



## Message from the CEO

*Carol Carew*

Fall is just about upon us and soon the aroma of pumpkin spice will fill the air.

As we head into fall, there are things to think about. For example flu shots. (See right) We will be holding flu shot clinics in the very near future so watch our website and social media pages for that. In case you didn't know, we are not only on Facebook, but also Instagram so be sure to follow us there.

September is Prostate Cancer Awareness Month. Many men with prostate cancer, especially those with tumors that have not spread beyond the prostate, will die of **other causes** without ever experiencing symptoms from their prostate cancer. Overall, about 96-percent of the men who are diagnosed with prostate cancer are still alive after five years. However, while this is good news, it is critically important to discuss prostate cancer with your provider. While this may not be the deadliest cancer a man can have, it is still cancer so take it seriously.

Annually, the first day of Fall is also Fall Prevention Day. (See back) If you are an older adult and have had a fall, even if you didn't get hurt (aside from your pride) let your provider know. Falling is not a normal part of aging.

Happy Labor Day!

*Carol*

## We are hiring ...

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

- Medical Assistant
- Dental Hygienist (Flexible Per Diem)
- Family Practice MD/DO
- LCSW - Integration & Family Services Therapist
- Phlebotomist
- Dental Receptionist

## Free Fruits and Veggies in Bucksport



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. Watch our social media pages for more.

## Flu Season is on the Way

For more information, visit [Preventive Steps | CDC](https://www.cdc.gov/preventivesteps/)

The Centers for Disease Control and Prevention recommend an annual flu vaccine as the first and most important step in protecting yourself against flu viruses.

This season, all flu vaccines will be designed to protect you against the four flu viruses that research indicates will be most common.

### Who Should Get a Flu Shot - Ideally by the end of October

- Children 6 months and older
- People at higher risk of developing serious flu complications
- Pregnant women
- People with certain chronic health conditions like asthma, diabetes or heart and lung disease
- People 65 years and older

Vaccination is also important for health care workers, and other people who live with, or care for, people at higher risk. This can help prevent spreading the flu. It is especially true for people who work in long-term care facilities, which are home to many older and vulnerable people for whom the flu could be deadly.

### Everyday Precautions to Protect Against Flu

- Avoid close contact with people who are sick
- If you are sick, limit contact with others as much as possible to keep from infecting them
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- Wash your hands often with soap and water. Or use an **alcohol-based** hand rub if necessary
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu. If the virus is lingering on a surface, you touch that surface, then touch your eyes, nose, etc., the virus has just found a way into your body.



Dr. Walden wants to remind you that BRHC provides high quality health care to the whole family, including babies, children and older adults.

Medical & Dental  
Behavioral Health  
Lab Work  
Immunizations  
Medicare  
MaineCare



Accepting new patients  
Give us a call!

Bucksport Regional Health Center  
110 Broadway, Bucksport, 207-469-7371

Bucksport Regional Coastal Health Center  
37 Commerce Park, Ellsworth, 207-667-5064

### School Based Health Center

SBHC for all Ellsworth

School District students, staff and families.

Some things we can help with



Located in:

Ellsworth High School,

24 Lejok St, Ellsworth

- Asthma
- Cough/cold
- Fever
- Stomachache
- Sprain
- Dental care
- Immunizations
- Counseling
- And more

### September 22 is Falls Prevention Day

Millions of people, aged 65 and older, fall every year, but unfortunately only about half of them tell their medical care team about the fall. Once a person has fallen, the risk of another fall about doubles.

#### What Conditions Make You More Likely to Fall?

- Lower body weakness, including legs and knees
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor, improperly fitting footwear
- Home hazards or dangers such as broken or uneven steps, blocked pathways, and clutter that can be tripped over.

These are some simple things you can do to keep yourself from falling. Since most falls are caused by a combination of risk factors, the more you have, the larger your fall risk.

Healthcare providers can help by evaluating your fall risk and then reducing the fall risk factors listed above.

- Have your doctor or pharmacist review your medicines to see if any of them might make you dizzy or sleepy. Include over-the counter medicines as well.
- Do leg strengthening/balance exercises, such as Tai Chi.
- Have your eyes checked, at least yearly, by an eye doctor and keep your glasses updated.



- Get rid of things you could trip over, like area rugs.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

Visit [Facts About Falls](#) | [Fall Prevention](#) | [Injury Center](#) | [CDC](#)

### Enjoy Word Search

Back-to-School  
Immunizations  
New Clothes  
Backpacks

Labor Day  
Studies  
Teachers  
Homework

Grades  
Friends  
School Based  
Health Center

i w c c o c i d a r c c o s  
b o e y t o e w n s o k k r  
a i l a r e e d t d r l i e  
c c k d e s a b l o o h c s  
k e n r t i r c w o e h c h  
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