



Bucksport Regional
Health Center



August 2021

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

BRHC is concerned about substance use in our area and across the state. According to Maine Public Health, COVID-19 has exacerbated substance use in Maine. It is well known that in times of stress, people can turn to substances, either drugs or alcohol, as a way to get through the hard times. COVID certainly qualifies as a highly stressful situation. Maine actually had 502 fatal overdoses in 2020. The previous high number per year was 417 in 2017.

BRHC is here to help. We have a Medication Assisted Therapy (MAT) program. If you or someone you know is struggling with substance use, call us. Typically, we are able to get people into our MAT program in three days. Being a patient of BRHC is not required to participate in the program. You only need a desire to stop using.

As we head into August, going back to school may be on your mind. Be sure to read the article on the back about immunizations and getting your child vaccinated and protected.

Enjoy the rest of your summer.

Carol

National Health Center Week August 8-14

National Health Center Week is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades. Join us on for the following festivities on **Wednesday, August 11:**

- American Red Cross Blood Drive – 1:00 to 6:00 pm
Call 1-800-733-2767 to schedule
- Free vegetables from local farms via Healthy Acadia Gleaning Program – 1:00 to 3:30 pm (See right)
- Giveaways at both Ellsworth and Bucksport throughout the day

We are hiring ...

Visit www.bucksportrhc.org to learn more.

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

Meet our Team:

Julie Lamoreau, LCSW

Julie has been practicing clinical social work for over 25 years. She has a broad range of experience in a variety of mental health and addiction settings with the adult population ages 18-98. She specializes in trauma-related issues. She looks forward to meeting new patients and collaborating with them in their treatment. She enjoys camping, hiking, glacier walking, fishing. She has two daughters and three grandsons.



Free, fresh produce giveaway! Weds, 1:00 p.m. - 3:30 p.m.

Come get fresh fruits and vegetables throughout the summer made by collaborations with Healthy Acadia and Good Shepherd Food Bank. Everyone welcome!!

**110 Broadway,
Bucksport**

- August 4, 11 & 25
- September 29

**Coastal Health Center
37 Commerce Park,
Ellsworth**

- September 29



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.

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 for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

August is National Immunization Awareness Month

Source: CDC.gov

You have the power to protect against vaccine-preventable diseases.

You have the power to protect your children against serious diseases like measles, cancers caused by HPV, and whooping cough.

Preteens and teens need four vaccines to protect against serious diseases: meningococcal conjugate vaccine to protect against meningitis and bloodstream infections; HPV vaccine to protect against cancers caused by HPV; Tdap vaccine to protect against tetanus, diphtheria and whooping cough; and a yearly flu vaccine to protect against seasonal flu.

View CDC's [parent-friendly immunization schedule](#) to see which vaccines your children need, whether they are babies or teenagers.

Vaccines are safe and effective at preventing serious diseases.

Vaccines work with your child's natural defenses to help them safely develop protection from diseases.

Vaccines are tested to ensure they are safe and effective. They are also monitored after they are in use.

Learn more about the [U.S. vaccine safety monitoring system](#). Like all medical products, vaccines can sometimes cause side effects. The most common side effects are mild and go away quickly.

Work with your doctor or nurse to stay up to date on recommended vaccines.

Talk to your child's doctor or nurse about whether you have missed any routine vaccines. The immunization schedule is designed to provide immunity early in life, before children are likely to be exposed to serious, potentially life-threatening diseases.

Some vaccines require more than one dose to provide your child with the best protection. Each recommended dose is important.

Vaccine-preventable diseases are still a threat. Vaccination is the best protection.

Some vaccine-preventable diseases, like chickenpox and pertussis (whooping cough), remain common in the United States. Since 2010, CDC sees between 10,000 and 50,000 cases of whooping cough each year in the United States. Most of the deaths each year are in young babies.

Some diseases are no longer common in this country because of vaccination. However, if we stopped vaccinating, the few cases we have in the United States could very quickly become tens or hundreds of thousands of cases. The 2019 measles outbreaks are a key reminder of how quickly diseases can spread when children aren't vaccinated.

Some infections that are prevented by preteen vaccines, like HPV, can lead to serious health problems later in life. Over 34,000 men and women in the United States are diagnosed with cancers caused by HPV each year.

Learn more at:

<https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>)

And watch a video via the QR Code.



Word Search - Have fun at the Fair!

doughboys
rides
roller coaster
tents
ice cream

fairgrounds
tickets
prizes
popcorn
clowns

ferris wheel
funnel cakes
cotton candy
animals
games

