



Message from the CEO

Carol Carew, RN, BSN, MBA

Just a reminder, we offer walk-in care that is open to the public, Monday through Friday from 7:30 a.m. to 9:30 a.m. and on Saturdays 8:00 a.m. to 3:00 p.m. at our Bucksport location.

Symptoms of a common cold and COVID-19, especially the delta variant, are very similar. So even if you think you “just have a cold” it is a good idea to be tested because it is impossible to know for sure. If you think you need a COVID test, call us first thing in the morning. Typically, we will schedule you for a phone consultation with a provider, who will assess your situation. If the provider recommends a test, he or she will let you know what time to come to our parking lot. We will conduct the test outside with you in your vehicle. Ellsworth patients should call our Ellsworth facility directly for COVID testing or other needs.

Also, if you are not following us on Facebook, please do. It is the fastest way to get the most up-to-date information about all that is happening at BRHC. Also visit our website regularly as it is frequently updated with COVID information and other important news, including flu clinics and vein screenings we are offering.

Carol

October is Breast Cancer Awareness Month

Maine CDC Breast and Cervical Health Program (MBCHP)

You may have heard that the MBCHP helps eligible woman pay for breast and cervical screenings. Did you know, however, that even women who have health insurance might still benefit from the program?

Cont. next column

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Dentist (full-time)
- Dentist (per diem)
- Behavioral Health Therapist, LCSW, Bucksport and Ellsworth (full-time)
- Medical Director

Marketplace Opens November 1

Open enrollment for Marketplace insurance in Maine is November 1 to January 15, 2022. Those with certain life changes may be eligible now for a special enrollment period. People can apply for MaineCare at any time of the year.

Visit www.coverme.gov for more information. If you have questions or would like help applying, contact our enrollment specialist, Jessica, at 207-902-1615.

Who is eligible for the MBCHP?

With or without health insurance, to enroll in the MBCHP you must:

- Be a Maine woman age 40 or older, with the following exceptions:
- Women 35-39 who have seen a doctor and need follow-up tests for a possible breast or cervical cancer
- Women 35-39 who have not had a Pap test in 5 or more years.
- Have household income less than or equal to 250% of the current Federal Poverty Level (FPL)
- Health insurance with high deductibles, co-insurance, co-pays, or premiums.

Women receiving MaineCare or Medicare Part B are not eligible for MBCHP.

If you already have insurance, your plan must pay for breast and cervical preventative care; however, your plan may require you to pay “out-of-pocket” expenses for follow-up testing.

The MBCHP may be able to help you cover these costs. For more information and to enroll, call the MBCHP at 1-800-350-5180 and press 1, or 207-287-8068.

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.

October is Dental Hygiene Month

Did you know? (Source: www.cdc.gov)

- People who smoke are 3 times more likely to lose all their teeth
- Most older Americans take both prescription and over-the-counter drugs; many of these medications can cause dry mouth. Reduced saliva flow increases the risk of cavities.
- More than 1 in 4 (26%) adults in the United States have untreated tooth decay.
- Nearly half (46%) of all adults aged 30 years or older show signs of gum disease; severe gum disease affects about 9% of adults.

Oral Health Tips for Adults

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.
- If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- Contact your doctor or a dentist if you have sudden changes in taste and smell.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

It's Time to Rethink Your Drink

Sugary drinks (drinks sweetened with added sugars) are the leading source of added sugars in the American diet.

People who often drink sugary drinks are more likely to face health problems, such as cavities, weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, and gout, a type of arthritis.

Many people don't realize just how much sugar and how many calories are in their drinks:

Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Tap or Bottled Water	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drinks	2 teaspoons	75
Lemonade	6 ¼ teaspoons	105
Sweet Tea	8 ½ teaspoons	120
Cola	10 ¼ teaspoons	150
Fruit Punch	11 ½ teaspoons	195
Root Beer	11 ½ teaspoons	170
Orange Soda	13 teaspoons	210

Word Search - Halloween Fun!

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| Dracula | Cat | Pumpkin |
| Mermaid | Skeleton | Mummy |
| Clown | Scarecrow | Vampire |
| Princess | Werewolf | Pirate |
| Ghost | Angel | Zombie |
| Witch | Cowboy | Superhero |



We are offering a free vascular screening at Coastal Health Center, our Ellsworth office, on Thursday, Oct. 28, from 4:30 p.m. - 6:00 p.m. The public is welcome but appointments are required.

Call 207-667-5064