



Message from the CEO

Carol Carew, RN, BSN, MBA



It's November. A month of special days, with voting, Veterans Day, and Thanksgiving. We also are setting the clocks back.

November is also Diabetes Awareness Month. Symptoms include: increased thirst and urination, increased hunger, fatigue, blurred vision, numbness or tingling in the feet or hands, sores that do not heal, and unexplained weight loss. If you are experiencing any of these symptoms, talk to your healthcare provider. But keep in mind that many diabetics have no symptoms at all. Your provider can order blood work to assess your status.

We continue to provide COVID-19 testing Wednesdays from 9:30-10:30 a.m. and Thursdays from 2-3 p.m. at our Bucksport location. You do not have to have symptoms or even be a patient, but an appointment is required. The test may be covered by your insurance. Testing costs may be waived for those without insurance.

Also, we have another curbside Flu Clinic scheduled for Thursday, November 5, at 7 a.m. - 10 a.m. and again from 2 p.m. - 4 p.m. Please call to make your appointment.

I hope you have a very happy holiday. If you're cooking a Thanksgiving feast, we have information on the back to safely handle the turkey.

Stay safe.

Carol

Meet Our Team:

Donna Allen, Lab Assistant/Phlebotomist

Donna holds 8 years' experience as a phlebotomist. She has also worked as a safety director.

She enjoys cooking, crafts and spending time with her grandchildren.



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.

- Medical Director
- LCSW – Behavioral Health Therapist
- PSR/New Patient Coordinator – Ellsworth

The Great American Smokeout

Source: www.CDC.gov

Now is a better time than ever to quit tobacco. Smoking weakens the immune system, putting those who smoke at a higher risk for respiratory infections, like cold and flu, and for some, increased severity of COVID-19 if contracted. The Great American Smokeout takes place November 21 and is a great time to QUIT! Call the Maine QuitLink at 1-800-QUIT-NOW or visit www.mainequitlink.com/ to make your plan today.

Real Time Health Benefits of Quitting

- Minutes:** Heart rate drops.
- 24 hours:** Nicotine level in the blood drops to zero.
- Several days:** Carbon monoxide level in the blood drops to level of someone who does not smoke.
- 1-12 months:** Coughing and shortness of breath decrease.
- 1-2 years:** Risk of heart attack drops sharply.
- 3-6 years:** Added risk of coronary heart disease drops by half.
- 5-10 years:** Added risk of cancers of the mouth, throat, and voice box drops by half. Risk of stroke decreases
- 10 years:** Added risk of lung cancer drops by half after 10-15 years. Risk of cancers of the bladder, esophagus, and kidney decreases
- 15 years:** Risk of coronary heart disease drops to close to that of someone who does not smoke
- 20 years:** Risk of cancers of the mouth, throat, and voice box drops close to that of someone who does not smoke. Risk of pancreatic cancer drops close to that of someone who does not smoke. Added risk of cervical cancer drops by about half.

Cooking a Turkey – Food Safety Tips

Source: www.cdc.gov

1. Thaw Your Turkey Safely

- In the refrigerator in a container,
- In a leak-proof plastic bag in a sink of cold water (change the water every 30 minutes), or
- In the microwave, following the microwave oven manufacturer’s instructions.

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the “danger zone” between 40°F and 140°F.

2. Handle Your Turkey the Right Way

Raw poultry can contaminate anything it touches with harmful bacteria. Washing raw poultry before cooking is not recommended. Follow the CDC’s four steps to food safety - clean, separate, cook and chill - to prevent the spread of bacteria to your food, family, and friends.

3. Cook Stuffing Thoroughly

Cooking stuffing separately from the turkey in a casserole dish makes it easy to be sure it is thoroughly cooked. If you cook stuffing in the turkey, put the stuffing in the turkey just before cooking.

With either cooking method, use a food thermometer to make sure the stuffing’s center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more. Use a food thermometer to check for a safe internal temperature.

4. Cook Your Turkey Thoroughly

- Set the oven temperature to at least 325°F.
- Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep.

Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165° F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if your turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

For more information, visit www.cdc.gov.

Free, Fresh Produce Giveaway
Bucksport office
Every Third Wednesday of the Month
Open to the Community!



Word Search-November Fun

- | | |
|-----------------|----------------------|
| Voting | Black Friday |
| Veterans Day | Thursday |
| Thanksgiving | Sweet Potatoes |
| Mashed Potatoes | Green Bean Casserole |
| Stuffing | Dinner |
| Cranberry Sauce | Football |
| Pumpkin Pie | Parades |
| Turkey | |

