



Bucksport Regional  
**Health Center**



March 2021

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

COVID-19 update: Things change rapidly so please visit our Facebook page (and please like us if you haven't already) or visit our website for the latest information on COVID-19 vaccines.

Visit the Maine CDC website at: [www.maine.gov/covid19/vaccines/vaccination-sites](http://www.maine.gov/covid19/vaccines/vaccination-sites) or call 2-1-1 to learn about additional options for vaccine sites and age groups.

March is Nutrition Month. According to the National Institute of Food and Agriculture, part of the USDA, Americans are now eating 30-percent more calories than 40 years ago, including over 55-percent more fats and oils. And the average American eats 15 more pounds of sugar *a year* than in the 1970s. The overall health of Americans is threatened by growing obesity levels that lead to increased risk of heart disease, diabetes, stroke, and certain types of cancer.

To make it easier to eat a more healthful diet, the USDA has developed an app. The **Start Simple with My Plate** app will help you with healthy eating goals one at a time. Visit [www.myplate.gov/resources/tools/startsimple-myplate-app](http://www.myplate.gov/resources/tools/startsimple-myplate-app) to learn more.

We are also celebrating Patient Safety Awareness Week March 14-20. This national and global recognition is designed to increase awareness about patient safety in all healthcare settings. We work diligently every day to ensure the best outcomes for our patients. Patient safety is our top concern.

Happy Spring!

*Carol*

## Meet our Team – Alex Grant, Greeter

Alex is likely the first person you'll see when you come to our office in Bucksport for your appointment.

In addition to managing patient arrivals at BRHC, Alex also works as a medic in the Army reserves. He is looking forward to kayaking this summer.



## Cooking Matters for Adults - Online Simple and Small Meals – NEW!

A free online cooking and nutrition class to help you prepare tasty, healthy, affordable meals at home with a focus on low-prep recipes for 1-2 people.

- FREE bag of groceries each week
- Twice weekly online sessions
- Free Cookbook full of healthy recipes

Learn about microwave cooking, one pot meals, no chop or low-chop meals, transforming leftovers, and meal planning for 1-2 people.

**Date:** Tuesdays & Thursdays, March 23 - April 8  
**Time:** 12:00-1:00 PM  
**Where:** Grocery Pickup on Wednesdays at BRHC  
**Register:** Email Nicole Gurreri at [nicole.gurreri@healthyacadia.org](mailto:nicole.gurreri@healthyacadia.org)

## We are hiring ...

Visit [www.bucksportrh.org](http://www.bucksportrh.org) to learn more.

- Medical Director
- Patient Services Representative /Health Information Coordinator – Bucksport
- Patient Services Representative, Front Desk, Ellsworth
- Greeter (Temporary) - Ellsworth



## COVID-19 Testing at BRHC

Open to *everyone*:

- Patient
- Non-patient
- Symptomatic
- Asymptomatic

All tests are by appointment only.

Call 469-7371 and press option 6.

Visit [www.bucksportrh.org](http://www.bucksportrh.org) for more information on COVID-19

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

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.

[bucksportrh.org](http://bucksportrh.org)

## March is National Kidney Month



National Kidney Month is a time when communities across the country raise awareness about kidney disease. This year’s focus is on taking charge of your health and the many factors that go into managing your kidney disease.

Chronic kidney disease (CKD) is a serious condition affecting 37 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including kidney failure.

Adopting a healthy lifestyle can help you manage and slow progression of CKD and its complications. Follow these healthy lifestyle tips to take charge of your kidney health:

- **Meet regularly with your health care team.** Staying connected with your provider, whether in-person or using telehealth via phone or by computer, can help you maintain your kidney health.
- **Manage blood pressure and monitor blood glucose levels.** Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
- **Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.** Your pharmacist and doctor need to know about all the medicines you take.
- **Aim for a healthy weight.** Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.
- **Reduce stress and make physical activity part of your routine.** Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
- **Make time for sleep.** Aim for 7 to 8 hours of sleep per night.
- **Quit smoking.** If you smoke, take steps to quit.

## Poison Prevention Week: March 21-27

What are the risks throughout one’s life?

Certain kinds of poisonings are common among specific age groups. For example, older adults specifically need to be aware of the poisoning risks involved with taking prescription medications.

Children are commonly poisoned through painkillers, cosmetics, personal care or cleaning products, pest killers, and plants. Preteens through older adults are commonly poisoned through herbal products, prescription drugs, alcohol, over-the-counter medicines, and spoiled food.

People of all ages may be stung by a bee, splashed with a chemical, or exposed to carbon monoxide in their homes.

People also may use a cleaning product without gloves.

For more information on how poisonings can affect everyone, visit [www.poisonhelp.hrsa.gov/faq/general](http://www.poisonhelp.hrsa.gov/faq/general) and refer to the What You Can Do section at [www.poisonhelp.hrsa.gov/what-you-can-do](http://www.poisonhelp.hrsa.gov/what-you-can-do).

If you think someone has been poisoned, right away call the toll-free Poison Help line, [1-800-222-1222](tel:1-800-222-1222), which connects you to your local poison center.

## Wordsearch - MARCH!

Pot of gold	March Madness	Horseshoe
Rainbow	Basketball	Spring
Irish	Four leaf	Ireland
Leprechaun	Clover	Dancing
Green	Shamrock	Good luck

