



Bucksport Regional
Health Center



November 2022

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

We are very excited to announce that we are, in partnership with Ellsworth School District and Hancock County Technical Center, starting a School-Based Health Center at Ellsworth High School. We are grateful to the State of Maine

Department of Education for the funding to make the SBHC a reality.

The SBHC will be available for all students in need of health care. It is also a convenient option for parents. The SBHC will work with the current school nursing services. Watch this space for more information in the coming months. And visit our website and Facebook page for the latest information.

November 17 is the Great American Smokeout. If you smoke and wish to stop, give us a call. We can help. We have a smoking cessation program.

Happy Thanksgiving!

Carol

Great American Smoke-Out!

Smoking is the single largest preventable cause of death and illness in the world. It causes more than eight million deaths per year worldwide.

More than 16 million Americans live with a smoking-related disease. These statistics can be frightening. Help yourself or a loved one and make this your time to quit smoking.

Let the **Great American Smoke-Out** on November 17 inspire you and set you on your way to a smokefree life. No matter how old you are or how long you've been smoking, there are many benefits to quitting.

For example, soon after you quit, your heart rate decreases and the nicotine level in your blood drops to zero. Within a couple of months, your coughing and shortness of breath decreases. In 1 to 2 years, your risk of a heart attack drops sharply.

The health benefits of quitting smoking can help most of the major parts of your body, from your brain to your DNA, including stronger muscles and bones, sharper vision and hearing, faster healing, and thinner blood which can help you avoid blood clots.

Visit [Benefits of Quitting | Smokefree](#) for more.

COVID-19 Vaccine Clinics and Free N95 masks & 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 in Bucksport, 110 Broadway. Check our Facebook page & website for dates.

It's easy to get vaccinated: Just call us at 207-469-7371 to schedule, register at bucksportrhc.org, or walk-in to one of the clinics.

We're working hard to help keep you safe.



FREE Veggies!

We have veggie giveaways throughout the month. Watch our Facebook page for dates and times.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- LCSW
- Human Resources Generalist
- Dental Assistant
- Medical Assistant
- Dentist (per diem)
- Family Nurse Practitioner, Bucksport
- Patient Account Representative

Smokefree Apps

Learn more at www.smokefree.gov

Get 24/7 support with a Smoke-free app for your smartphone. These free apps offer help just for you based on your smoking patterns, moods, motivation to quit, and quitting goals. Tag the locations and times of day when you need extra support. Available for iOS and Android phones.



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 for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

Cooking a Turkey – Food Safety Tips

Source: www.cdc.gov

1. Thaw Your Turkey Safely...

- In the refrigerator in a container,
- In a leak-proof plastic bag in a sink of cold water (change the water every 30 minutes), or
- In the microwave, following the microwave oven manufacturer’s instructions.

Never thaw your turkey by leaving it out on the counter. A thawing turkey must defrost at a safe temperature and when the turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe. Bacteria can grow rapidly in the “danger zone” between 40°F and 140°F.

2. Handle Your Turkey the Right Way

Raw poultry can contaminate anything it touches with harmful bacteria. Washing raw poultry before cooking is not recommended. Drops of splashed turkey water can contaminate other surfaces without you even realizing it.

3. Cook Stuffing Thoroughly

Cooking stuffing separately from the turkey in a casserole dish makes it easy to be sure it is thoroughly cooked. If you cook stuffing in the turkey, put the stuffing in the turkey just before cooking.

With either cooking method, use a food thermometer to make sure the stuffing’s center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning.

If you cook stuffing in the turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing; this allows it to cook a little more. Use a food thermometer to check for a safe internal temperature of the stuffing.

4. Cook Your Turkey Thoroughly

- Set the oven temperature to at least 325°F.
- Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep.

Cooking times will vary depending on the weight of the turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Be careful not to hit bone.

5. Take Care of Leftovers

Refrigerate leftovers at 40°F or colder within 2 hours of cooking to prevent food poisoning. Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they can cool quickly. Reheat all leftovers to at least 165°F before serving.

Cooked turkey and dishes made with turkey, such as a casserole, can be stored in the refrigerator for 3 to 4 days or can be frozen to store longer.

Always refrigerate leftovers within 2 hours, or 1 hour if exposed to temperatures above 90°F.



Happy Veterans Day
To all Veterans:
Thank you for your service

Word Search: Thanksgiving

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|-------------|-----------------|---------------|
| Give Thanks | Turkey | Feast |
| Squash | Cranberry Sauce | Casseroles |
| Pumpkin Pie | Stuffing | Leftovers |
| Football | Rolls | Family |
| Thursday | Potatoes | Friendsgiving |

