



Message from the CEO

Carol Carew

It's fall officially. There are a lot of things to enjoy about this time of year, cooler weather and beautiful foliage among them, but the one thing you don't want to experience this fall is the flu. Now is the time to get your flu shot.

We are having a Drive-Thru Flu Shot Clinic, October 18 and November 1, from 7:30 a.m. to 1:00 p.m. in Bucksport. Swing by and get your shot.

And while we are talking about vaccines, there is a new COVID booster for the latest variant. More information is on the back page. BRHC has the vaccine available: click [healow - Health and Online Wellness](#) or visit bucksportrhc.org and click in the Coronavirus Information page to schedule your appointment. There has been an increase in COVID cases but the vaccine will help ensure that you don't get severe illness if you do contract the virus. There is more of a chance this time of year as people are together inside in smaller spaces.

October is Breast Cancer Awareness Month (see right). The Maine Breast & Cervical Health Program helps women who qualify get breast and/or cervical cancer screenings. If you are lower income or have sparse insurance or no insurance, give us a call. We can determine if you qualify to get a free screening.

Happy Indigenous People's Day and Happy Halloween.

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

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

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.



October is Breast Cancer Awareness Month

Visit cdc.gov and type Breast Cancer in the search bar for more information.

There are things every woman should know: understanding what breast cancer is, knowing their chances for getting it, and how to detect it early.

Finding breast cancer early is critical because when it is found early, it is easier to treat.

Except for skin cancer, breast cancer is the most common cancer in women in the United States. While deaths from breast cancer have declined over time, breast cancer remains the second leading cause of cancer death among women overall and the leading cause of cancer death among Hispanic women.

It is not often talked about, but men also get breast cancer. About one out of every 100 breast cancers diagnosed in the United States is found in a man.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Symptoms of breast cancer: (some people will have no symptoms)

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your health care provider right away.

How to Lower the Risk:

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

New COVID-19 Vaccine What You Need to Know

There is a new COVID-19 vaccine available to fight the latest strain of the virus.

The CDC recommends the 2023–2024 updated COVID-19 vaccines for the following:

- Everyone aged 5 years and older should get one dose of the updated Pfizer-BioNTech or Moderna COVID vaccine
- People who are moderately or severely immunocompromised may get additional doses of updated COVID-19 vaccine.
- Children aged 6 months–4 years need multiple doses of COVID-19 vaccines to be up to date, including at least one dose of updated COVID-19 vaccine.

If you recently had COVID-19, you still need to stay up to date with your vaccines, but you may consider delaying your next vaccine dose by 3 months from when your symptoms started. Or, if you had no symptoms, when you first received a positive test.

Reinfection is less likely in the weeks to months after infection. However, certain factors could be reasons to get a vaccine sooner rather than later, such as:

- personal risk of severe disease
- or risk of disease in a loved one or close contact
- local COVID-19 hospital admission level
- the most common COVID-19 variant currently causing illness.

This is the first fall and winter virus season where vaccines are available for the three viruses responsible for most hospitalizations – **COVID-19, RSV, and flu.**

In addition to safe, updated COVID-19 vaccines, at-home tests for the virus can identify infection so you can protect your family, coworkers, and the general public.

If you do get sick, talk to your doctor about proven, effective treatments that can reduce the risk of severe illness, hospitalization, and death.

For more information on updated COVID-19 vaccines visit: [Coronavirus Disease 2019 \(COVID-19\) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/)

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



Dr. Stephen Nightingale is an expert in treating vein conditions with wonderful results for his patients. If you have any of the following, call us: venous leg ulcers or wounds, varicose veins, leg swelling, chronic leg fatigue, heaviness and discomfort, we can help.

Ellsworth office: 207-667-5064

Enjoy Word Search

October
Halloween
Pumpkins
Foliage

Trick or treat
Cool air
Candy
Leaf Peepers

Flu shots
Craft fairs
Crisp apples
Autumn

