



Bucksport Regional  
**Health Center**



October 2020

# BRHC Health Beat

## Message from the CEO

*Carol Carew, RN, BSN, MBA*



October is one of the most beautiful months in Maine. But this month will be different than any other October we have experienced in our lifetimes.

Craft fairs and other traditional fall gathering may be canceled because of the danger of spreading COVID-19. But we are a strong and creative community. We will find ways to make the best of it and be grateful for all we have.

One thing has not changed and that is your need for a flu shot. It is more important than ever to protect yourself and your family from viruses whenever possible. We are holding a **Curbside Flu Clinic, Thursday, October 8th, 7 a.m. - 6 p.m.** in the lower dental parking lot, Regular and high dose vaccines are available and appointments are required.

October is also Domestic Violence Awareness Month. Increased isolation and other factors affecting families have led to an increase in cases of domestic violence. The Maine helpline number is 1-866- 834-HELP. To learn more, visit the ME Coalition to End Domestic Violence at [mcedv.org](http://mcedv.org).

Stay safe. And Happy Halloween.

*Carol*



## Free Vascular Screening

If you suffer from venous disease, this event is for you.

**Tuesday, October 27, 4:30 - 6 p.m., Ellsworth**  
Appointments required - 667-5064

## 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.

## Meet Our Team: Jessica Werner, Dental Assistant

After retiring from the Air Force, Jessica attended Dental Assistant School in Colorado. She has been assisting for eight years. She and her husband have two amazingly talented children. Jessica loves dogs and her hobbies span many things involving yarn and thread.



## Marketplace Health Insurance Open Enrollment

Open enrollment for Marketplace Health Insurance is November 1, through December 15, 2020. Coverage begins January 1, 2021.

Need help? BRHC Health Educator, Jessica Richards, will answer your questions and/or help you with your application for the Marketplace or other insurance options, such as MaineCare.

Call her at 902-1615 to schedule an appointment.

We are hiring ...

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

- Medical Director
- LCSW – Behavioral Health Therapist
- Medical Assistant – Ellsworth – 30 hours
- PSR/New Patient Coordinator – Bucksport

## Cooking Matters for Adults: Online!

Learn the skills to prepare healthy, tasty, low-cost meals, right from your home. And get a Free bag of groceries each week.

Join us for twice-weekly live online sessions with a nutrition educator.

Free cookbook full of healthy recipes.

**WHEN:** Tuesdays & Thursdays, Oct. 8-27, 12 - 1 p.m.

**WHERE:** Grocery pickup Wednesdays at BRHC, 110 Broadway, Bucksport.

**SIGN-UP:** Register: Email Nicole Gurreri at [Nicole.gurreri@healthyacadia.org](mailto:Nicole.gurreri@healthyacadia.org).

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)

