



## Message from the CEO *Carol Carew, RN, BSN, MBA*

Fall is in the air. Pretty soon, every product you buy will have pumpkin in it.

September is Prostate Cancer Awareness Month so please read about it on the back page. This is a very curable cancer when caught early. It is also Baby Safety Month. Things have changed a lot over the years. Back in the day, babies were put in their cribs with blankets, quilts, and fluffy stuffed animals. We now know how dangerous that can be. Read the story below for tips on sleeping safety for babies.

September is also Pain Awareness Month. If you are living with chronic pain, you know how difficult it can be. We have a program called Pain on the Brain. If you are experiencing chronic pain, talk to your health care provider. We may be able to help.

And finally, September 22 is the first day of fall. It is also Falls Risk Awareness Day. If you are an older adult, take four or more medications which can increase your fall risk, or are nervous about falling, talk to your health care provider. Sometimes all it takes to get your balance back is a little help.

*Carol*

## September is Baby Safety Month

FMI Visit [Safe Sleep – Cribs and Infant Products | CPSC.gov](https://www.cpsc.gov/safesleep)

You play an important role in keeping your child safe, no matter how old they are. Sleep is critical for children's health but how and where they sleep can be a cause for concern.

With any crib, bassinet or play yard, follow a few simple rules to keep babies sleeping safely.

- To prevent suffocation, never place pillows or thick quilts in a baby's sleep environment.
- Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress.
- Proper assembly of cribs is paramount. Always follow the instructions provided by the manufacturer and make sure that every part is installed correctly. If you are not sure, call the manufacturer for assistance.
- Do not use older cribs or broken or modified cribs. Infants can strangle to death if their bodies pass through gaps between loose components or broken slats while their heads remain entrapped.

## COVID-19 Vaccine Clinics and Free N95 masks and home test kits.

We are giving away free COVID-19 home testing kits and N95 masks at Bucksport and Ellsworth locations.

We're also holding Covid-19 vaccine clinics Tuesdays, from 10 a.m. to 4 p.m. in Bucksport, 110 Broadway.

**Dates: September 13, 20, and 27.**

It's easy to get vaccinated: Just call us at 207-469-7371 to schedule, or register at [bucksportrhc.org](https://bucksportrhc.org), or walk-in.

We're working hard to help keep you safe.



## FREE Veggies!

We have a veggie giveaway: Wednesday, September 21, from 11:00 a.m. to 4:30 p.m. Thank you to Good Shepherd!

## We are hiring ...

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

- LCSW
  - Human Resources Generalist
  - Dental Assistant
  - Medical Assistant
  - Dentist (per diem)
  - Family Nurse Practitioner, Bucksport
  - Patient Account Representative
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- Set up play yards properly according to manufacturers' directions. Only use the mattress pad provided with the play yard; do not add extra padding.
  - Never place a crib near a window with blinds, curtain cords or baby monitor cords. Babies can strangle on cords.

Visit the National Institutes of Health for additional information. [Homepage | Safe to Sleep \(nih.gov\)](https://www.nih.gov)

## September is Prostate Cancer Awareness Month

FMI Visit [Basic Information About Prostate Cancer | CDC](#)

Prostate cancer, the second most common cancer in men in the U.S., is more common in older men than younger men.

Depending on your age and other factors, your health care provider doctor may recommend getting screened for prostate cancer.

While any male can get prostate cancer, the risk is higher for men who are 50 or older, are African American, and/or have a have a father, brother, or son who had prostate cancer.

Here are some things to consider, and discuss with your health care provider when deciding if you want to get screened:

- Many prostate cancers grow so slowly that men won't have symptoms or die from the cancer
- Treatment for prostate cancer can cause problems like erectile dysfunction (impotence) or loss of bladder control
- Prostate screening sometimes says you have cancer when you really do not, and follow-up tests can cause problems like infections

When you visit your provider, write down your questions ahead of time and take them with you. It can be stressful and easy to forget important points. If possible, take someone with you to take notes. It is too difficult to remember everything the provider discusses.

### These questions are recommended:

- Am I at high risk for prostate cancer?
- Are there things I can do to lower my risk for prostate cancer?
- What are the risks and benefits of prostate cancer screening and treatment for me?
- Are there any warning signs or symptoms of prostate cancer to look out for?
- If the results of the screening test show that I might have prostate cancer, what are my options for diagnosis and treatment?

## Symptoms of Prostate Cancer

Not everyone has the same symptoms. And some men may have no symptoms. However, if you have any of the following symptoms, be sure to see your doctor right away:

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Urinating often, especially at night.
- Trouble emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.

Keep in mind that these symptoms may be caused by conditions other than prostate cancer.

## Word Search: Back-To-School

Hand sanitizer	Pencils	Backpack
Binders	Notebooks	Clothes
Folders	Rulers	Lunchbox
Wet wipes	Thumb drive	Calculator
Tissues	Markers	Pens

o	r	c	a	s	l	o	s	r	s	k	e	n
b	e	n	t	n	r	v	s	m	i	v	s	n
a	z	f	o	e	w	e	t	w	i	p	e	s
c	i	c	m	t	s	t	d	r	e	l	t	r
k	t	t	l	k	e	s	d	n	i	e	i	e
p	i	k	u	s	d	b	c	e	i	k	l	d
a	n	c	n	e	m	i	o	k	t	b	e	l
c	a	l	c	u	l	a	t	o	r	z	e	o
k	s	o	h	s	d	n	r	a	k	l	w	f
s	d	t	b	s	u	p	t	k	e	s	o	n
i	n	h	o	i	r	r	u	l	e	r	s	v
d	a	e	x	t	e	r	o	e	o	r	w	c
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