



Message from the CEO

Carol Carew, RN, BSN, MBA



Happy New Year! 2020 was a challenging year but here's hoping 2021 will be better than ever.

There is good news on the horizon. A safe and effective COVID-19 vaccine is available and hopefully will be widespread soon. Here at BRHC, we are working diligently to plan for the administration of the vaccine to staff and others. And we are installing a heated drive-thru tent for COVID-testing for the warmth and safety of our staff and patients.

A vaccine is not a reason to become lax in maintaining the recommended precautions. COVID-19 prevention, such as always wearing a mask when outside of your house, always practicing social distancing even when outdoors, and washing your hands frequently is critical. However many times you are washing them a day –double it. These are the very best ways to help keep yourself safe.

We have some new providers who would love to meet you. Ruth Tainter and Jessica Barry are Family Nurse Practitioners and are welcoming new patients in Ellsworth. If you don't have a primary care provider (PCP), why not make it a New Year's resolution to make 2021 a year of health. Screenings are very important and can be life saving. Your PCP can make sure you have all the ones you need. Come see us and start the new year off on a healthy foot!

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Director
- LCSW – Behavioral Health Therapist
- Patient Account Rep II/Billing

Meet our Team – Tara Richardson, Patient Services Representative and Health Information Coordinator

If you've visited our Ellsworth clinic recently, you've probably met Tara at the front office. Tara has been working in the field of medical patient services for four years and enjoys helping patients get the care they need.

In her time off, she enjoys going to camp, four-wheeling and fishing.



Indoor Winter Safety

Install a smoke detector and a battery-operated carbon monoxide detector.

If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated.

- Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

Heat your home safely.

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Make sure the fireplace that is up to code with plenty of dry firewood or a gas log
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.

Continued next page

Indoor Winter Safety, continued

- Use only the type of fuel your heater is designed to use—don't substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.

And remember, turning on the kitchen stove for heat is not safe!

Have at least one of the following heat sources in case the power goes out:

- Extra blankets. Consider buying a Thermal Mylar Blanket. They are inexpensive and trap body heat.
- Sleeping bags
- Warm winter coats, hats and gloves

January is Cervical Cancer Prevention Month How to Reduce Your Risk

Get screened

The most important thing you can do is to have regular screening tests starting at age 21. Two screening tests can help prevent cervical cancer or find it early:

- The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if not treated.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.

Both tests can be done in a doctor's office or clinic. Call us if you cannot afford these tests. We may be able to help you get them for free. Or call 1- 800- 350-5180.

Other steps to reduce your risk of Cervical Cancer

- Don't smoke.
- Talk with your provider about the HPV vaccine, especially if you are 26 years of age or younger.
- Use condoms during sex.
- Limit your number of sexual partners.

Word Search

Winter Safety

Snow

Sleet

Salt and Sand

Freezing

Hypothermia

Space Heater

Slippery

Snow Tires

Shovel

Emergency Kit

Power Outages

Clothing Layers

Storms

Antifreeze

Plowing

