



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 or call 211 to learn about additional options for vaccine sites and age groups.

April is your last best chance to remove browntail moth nests while they are still dormant. Their tiny hairs can cause itching, burning rashes and even respiratory distress in some people if inhaled. The Maine Department of Agriculture, Conservation and Forestry recommends you remove the nests by mid-April. Always be safe by taking precautions below. And visit Maine.gov for more information about browntail moth.

- Work with a partner, especially when working from a ladder or from a lift
- Wear protective eyewear.
- Wear gloves, long sleeves, and pants. Trees and shrubs may have toxic hairs from caterpillar activity.
- Individuals with known sensitivity to browntail moth hairs may want to leave web clipping to others

We'll include more information on this and ticks in our May newsletter.

Carol

Stress Awareness Month

The COVID-19 pandemic has caused many of us to feel increased stress and anxiety. Stress can cause the following physical problems:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, or other substances

Below are ways that you can help you manage stress.

- Take breaks from news about the virus
- Take deep breaths, stretch, or meditate
- Eat well-balanced meals and exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, or substance use.
- Get a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



New, lower costs on Marketplace Insurance coverage

By Jessica Richards, CHES,
Certified Applications Counselor

The Health Insurance Marketplace has a Special Enrollment Period for 2021, which is now through August 15. Also, starting April 1, you may be able to get more savings and lower costs on Marketplace Health Insurance coverage due to the American Rescue Plan Act of 2021.

What does this mean?

- More people will qualify for help paying for coverage
- If you already have marketplace insurance, you will likely qualify for more tax credits
- Health insurance premiums after these new savings will go down.
- Start a Marketplace application to see what savings you qualify for, or, if you already have marketplace insurance, log in to update your current application at www.healthcare.gov

Need help? Contact Jessica, for in-person or phone assistance at 207-469-7371 ext. 260.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

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

Alcohol Awareness Month

Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It encompasses the conditions that some people refer to as alcohol abuse, alcohol dependence, alcohol addiction, and the colloquial term, alcoholism.

What Are the Symptoms of AUD?

A healthcare provider might ask the following questions to assess a person’s symptoms and determine the severity of the disorder.

In the past year, have you:

- Had times when you ended up drinking more, or longer, than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn’t?
- Spent a lot of time drinking? Or being sick or getting over other aftereffects?
- Wanted a drink so badly you couldn’t think of anything else?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unprotected sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout? Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?

- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure? Or sensed things that were not there?

Any of these symptoms may be cause for concern. The more symptoms, the more urgent the need for change.

Need Help?

Need Help? If you are concerned about your alcohol use and would like to explore whether you might have AUD, please visit the Rethinking Drinking website. To learn more about alcohol treatment options and search for quality care near you, please visit the NIAAA Alcohol Treatment Navigator.

Find both of these resources and more at www.niaaa.nih.gov.

Source: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder>

Wordsearch - APRIL

Baseball	Bud	Crocus
Birth	Butterfly	Germinate
Bloom	Caterpillar	Prune
Bunny	Tulip	Easter Eggs
Bulbs	Lady Bug	Easter

y	e	t	a	n	i	m	r	e	g	b
l	a	d	y	b	u	g	o	a	a	u
f	b	n	c	r	o	c	u	s	l	d
r	a	l	l	i	p	r	e	t	a	c
e	b	l	o	y	b	b	e	e	b	c
t	e	u	n	o	a	i	l	r	t	u
t	n	n	l	l	m	r	e	e	d	c
u	u	b	l	b	l	t	o	g	p	r
b	r	l	c	g	s	h	g	g	p	a
r	p	s	i	a	n	u	l	s	c	r
t	l	g	e	p	c	s	d	t	c	e