



Bucksport Regional  
**Health Center**



August 2022

# BRHC Health Beat



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

It is hard to believe that we are closing in on back-to-school activities. Along with shopping for clothes and supplies, it is critically important to have your children vaccinated against childhood diseases and COVID. As health care professionals, we put our faith in vaccines and rightly so, but why are we so adamant? Vaccines help provide protection from an infectious disease and can lessen the severity of illness should it be contracted. Learn more about vaccines below.

Even though we may be gearing up for fall, there is still a lot of summer left. And that means more hot weather is to come. Avoid heat-related illness such as heat exhaustion or heat stroke:

- Stay in air-conditioned places as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down

To learn more about the dangers of heat-related illness, visit the CDC for comprehensive information.

[Warning Signs and Symptoms of Heat-Related Illness | Natural Disasters and Severe Weather | CDC](#)

Enjoy the rest of your summer.

*Carol*

## August is National Immunization Awareness Month

This annual observance highlights the importance of getting recommended vaccines throughout your life.

The COVID-19 pandemic has impacted all aspects of life, including, in some cases, the ability to keep important medical appointments and to receive recommended routine vaccinations.

During Immunization Awareness Month, we encourage you to talk to your healthcare provider to ensure that you and your family are protected against serious diseases. Get caught up on routine vaccinations, including the COVID-19 vaccine.

According to Dr. Robert M. Califf, Commissioner of Food and Drugs, National Immunization Awareness Month provides an opportunity to think about how far the development and advancement of immunization science has come, and its impact on public health.



## FREE Veggies!

We have a veggie giveaway: Ellsworth, August 23, 1 p.m. - 3:30 p.m., Coastal Health Center. We are grateful to Healthy Acadia. This giveaway is free and open to the public.

## COVID-19 Vaccine Clinics

110 Broadway, Bucksport

- Tuesday, August 16, 10:00 a.m. - 4:00 p.m.
- Tuesday, August 30, 10:00 a.m. - 4:00 p.m.

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

## We are hiring ...

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

- LCSW
- Human Resources Generalist
- Dental Assistant
- Medical Assistant
- Dentist (per diem)
- Facilities Maintenance Technician
- Patient Account Representative

The U.S. Food and Drug Administration plays a key role in immunization by evaluating vaccines for safety and effectiveness before they are made available to the public.

Vaccines work by stimulating the body's immune system to safely provide protection against viruses or bacteria that cause infection. After vaccination, the immune system is prepared to respond quickly when the body encounters the disease-causing organism.

If you are immune to a disease, you can be exposed to it without becoming sick. Simply put, because of advances in medical science, vaccines can help protect us against more diseases than ever before. Some diseases that once injured or killed thousands of people have been eliminated primarily due to vaccines.

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)

## WELCOME!



**STACEY WALDEN, DO**

Dr. Walden is BRHC’s new Medical Director. She has more than 20 years’ experience as a primary care physician. Dr. Walden is also experienced in obstetrics.

She earned her Doctor of Osteopathic Medicine from the University of New England College of Osteopathic Medicine, Biddeford, Maine.

She is married with six children and enjoys farming and the outdoors.

Dr. Walden is very active in the Blue Hill community, volunteering at the school and church. She also enjoys cooking, baking, photography and framing, art and music.



**Shannon L. Curtis, FNP-BC**

Shannon Curtis, FNP, is based in Ellsworth.

She is a primary care provider with keen diagnostic skills and strong patient advocacy.

She has a special interest in women’s health. She earned a Master’s Degree in nursing from the University of Maine, School of Nursing, and a Bachelor of Science degree in nursing from Husson University.

Shannon is married and has three sons. She loves being a baseball mom and spending time with her family.

## August is National Children’s Eye Health and Safety Month

As children head back to school, it is important to have their vision checked. In fact, children should see an eye doctor at least once between ages 3 and 5. Even if they don’t show signs of eye problems, they still need to have their vision checked in case a problem is brewing.

Finding and treating eye problems early on can save a child’s sight. Healthy eyes and vision are very important to a child’s development.

One of the most common eye conditions in children is Lazy Eye (Amblyopia) which is the loss of the ability to see clearly through one eye.

Other conditions include: [Farsightedness](#), [nearsightedness](#), or [astigmatism](#).

For more information, visit:

[Get Your Child’s Vision Checked - MyHealthfinder | health.gov](#)

## Word Search — Summer Seafood Fun

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|----------|-----------|----------|
| Salmon   | Muscles   | Oysters  |
| Tuna     | Crab Legs | Mackerel |
| Lobster  | Haddock   | Sardines |
| Scallops | Pollack   | Herring  |
| Clams    | Trout     | Shrimp   |

