



Bucksport Regional  
**Health Center**



June 2022

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

The official start of summer is this month. We will all be enjoying the weather and spending more time outside. It is important to remember, even though you may be outside, COVID is still with us. Numbers are up so it continues to be critically important to get a COVID vaccine. We have clinics in June. Get vaccinated. Get protected.

While spending time outdoors, many of you may be grilling. On the back page there is some important information from the CDC on food safety. Every year, people get food poisoning from improperly handled meat. If you don't have a food thermometer, get one. They are inexpensive and the digital ones are easy to read. It may just keep you from getting sick.

As the weather gets warmer, there are more cyclists on the road. The National Highway Traffic Safety Administration has bike safety initiatives that focus on urging safer choices on the part of bicyclists and drivers in order to help reduce deaths and injuries on the roads. Visit their website for more information on being safe while riding your bike, or driving near cyclists. [www.nhtsa.gov/road-safety/bicycle-safety](http://www.nhtsa.gov/road-safety/bicycle-safety)

Happy summer!

*Carol*



## Friday, June 17 is Wear BLUE Day

The Friday before Father's Day is always Wear Blue Day, to help raise awareness about men's health. It is part of the year-round Wear BLUE® awareness campaign established by Men's Health Network. The goal is to show men the importance of taking care of their health. Read more about men's health on the back.

And get your **BLUE** on, Friday, June 17!

## COVID-19 Vaccine Clinics

110 Broadway, Bucksport

- Thursday, June 2, 10:00 a.m. - 4:00 p.m.
- Tuesday, June 7, 10:00 a.m. - 4:00 p.m.
- Tuesday, June 21, 10:00 a.m. - 4:00 p.m.
- Thursday, June 30, 10:00 a.m. - 4:00 p.m.

Visit [bucksportrhc.org](http://bucksportrhc.org) to register

## Honoring Valerie Sulya



We celebrated Valerie Sulya's 48 years of service and dedication to the Bucksport Regional Health Center Board of Directors May 18, 2022. Thank you, Val, for all your hard work.



## FREE Veggies!

Did you know we have a veggie giveaway the third Wednesday of every month from 11:00 - 4:30 in Bucksport?

We are grateful to Good Shepherd Food Bank for supplying the produce. This giveaway is free and open to the public.



# HAPPY FATHER'S DAY

We are hiring ...

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

- Payroll/Benefits Specialist
- LCSW
- Human Resources Generalist
- Dental Assistant
- Medical Assistant full-time Bucksport
- Dentist (per diem)
- Facilities Maintenance Technician

**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 Men's Health Month

June has been designated as Men's Health Month to increase awareness about health care for men and boys. The month is dedicated to encouraging and persuading men to take a long look at their health, habits, and lifestyles, such as are they getting enough sleep, eating enough produce, exercising, etc.

According to the CDC, Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

### Health Screenings for Men from the CDC

[www.cdc.gov](http://www.cdc.gov)

Some health conditions only affect men, such as prostate cancer and low testosterone.

Many of the major health risks men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important men get the screening tests they need.

The first step is to schedule a physical with a primary care provider. The purpose of annual physicals is to:

- Screen for medical issues
- Assess any risks for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- And establish a relationship with the provider in case of an illness

### Recommended Screenings

Depending on age, lifestyle and other factors, some screenings that may be needed as part of the physical or ongoing care include:

- Blood pressure
- Diabetes
- Cholesterol
- Infectious disease
- Height and weight for Body Mass Index (BMI) calculation
- Colorectal, prostate and lung cancer
- Osteoporosis

## Grilling Safety

[How to Grill Safely | CDC](https://www.cdc.gov/eats/topics/safety/foodsafety/grilling-safety/index.html)

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

### When Grilling

- 145°F—whole cuts of beef, pork, lamb, and (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

### After Grilling

140°F or warmer—until it's served

### Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside).

## Word Search — June

Swimming  
Graduation  
Travel  
Fathers Day  
Mens Health

Summer  
Cook Out  
Burgers  
Hot Dogs  
Festivals

Wear Blue  
Juneteenth  
Camp  
June Bug  
Yard Sales

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m	e	n	s	h	e	a	l	t	h	d	o	o
m	b	r	g	h	n	r	r	w	t	r	o	t
c	u	e	l	t	u	g	s	s	h	a	k	d
s	g	e	h	l	j	a	e	d	n	y	o	o
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# June is Pride Month

