



Bucksport Regional  
**Health Center**



July 2021

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

We have great news. After an exhaustive search, we are very excited to welcome Dr. Michael Ripley to our team as our new Medical Director.

He spent about 20 years as a United States Air Force family medicine physician and flight surgeon. He is also certified in family medicine with the American Board of Family Medicine. Learn more about Dr. Ripley on our website.

I also want to remind you about our free vascular screening at Coastal Health Center, our Ellsworth office, Tuesday, July 13, from 4:30 p.m. - 6:00 p.m. The public is welcome but appointments are required. If you suffer from painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue or leg heaviness/discomfort, call 667-5064 to schedule.

We are looking at some pretty hot temperatures in our near future. When the mercury soars it is critical that you stay hydrated. Drink water before feeling thirsty because by the time thirst hits, you are already behind in fluid replacement. And dehydration is a primary contributor to heat exhaustion. It is also important to consume smaller amounts of water frequently than to drink a large amount all at once. Visit [cdc.gov](http://cdc.gov) for more information.

*Carol*

### Weekly COVID-19 Vaccine Clinics

BRHC is holding weekly walk-in COVID-19 clinics on Tuesdays and Thursdays.

Watch our Facebook/website for additional evening and weekend hours and clinics at our Ellsworth site, Coastal Health Center.

### We are hiring ...

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

- LCSW Behavioral Health Therapist, full-time, Bucksport and Coastal Health
- Medical Assistant, full-time, Bucksport
- Phlebotomist II, full-time, Bucksport
- Medical Assistant, Medication Assisted Treatment Program/Scheduler, full-time, Bucksport
- Dentist, per diem (vacation coverage), Bucksport
- Referrals Coordinator, full-time, Bucksport

## Try 6 Tips for Healthy Eyes — and a Healthy You

**Add more movement to your day.** Physical activity can lower your risk for health conditions that can affect your vision, like type 2 diabetes and high blood pressure. As a bonus, it can help you feel your best. Pick activities you enjoy and remember, anything that gets your heart beating faster counts!

**Get your family talking about eye health history.** Some eye diseases—like [glaucoma](#) and [age-related macular degeneration](#)—can run in families. Although it may not be the most exciting topic of conversation, talking about your family health history can help everyone stay healthy. Ask your relatives if they know about any eye problems in your family. Be sure to share what you learn with your eye doctor to see if you need to take steps to lower your risk.

**Step up your healthy eating game.** Eating healthy foods helps prevent health conditions—like type 2 diabetes or high blood pressure—that can put you at risk for eye problems. Eat dark, leafy greens like spinach, kale, and collard greens that are high in antioxidants called lutein and zeaxanthin, which help prevent macular degeneration and cataracts. Also pick up some fish high in omega-3 fatty acids like halibut, salmon, and tuna.

**Stay on top of long-term health conditions—like diabetes and high blood pressure.** Diabetes and high blood pressure can increase your risk for some eye diseases, like [glaucoma](#). If you have diabetes or high blood pressure, ask your doctor about steps you can take to manage your condition and lower your risk of vision loss.

**If you smoke, make a quit plan.** Quitting smoking is good for almost every part of your body, including your eyes! That's right—kicking the habit will help lower your risk for eye diseases like [macular degeneration](#) and [cataracts](#). Quitting smoking is hard, but it's possible—and a quit plan can help. Call 1-800-QUIT-NOW (1-800-784-8669) for free support.

**Give your eyes a rest.** Looking at a computer for a long time can tire out your eyes. Follow the 20-20-20 rule—rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

[Eye Health Is My Health—Celebrate Healthy Vision Month! | CDC](#)

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

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BRHC is an equal opportunity provider and employer.

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

## How to use herbs

<https://cookingmatters.org/>

Herbs and spices are must-have ingredients in every pantry. They help you kick up the flavor without adding a lot of salt and fat.

But how many times have you bought fresh herbs only to watch them turn brown in your fridge? Or passed over a recipe because the spices listed were just too pricey? Never again!

These tips make herbs and spices work for your budget and your life.

**Plan out your meals for the week.** Your biggest enemy with fresh herbs is waste. If you're making a meal that calls for basil, parsley, or other herbs, plan at least one more meal that week that will use those same herbs.

**Store fresh herbs well.** To help them last longer, wrap the stems in damp paper towels. Store in a plastic bag in the produce bin of your fridge.

**Don't let your herbs get out of sight.** They will quickly get "out of mind" too. After you've used them once, pull fresh herbs out of the bin and up to the front of the refrigerator so you know what needs to be used up.

**Freeze fresh herbs.** Still not able to use up all your fresh herbs before they go bad? Chop them up and throw them in the freezer. Try freezing them in an ice cube tray. Once frozen, remove the cubes and place them in a freezer-safe bag. This way you can pull out just what you need the next time you cook.

**Use dried when you can.** Dried herbs are typically cheaper than fresh – and they last much longer. Try using them in place of fresh, particularly if the recipe only calls for a small amount of the fresh.

**Store dried herbs well.** They should be stored away from heat – so don't put them above the stove. Also avoid moisture and direct sunlight. Stored properly, dried herbs should last about 1 year.

**Look for dried herbs and spices sold in bulk.** Buy just the amount you need for the recipe. This is particularly helpful if you do not use this spice often.

**Make your own spice mixes.** You will likely use the individual spices much more often than you'll use a mix. Remember, the idea is to avoid waste.

**Check ethnic food aisles or stores.** They often have much cheaper prices for the same ingredient.

**Substitute with more commonly used herbs or spices.** Whether fresh or dried, if a recipe calls for something you don't have on hand and probably won't use again, use a more common item. Never heard of cardamom? No problem – use ginger or cinnamon instead. [Check here for common herb and spice substitutions.](#)



### Word Search - Herbs

- |            |            |          |
|------------|------------|----------|
| Chives     | Thyme      | Cilantro |
| Lemongrass | Coriander  | Basil    |
| Marjoram   | Bay Leaves | Rosemary |
| Tarragon   | Mint       | Parsley  |
| Sage       | Dill       | Oregano  |

