



Bucksport Regional  
**Health Center**



June 2021

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

We're holding multiple COVID-19 vaccination clinics at both of our locations. At this writing, more than 60 percent of Mainers are vaccinated against COVID. This is great but the best scenario would be 100 percent. If you haven't been vaccinated yet, please come to one of our clinics.

We are looking for **new board members**. If you're interested in healthcare and would like to donate some of your time to BRHC, please print and complete the Board Member Application that is on our website under About Us –scroll down to the Board of Directors section. Mail the application to me at BRHC, 110 Broadway, Bucksport. Our board is composed mainly of community members and/or our patients.

**Men's Health Week is June 14-20.** Most men need to pay more attention to their health. Compared to women, men are more likely to put off regular checkups and medical care. There are also health conditions that only affect men, such as prostate cancer and low testosterone. If you haven't seen your provider in a while, now is a great time to make an appointment with one of our providers at BRHC.

### Blood Donor Day - June 14

The American Red Cross reports a critical need for blood. Find a blood drive near you by visiting [www.redcross.org](http://www.redcross.org) or calling 1-800-RED CROSS (1-800-733-2767).

*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.

- Medical Assistant (per diem) both locations
- LCSW - full-time - Bucksport and Coastal Health
- Scheduler – full-time – Bucksport
- Dental Assistant – per diem – Bucksport
- Patient Account Representative –Bucksport
- Medical Assistant – full-time – Bucksport (travel to Ellsworth on occasion)
- IT Director/Systems Administrator to cover all IT needs

## Free Vascular Screening!

We are offering a free vascular screening at Coastal Health Center, our Ellsworth office, on Tuesday, July 13, from 4:30 p.m. - 6:00 p.m. The public is welcome but appointments are required.



Dr. Stephen Nightingale, an expert in venous conditions of the leg, will be doing the screening. If you suffer from painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue or leg heaviness/discomfort, call 667-5064 to schedule your free vascular screening. Check our website for more information.

## June is Alzheimer's and Brain Awareness Month

Source: <https://www.cdc.gov/dotw/alzheimers/index.html>

Alzheimer's disease is the most common cause of dementia among older adults. 5.7 million Americans are estimated to be living with Alzheimer's disease in 2018. It is the fifth leading cause of death for adults aged 65 years and older, and the sixth leading cause of death for all adults. Alzheimer's disease involves parts of the brain that control thought, memory, and language, and, over time, can seriously affect a person's ability to carry out daily activities. Although the cause is still unknown, scientists are learning more every day about Alzheimer's disease and what can be done to prevent and treat this fatal illness.

### Prevention Tips

Some risks factors to brain health cannot be controlled or prevented, like your age or genetics.

Other risk factors, like health choices, are under your control.

For example, you can:

- Get active and stay active.
- Manage cardiovascular risk factors such as smoking, diabetes, hypertension, and obesity.
- Learn new things.
- Connect with your family, friends and communities.

**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.

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

## June is National Safety Month

[CDC's Eight Tips for Safe and Healthy Summertime Work and Play](#) | [CDC Online Newsroom](#) | [CDC](#)

Summer is here and the Centers for Disease Control and Prevention's offers practical advice for you to stay safe these season.

### Public Pools

CDC recommends checking out the latest inspection score of pools where you plan to swim. You can find the inspection scores online or on site. Chemicals, like chlorine, are added to pool water to kill germs and stop them from spreading, helping to keep swimmers healthy. However, mishandling pool chemicals can cause injuries.

### Beat the heat and rays

Preventing heat-related illnesses, including heat stroke and heat exhaustion, is important for people of all ages, but extreme heat poses the greatest risk for people under age 4 and over 65, and anyone who has a pre-existing medical condition or who lives in a home without air conditioning. The best ways to protect yourself from heat include staying cool, hydrated, find air-conditioning during hot hours and wear cool clothing, drink plenty of liquids, and pay attention to heat advisories.

### Children's health and safety

Summer activities, such as riding a bike and playground time, are great for a child's development. To keep kids healthy and safe all summer long, be sure children use helmets that fit well while riding their bikes. Children should be properly buckled in a car seat, booster seat, or seat belt - whichever is appropriate for their weight, height, and age on every trip. Children under age 13 are best protected in the back seat.

### Stay up to date on vaccines

Making sure your child is up to date on vaccines is key to protecting them against serious diseases throughout their life. The summer is a great time to make appointments for your child to get recommended vaccines or to catch up on vaccines they might have missed when they were younger. CDC's recommended immunization schedule is safe and effective at protecting your child from [14 infectious diseases](#) like measles, chickenpox, and rubella. It's based on how your child's immune system responds to vaccines at various ages, and how likely your child is to be exposed to a particular disease. And be sure to get the COVID vaccine when available for your child's age group.

CDC also recommends three vaccines for all 11- to 12-year-old boys and girls to prevent infections that can cause meningitis, HPV cancers, and whooping cough.

### Food safety

Grilling is fun but nothing spoils the party like food poisoning. Food poisoning peaks during summer months due to warmer temperatures, which can let [foodborne germs thrive](#). Each year, 1 in 6 Americans get sick from eating contaminated food. CDC also has advice [for food safety when grilling](#).



### Insect protection

Protect yourself and your family from insect bites by using [Environmental Protection Agency \(EPA\)-registered insect repellent](#) with active ingredients such as DEET. Apply repellents only to exposed skin or clothing, as directed on the product label and always follow instructions when applying insect repellent to children.

## Word Search - Summer Fun!

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|------------|------------|--------------|
| Beach      | Canoe      | Lake         |
| Popsicles  | Biking     | Picnic       |
| Flip Flops | Campfire   | Barbeque     |
| Sunburn    | Pool Party | Slip N Slide |
| Float      | Frisbee    | Hiking       |

