



Message from the CEO

Carol Carew, RN, BSN, MBA

March is a busy month. Spring officially starts, there are lots of basketball games to enjoy, and we celebrate some deserving clinicians.

First, we're very proud of our dental team. They work hard for their patients and genuinely care about each one. I hope you will join us in celebrating our dental assistants during Dental Assistants Recognition Week, March 5-11. Oral health contributes to your overall health so give us a call if you have any dental concerns.

Patient Safety Awareness Week is March 12-18. It's a week where enhanced focus is placed on patient safety. We are using this week to celebrate our patient safety achievements and increase awareness that safe care is our organization's focus every day.

At the end of March is National Doctors' Day. The very first Doctors' Day was March 30, 1933 in Winder, Georgia. It has been celebrated that date ever since. The day was designed to celebrate the contribution physicians make in caring for the health and well-being of Americans. Visit our website to meet our physicians.

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW, LCPC, LMSW-cc
- Family Practice MD/DO - Full time in Bucksport.
- Director of Finance/Chief Finance Officer
- LCSW Behavioral Health Therapist
- Dental Assistant - Bucksport
- Phlebotomist - Part Time
- Dental Hygienist, per diem
- Family Nurse Practitioner/PA every other Saturday - Walk-in Care

COVID-19 Vaccine Clinics

Please continue to check our Facebook page and website for additional COVID vaccine clinics.

COVID-19 Vaccine Clinics

Tuesdays, from 10 a.m. to 3:30 p.m.
110 Broadway, Bucksport.

March 7, March 14,
March 21, March 28.

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

We're working hard to help
keep you safe.



Poison Prevention Week: March 19-25

National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. The week is an opportunity to highlight the dangers of poisonings for people of all ages.

What are the risks throughout one's life?

Certain kinds of poisonings are common among specific age groups. For example, older adults specifically need to be aware of the poisoning risks involved with taking prescription medications.

Children are commonly poisoned through painkillers, cosmetics, personal care or cleaning products, pest killers, and plants.

Preteens through older adults are commonly poisoned through herbal products, prescription drugs, alcohol, over-the-counter medicines, and spoiled food.

People of all ages may be stung by a bee, splashed with a chemical, or exposed to carbon monoxide in their homes. People also may use a cleaning product without gloves.

For more information on how poisonings can affect everyone, visit www.poisonhelp.hrsa.gov/faq/general.

If you think someone has been poisoned, right away call the toll-free Poison Help line, [1-800-222-1222](tel:1-800-222-1222), which connects you to your local poison center.

March is National Kidney Month

Visit [National Kidney Month 2023 | NIDDK \(nih.gov\)](#)

National Kidney Month is a time when to highlight and raise awareness about kidney disease.

Did you know?

- More than 1 in 7 U.S. adults are estimated to have chronic kidney disease.
- Early kidney disease usually has no symptoms.
- You are at higher risk for kidney disease if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.
- Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.
- A urine test and a blood test can check for kidney disease.

Follow these healthy lifestyle tips to take charge of your kidney health:

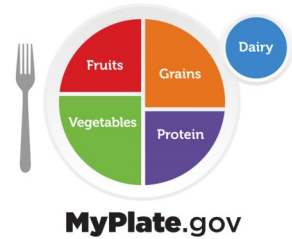
- **Meet regularly with your health care team.** Staying connected with your provider, whether in-person or using telehealth via phone or by computer, can help you maintain your kidney health.
- **Manage blood pressure and monitor blood glucose levels.** Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
- **Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.** Your pharmacist and doctor need to know about all the medicines you take.
- **Aim for a healthy weight.** Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.
- **Reduce stress and make physical activity part of your routine.** Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
- **Make time for sleep.** Aim for 7 to 8 hours of sleep per night.
- **Quit smoking.** If you smoke, take steps to quit.

March is also National Nutrition Month

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. MyPlate, a helpful, informative website found at [National Nutrition Month 2023 | MyPlate](#) reminds people that at every stage of life, it's never too early or too late to eat healthfully!

The benefits of healthy eating add up over time, bite by bite and small changes matter. It is recommended that adults eat fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy products and that they eat a variety of different types of foods.

Good sources of protein include seafood, lean meats, poultry, beans, peas, lentils, nuts, seeds, and eggs. Limit foods and beverages that are higher in added sugars, saturated fat, and sodium.



Wordsearch - March

March	St. Patrick's Day	Good Luck
Madness	Nutrition Month	Time Change
Basketball	Warmer Temps	Spring
Irish	Shamrock	Dental Assistants Week

