016–2017 season, flu shots prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 flu-associated hospitalizations.
- The flu shot is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from the flu and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A 2017 study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



## Meet Our Team: Carlie Jo Bragdon, LCSW



As part of our Behavioral Health Program Carlie sees patients in Bucksport and in Ellsworth. She provides counseling and co-facilitates Medication Assisted Treatment Groups. She has worked as a case manager, provided in-home therapy to families, worked as a psychiatric clinician on an inpatient unit, and spent time as an assistant clinical director for a residential program in the state.

Carlie graduated from the University of Maine with a master's in social work. She is a local girl, having grown up in Bar Harbor. She now resides on the ocean with her wife and four dogs. Carlie enjoys kayaking and exploring islands nearby.

She is an American Red Cross Disaster Mental Health Volunteer and a trainer of suicide prevention and domestic trafficking of children awareness.

## We are hiring ...

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

- Dentist: Bucksport, full-time
- LCSW: Behavioral Health Therapist, both locations, full-time
- MA: Bucksport, full time
- Medical Director
- MA/Greeter: Bucksport, full-time
- MA: Ellsworth, 30 hours per week

## Why is it important to get a flu vaccine EVERY year?

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.

Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

## It's National Childhood Obesity Month

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

Approximately one in five children in the U.S. is obese, which means they are at an elevated risk for many chronic health conditions, such as asthma, type 2 diabetes and high blood pressure. These children may also experience bullying and teasing from peers and suffer from lower self-esteem and depression as a result.

Children with obesity are more likely to have obesity into adulthood, which can lead to chronic physical and mental health problems.

We know that a balanced diet and adequate physical activity have a significant impact on a child's weight and overall health.

There are many other factors that play a role, but one that we tend to forget about is quantity and quality of a child's sleep. Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries.

They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school. The Centers for Disease Control and Prevention state that six out of 10 middle schoolers and seven out of 10 high schoolers do not get enough sleep.



### What can parents do to help their children get enough sleep?

Below are a few steps parents can take.

- **Model and encourage habits that help promote good sleep.** Setting a regular bedtime and rise time, including on weekends, is recommended for everyone—children, adolescents, and adults alike. Adolescents with parent-set bedtimes usually get more sleep than those whose parents do not set bedtimes.
- **Dim lighting.** Adolescents who are exposed to more light (such as room lighting or from electronics) in the evening are less likely to get enough sleep.
- **Implement a media curfew.** Technology use (computers, video gaming, or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.

## COVID-19 Testing at BRHC

Open to *everyone*:

- Patient
- Non-patient
- Symptomatic
- Asymptomatic

Testing times:

- Wednesdays 9:30 - 10:30 a.m.
- Thursdays 2:00 - 3:00 p.m.

Test may be covered by private insurance. Testing costs may be waived for the uninsured. BRHC staff will help with this process.

**All tests are by appointment only.**  
Call 469-7371 and press option 6.

## Word Search Back to School

pencils	math	teams
masks	science	chorus
desks	language	homework
teacher	recess	backpack
learn	music	books
ruler	sports	calculator

