



Bucksport Regional  
**Health Center**



## Message from the CEO

*Carol Carew*

Happy June! And Happy Father's Day. Men's Health Week is June 12-18, the week before Father's Day. It's a good time to start the conversation to increase awareness about men's health. Read more about Men's Health Week on the back page. And Friday, June 16, is Wear Blue Day, a time when we can all wear blue to put a spotlight on men's health.

Juneteenth, a new designated federal holiday, is June 19. On this day in 1865, more than two years after Abraham Lincoln signed the Emancipation Proclamation, enslaved Americans in Galveston, Texas, finally received word that they were free from bondage. Juneteenth is a celebration of freedom.

Finally, June is Alzheimer's & Brain Awareness Month. You can learn more about what Alzheimer's is and what it isn't, by visiting the Alzheimer's Association at [Memory Loss & 10 Early Signs of Alzheimer's | alz.org](http://Memory Loss & 10 Early Signs of Alzheimer's | alz.org)

We are now on Instagram as well as Facebook so please follow us!

*Carol*



## June is LGBTQ Pride Month

June 28, 1969 was the beginning of a series of riots that began after a police raid at the Stonewall Inn, a gay bar in New York City. The riots are widely considered to be the catalyst for the modern LGBTQ+ rights movement and gay liberation.

### We are hiring ...

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

- Medical Assistant (Per Diem) in Bucksport
- Medical Assistant in Ellsworth
- Medical Assistant in Bucksport
- Dental Assistant in Bucksport
- Dental Hygienist (Per Diem Fridays/Vacation Coverage) in Bucksport
- Family Practice MD/DO in Bucksport.
- LCSW Integration & Family Services Therapist
- Phlebotomist
- Behavioral Health Coordinator/Integration Assistant

We have a free veggie/fruit giveaway the third Wednesday of every month from 11:00 - 4:30 in Bucksport. THANKS to Good Shepherd Food Bank for supplying the produce. Come see us in Bucksport and help yourself.

### FREE Veggies!



**NOTICE:**  
If you have MaineCare, be aware that changes are coming and your coverage will need to be renewed soon.

#### What you should do now:

- Update your address - if you've moved, let MaineCare know your updated address, so they can contact you about your renewal.
- Make sure they also have your current email and phone number to reach you when it's time for renewal.

You can call **1-855-797-4357, option 1** to update your information through an automated system, or visit [MyMaineConnection.gov](http://MyMaineConnection.gov).

#### Stay connected to stay covered!

#### What you can do later this year:

- Complete your renewal form. MaineCare will send you a renewal form by mail or e-notice that you need to complete. This form will arrive between April 2023 and March 2024.
- To make sure you do not miss it, be on the lookout for the envelope with a blue block with the renewal information and instructions.
- If you signed up for e-notices, you will get a message in your account when it is time for your renewal.
- When you get your renewal form, fill it out and return it right away to avoid a gap in coverage.

**If it's blue, it's time to renew!**

# June 12th-18th is Men's Health Week

Typically, men don't pay a lot of attention to their health care, but in reality, they should. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

There are also health conditions that only affect men, such as prostate cancer and low testosterone.

Many of the major health risks that 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 to get the screening tests you need.

The good news is that you can start taking steps to improve your health today!

## Take charge of your health

See a doctor for regular checkups even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.

## Here are some more things you can do to take care of your health:

- Eat healthy and get active, at least 150 minutes per week, and include strength training 2x a week at least.
- If you drink alcohol, drink only in moderation. No more than 2 drinks per day.
- Quit smoking. This includes other tobacco products like chewing tobacco and e-cigarettes.
- Know your family's health history
- Get screening tests to check for health problems before you have symptoms
- Make sure you're up to date on your vaccines (shots)

# Did you know?

ON AVERAGE  
**men live**  
about  
**5 years less**  
than women

  
**1 in 2**  
**men**  
will develop  
**cancer**

MEN HAVE A  
**higher death rate**  
for most leading causes of death  
*including cancer, heart disease, diabetes, and suicide*

APPROXIMATELY  
**30,000**  
**men**  
IN THE U.S.  
die each year  
from  
**prostate cancer**

Men make  
**1/2** as many  
physician visits for  
**prevention**  
as women

Men are more likely to be **uninsured** than women

Provided by [Mens Health Month Social Media Images – Men's Health Month](#)

Mens Health Week  
Wear Blue Day  
Fathers Day  
Flag Day  
Juneteenth

Pride Month  
Summer  
Graduation  
Rose  
Pearl

Gardening  
Black Flies  
Thunder  
Flowers  
Vacation

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