



Bucksport Regional
Health Center



Message from the CEO *Carol Carew*

Happy New Year. I hope you all survived the wind and rain storm we had just before Christmas. There are some tips on the back page for keeping warm that you might want to take into consideration for the next storm that results in power outages. The Thermal Mylar blankets are available at Amazon and big box stores and are very inexpensive. They look like they are made of tin foil but they work.

There has been an increase in COVID cases so if you have not had your latest COVID shot, formulated for the latest variant, give us a call. It really is the best way to avoid severe illness from the virus. People who have not had COVID before are now having positive test results. If you do get the virus, talk to your provider about getting the antiviral drug Paxlovid. It can help.

If you are making New Year's resolutions, see the back page for insights. Small changes make for big successes.

Carol

School Based Health Center

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

We are hiring ...

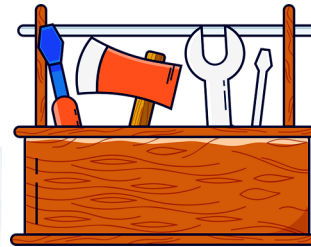
Visit www.bucksportrhc.org to learn more.

- Dental Hygienist (Flexible Per Diem)
- Dentist
- Family Practice MD/DO
- LCSW - Clinic and School-Based Health Center
- Medical Assistant, Per Diem
- LCSW - Integration & Family Services Therapist
- Family Nurse Practitioner
- Phlebotomist I
- Dental Assistant, Full-Time



Hancock County Habitat for Humanity (HCHH) has some questions for you.

- Are you a Bucksport homeowner over the age of 60?
- Do you have a household income of less than 54,400 for two people?
- Are you at an age where you appreciate a really solid handrail for support?
- Do you need other modifications to your home so you can age at home with dignity and ease?



If you answered yes to any of the questions above, HCHH would like to talk to you.

They are offering a **Home Safety & Accessibility Modification** program in

conjunction with the town of Bucksport and the Bucksport Bay Healthy Communities Coalition (BBHCC).

This project, funded by the town and Habitat for Humanity, allows them to spend up to \$500 on construction materials per qualifying resident and it allows you to learn about BBHCC's THRIVE program and get work done to improve your home at no cost to you.

Some of the work that has been done to date for your neighbors includes new handrails, front steps, replacing decking boards along with other work to increase accessibility for the homeowner.

Residents have been overjoyed and grateful for the work that has been done. We all need help sometimes. Call the BBHCC at 207-469-6682 to apply or to learn more.

To learn more about Hancock County Habitat for Humanity, visit: www.habitatforhumanity.org

Happy 2024! What will next year look like?

New year’s resolutions can be a double-edged sword. We make them with the intention of improving our lives, yet if we don’t do them perfectly, we can often feel badly about ourselves or feel like failures.

Perhaps a good new year’s resolution is to understand that change is a moving target, a work in progress, if you will. A gentler softer approach may lead to lasting success.

So, to help get you started on making the new year healthier and/or happier, here are some tips that can assist you:

Set realistic goals: Make sure your goals are achievable and specific. For example, instead of saying “I want to lose weight,” try setting a goal like “I want to lose 10 pounds in the next 3 months.”

Create a plan: Outline how you will achieve your goal. That will help you get back to basics if you start to lose motivation.

Track your progress: Keep a record of your progress so you can see how far you’ve come. This will help you stay motivated and on track.

Above all, Stay Positive: Don’t let yourself get discouraged if you slip up or have a setback. We all want to reach our goals quickly, but remember that change takes time and effort. Consistency is key. Does that mean being perfect everyday? No, because that is not realistic and can set you up for failure. It means, if you fall, keep getting back up. Not giving up is the point.

Get support: Share your goals with friends and family members who can offer encouragement and support. You can also consider joining a support group or hiring a coach to help you stay on track.

Reward yourself: Celebrate your successes along the way. Treat yourself to something you enjoy when you reach a milestone.

Focus on your actions. You can control your actions but you can’t control the outcome. Instead of “I want to lose 2 lbs. this week,” define your goal as actions: “I will walk 20 minutes 3 times this week.”

And if you “break” a resolution, all is not lost. Just start again. Each minute is a new opportunity to start. No one is keeping score.

Power Outages: Ways to Keep Warm

The storm that hit mid-December was one for the books. It seemed just about everyone lost power for varying lengths of time. For younger and even middle-aged adults, it will be uncomfortable but for seniors there can be dire consequences to the cold. It only takes a drop in core body temperature of a few degrees to for them to become hypothermic.

Be prepared going forward by getting a few safety items. Have at least one of the following heat sources in case the power goes out:

- For older adults, keep an easy-to-read thermometer inside the home. The ability to feel a change in temperature decreases with age.
- Extra blankets. Consider buying a Thermal Mylar blanket. They are inexpensive and trap body heat.
- Sleeping bags
- Warm winter coats, hats, gloves, and mittens. You won’t be able to do much while wearing mittens but they keep hands warmer than gloves do
- Wear a warm knit hat that covers the ears. If the house gets too cold, go to a warming center.
- And check on elderly family, friends and neighbors.

Word Search - Weather Safety

Generator	Power Outages	Salt and Sand
Space Heater	Slippery Roads	Hypothermia
Freezing Rain	Shovel	Emergency Kit
Sleet	Antifreeze	Snow Tires

