



Message from the CEO

Carol Carew, RN, BSN, MBA



Happy Holidays. This has been the weirdest year any of us have probably lived through in our lives, regardless of how old we are.

We are beginning the winter season as we close in on the end of 2020. As always this time of year is designated as Flu Season.

While many people are focused on COVID-19, the fact remains that the flu is dangerous as well. But fortunately, there is a vaccine that can reduce your risk of getting the flu. In fact, the vaccine is your best defense of avoiding that virus. Healthcare professionals across the world are advocating for people to get a flu shot, and I am no different. Please, if you have not gotten your flu shot yet, make your appointment as soon as you can. It is one less thing to worry about.

We are still performing COVID-19 testing so if you want more information on that, and other matters related to the virus, visit our website and click the Coronavirus Information page to the left. As always, please call before you come in.

Also, just a reminder that we give away fresh produce the third Wednesday of every month. Visit our Facebook page for more on that.

Stay safe and again Happy Holidays!

Carol

Meet Our Team: Ruth Tainter, FNP

Ruth Tainter is an experienced nurse practitioner who has worked for many years in the greater Ellsworth area. She earned a Bachelor of Science and Master of Science in Nursing from the University of Maine, Orono. She enjoys sailing, and restoring a 22-foot sailboat, a 12-foot dingy and a 1978 Triumph Spitfire.



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

December is Safe Toys and Gifts Month

Source: www.cdc.gov/nceh/features/leadintoy/

Many children get toys and toy jewelry as gifts during the holiday season. According to the CDC, some toys, especially imported toys, antique toys, and toy jewelry, may contain lead. Although lead is invisible to the naked eye and has no smell, exposure to lead can seriously harm a child's health.

Young children tend to put their hands, toys, or other objects—which may be made of lead or contaminated with lead or lead dust—into their mouths. If you have a small child in your household, make sure the child does not have access to toys, jewelry, or other items that may contain lead.

Lead in Toys

Lead may be found in the paint, metal, and plastic parts of some toys and toy jewelry, particularly those made in other countries, as well as antique toys and collectibles.

In 2008, the Consumer Product Safety Improvement Act (CPSIA) was signed into law, requiring toys and infant products to be tested to mandatory standards before being sold. [Learn more.](#)

- The use of lead in plastics has not been banned. Lead softens plastic, making a toy more flexible to return to its original shape. Lead may also be used in plastic toys to stabilize molecules from heat.
- Lead dust can form on toys when some plastics are exposed to sunlight, air, and detergents that break down the chemical bond between the lead and plastics.
- Lead also may be combined with other metals, such as tin, to create alloys that are used to make toys. To reduce children's risk for exposure, the U.S. Consumer Product Safety Commission (CPSC) tests and issues recalls of toys that could potentially expose children to lead. Learn more at the [CDC Lead website](#).

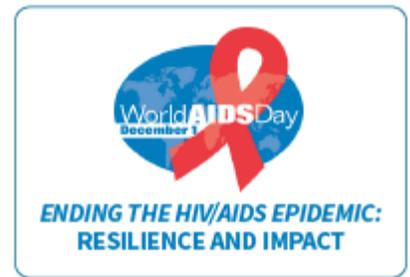
December 1 is World AIDS Day: A Look at HIV in America

Source: HIV.gov

HIV has cost America too much for too long and remains a significant public health issue:

- More than 700,000 American lives have been lost to HIV since 1981.
- More than 1.1 million Americans are currently living with HIV and many more are at risk of HIV infection.
- While new HIV diagnoses have declined significantly from their peak, progress on further reducing them has stalled with an estimated 40,000 Americans being newly diagnosed each year. Without intervention another 400,000 Americans will be newly diagnosed over 10 years despite the available tools to prevent transmissions.
- The U.S. government spends \$20 billion in annual direct health expenditures for HIV prevention and care.

There is a real risk of an HIV resurgence due to several factors, including trends in injection drug use; HIV-related stigma; homophobia; lack of access to HIV prevention, testing, and treatment; and a lack of awareness that HIV remains a significant public health threat.



Holiday gatherings during a pandemic is difficult. We have some tips to make your holidays safer. Visit our website and click on the Coronavirus Information page. There you will find a printable handout on reducing your risk over the holidays.

Word Search-December Fun

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|---------------|-------------|-------------|
| Hot Chocolate | Shopping | Holidays |
| Giving | Wrapping | Candy Canes |
| Joy | Bows | Snow |
| Lights | Decorations | Singing |
| Eggnog | Baking | Cookies |

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

