



## Message from the CEO

*Carol Carew*

As the Halloween candy dwindles and thoughts turn to the Thanksgiving meal, it's hard to believe that we are closing in on the end of the year.

Sometimes, it's hard to keep track of everything you have to do, but as you cook for the holidays, be safe. Thousands of people get food poisoning on Thanksgiving each year. While for some, it is simply very unpleasant, but for others, including those who are aged 65 and older, younger than age 5, have weakened immune systems, have chronic health conditions, diabetes, liver or kidney disease, HIV/AIDS, or cancer, or who are pregnant, food poisoning can lead to hospitalizations or worse.

To learn more, visit [How to Prevent Food Poisoning | Food Safety | CDC](#) and keep your meal safe.

And speaking of staying safe, come see us for your latest COVID vaccine, and your flu shot.

And Happy Veterans Day to all our veterans who have sacrificed and served to keep us all safe. We all owe you a debt of gratitude.

*Carol*

## Reminder:

We will be closed Thursday  
and Friday, November 23 & 24  
for the holiday.  
**Happy Thanksgiving!**



## We are hiring ...

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

- Dental Hygienist (Flexible Per Diem)
- Dentist
- Patient Account Representative
- Family Practice MD/DO
- LCSW - Integration & Family Services Therapist
- School-based Clinician, LCSW
- Medical Assistant
- Coordinator Behavioral Health/Medical Assistant
- Family Nurse Practitioner

## ME Marketplace Health Insurance

The open enrollment period for the marketplace health insurance runs from Nov. 1 to Dec. 15, for coverage that starts on January 1, 2024.

Mainers can enroll for marketplace insurance through the state website [www.coverme.gov](http://www.coverme.gov), where they can preview plans and prices for 2024.

They can compare costs and coverage side-by-side including:

- Plan features and benefits
- Premiums and deductibles
- Total estimated costs for services
- Plans that cover your doctors and prescriptions

For those of you who are new to marketplace coverage, get started by creating a log-in at [coverme.gov](http://coverme.gov).

You may be eligible to enroll in health insurance *outside* of Open Enrollment, or enroll with an earlier effective date, by qualifying for a Special Enrollment Period (SEP).

If you are losing or have lost MaineCare and have questions about the temporary Special Enrollment Period, visit [coverME.gov](http://coverME.gov)

In order to qualify you must first be experiencing, or have experienced, a qualifying life event. You have 60 days from the date this qualifying life event takes place to enroll in or update your insurance through [coverME.gov](http://coverME.gov).

## Common Qualifying Life Events Include:

- Lost, or will soon lose, your health coverage
- You're becoming a Maine resident
- Adding a dependent (through birth, adoption, or fostering a child)
- Getting married
- Getting divorced or legally separated

For more qualifying life events, and important information about coverage, see the full list of Special Enrollment Period eligibility criteria.

If you need help, contact us. We'll work with you to register and enroll you in a health insurance plan that meets your needs.

## November is National Diabetes Awareness Month

This month is dedicated to raising awareness about diabetes, its symptoms, and ways to prevent it.

According to the Centers for Disease Control and Prevention’s National Diabetes Statistics Report, an estimated 37.3 million people in the United States, or 11.3 percent of the population, have diabetes.

About one in four adults with diabetes don’t even know they have the disease, which can be a life threatening situation.

### Some risk factors for type 2 diabetes

Diabetes type 2 can affect people at any age, even children, but you are more likely to develop type 2 diabetes if you:

- are overweight or have obesity.
- are age 35 or older. Again, children and teens can also develop type 2 diabetes, but the risk increases as a person gets older.
- have a family history of diabetes.
- are not physically active, have a sedentary lifestyle, or a job that requires sitting for long periods of time.
- have prediabetes

- have a history of gestational diabetes, a type of diabetes that develops during pregnancy, or gave birth to a baby weighing 9 pounds or more.

If you fit these risk factors, talk with your provider. There are things you can do to reduce your risk.

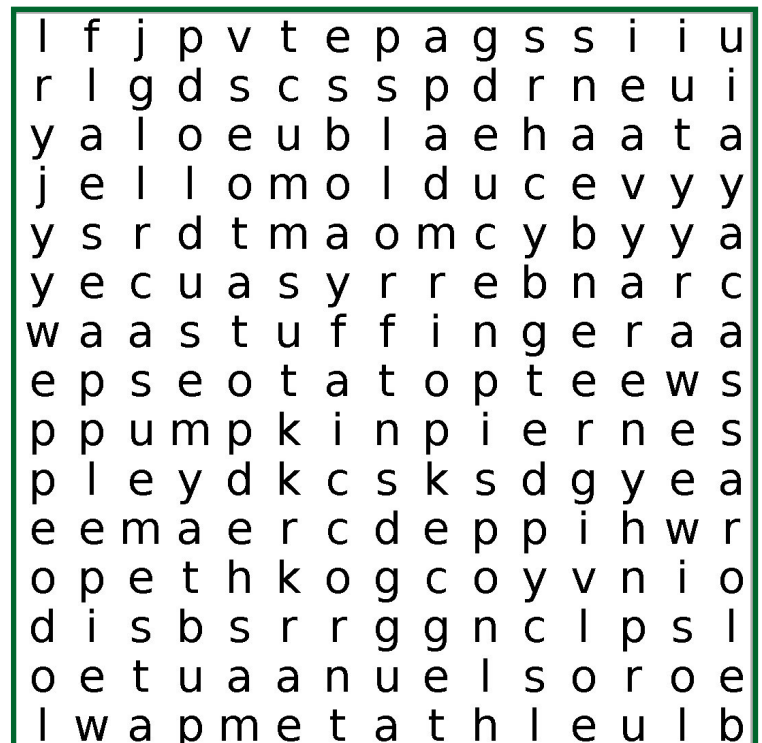
Visit [Diabetes - NIDDK \(nih.gov\)](http://Diabetes - NIDDK (nih.gov)) to learn more.

### School Based Health Center

SBHC for all Ellsworth	● Asthma
School District students, staff and families.	● Cough/cold
Some things we can help with	● Fever
Located in:	● Stomachache
Ellsworth High School,	● Sprain
24 Lejok St, Ellsworth	● Dental care
	● Immunizations
	● Counseling
	● And more

### Word Search - Happy Thanksgiving!

- |               |             |                 |
|---------------|-------------|-----------------|
| Green Beans   | Stuffing    | Cranberry Sauce |
| Salads        | Corn        | Turkey          |
| Whipped Cream | Gravy       | Mashed Potatoes |
| Casserole     | Pumpkin Pie | Sweet Potatoes  |
| Jell-O Mold   | Apple Pie   | Rolls           |



# Thursday, November 16

## Great American Smoke-Out

The American Cancer Society's Great American Smokeout is held on the third Thursday in November each year.

People who smoke are encouraged to use that date to make a plan to quit, or plan in advance and quit smoking that day. If you want to quit, we can help.