



Message from the CEO

Carol Carew, RN, BSN, MBA

Days are getting shorter which can cause some people to experience clinical level of depression called seasonal affective disorder (SAD), a mental health condition triggered by the changing of the seasons.

Symptoms usually start in late fall and early winter and may include sadness, gloomy outlook, feeling hopeless, worthless, and irritable, loss of interest or pleasure in activities you used to enjoy, low energy, difficulty sleeping or oversleeping, carbohydrate cravings and weight gain, or thoughts of death or suicide.

Treatments are available so if you are experiencing any of the symptoms above, talk with your provider. And if you or someone you know is in crisis, call the Maine Crisis Hotline at 1-888-568-1112.

Get a COVID booster if you haven't already, along with a flu shot. You can get them at the same time. Visit our website or www.maine.gov/covid19/vaccines to find a clinic.

Carol

Be Safe When Shopping Online

www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety

Online shopping for toys is popular and convenient but it is important that people follow these safety tips:

- Always buy from stores and online retailers you know and trust.
- To avoid counterfeits, scrutinize the product, the packaging, and the label. If the price seems too good to be true, this could be a sign that the product is counterfeit.
- Look for a certification mark from an independent testing organization and the manufacturer's label on electrical products.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Greeter, temporary position
- Patient Scheduler Behavioral Health, part-time
- Practice Manager (Bucksport), full-time
- Dentist, per diem
- Medical Director, full time
- Behavioral Health Therapist (LCSW) Bucksport & Ellsworth, full-time
- Medical Assistant, Bucksport & Ellsworth, full-time
- Human Resources Generalist, part-time

Winter is here! Prepare Your Vehicle

www.cdc.gov/nceh/features/winterweather

Get your vehicle ready for cold weather use before winter arrives. Make sure to do these important tasks before the snow flies.

- Service the radiator & maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. Visit the website above for details



Maine Marketplace Health Insurance

Open enrollment for marketplace insurance on Maine's new state-based exchange runs through January 15, 2022, meaning Mainers will now enroll for marketplace insurance through the state site www.coverme.gov, instead of the federal site, www.healthcare.gov.

If you were already enrolled in marketplace insurance for 2021, create a log-in for coverme.gov. All your information will transfer from the federal site to the state site so you can review or change plans.

If you are new to marketplace coverage, get started by creating a log-in at coverme.gov.

If you need help, contact our enrollment assister, Jessica, who can sit down with you to register and enroll in a health insurance plan. Contact her at 902-1615 to make your appointment.

COVID-19 Vaccine Clinics

Please check our Facebook and website for upcoming COVID vaccine clinics.

Why Children and Teens Should Get Vaccinated for COVID-19

Source: CDC.gov

Children are as likely as adults to be infected with COVID-19. And they can have the same complications, including:

- Get very sick from COVID-19
- Have both short and long-term health complications from COVID-19
- Spread COVID-19 to others, including at home and school

As of mid-October 2021, children ages 5 through 11 years have experienced more than 8,300 COVID-19 related hospitalizations and nearly 100 deaths from COVID-19.

In fact, COVID-19 ranks as **one of the top 10 causes of death** for children aged 5 through 11 years.

Children who get infected with COVID-19 can also develop serious complications like multisystem inflammatory syndrome (MIS-C)—a condition where different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.

Since the pandemic began, more than 2,300 cases of MIS-C have been reported in children ages 5 through 11 years. Children with underlying medical conditions are more at risk for severe illness from COVID-19 compared with children without underlying medical conditions.

- Vaccinating children can help protect family members, including siblings who are not eligible for vaccination and family members who may be at increased risk of getting very sick if they are infected.
- Vaccination can also help keep children from getting seriously sick even if they do get COVID-19.
- Vaccinating children ages 5 years and older can help keep them in school and help them safely participate in sports, playdates, and other group activities.

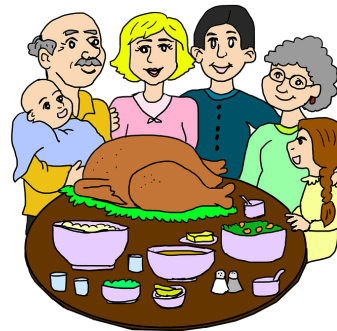
COVID-19 Vaccines Safe for Children

Before recommending COVID-19 vaccination for children, scientists conducted clinical trials with thousands of children and no serious safety concerns were identified.

The FDA gave the Pfizer-BioNTech COVID-19 vaccine emergency authorization to use in children ages 5-15 years old and full approval to use in people ages 16 years and older.

The benefits of COVID-19 vaccination outweigh the known and potential risks. Get a COVID-19 vaccine for children ages 5 years and older as soon as you can.

Learn more at CDC.gov



Word Search

Holiday Food Favorites!

- | | | |
|-----------------|-----------------|------------------|
| Potato Latkes | Kugel | Stuffing |
| Sufganiyot | Matzo Ball Soup | Sweet Potato Pie |
| Roasted Chicken | Rugelach | Pumpkin Pie |
| Yeast Doughnuts | Candy Canes | Yams |
| Beef Briskets | Ham | Turkey |

