



Message from the CEO

Carol Carew, RN, BSN, MBA

April is a busy month with regard to celebrating staff.

April 8-12 is Dental Hygienists Week.

Dental hygienists are critical to the practice of good oral health. Seeing your hygienist every six months is important for keeping your teeth in the best shape possible.

Administrative Professionals Day is April 24. If you see Tamra Hanson, our fantastic executive office manager, wish her a happy day. Don't know what we'd do without her.

April 21-27 is Medical Laboratory Professionals Week. We celebrate and highlight how much we appreciate our lab staff. If you need a blood draw, come meet our team. No need to be our patient, easy, no hassle draws, affordable and easily accessible, all insurances accepted, and sliding fee available. Why go anywhere else?

Please join me in celebrating our dedicated and wonderful staff!

And take a look at our open positions on the back in case you want to join our team.

Carol

Are you stressed out?

April has been designated as **National Stress Awareness Month** to increase awareness of the negative impact of stress. Managing stress is essential if you want to live a happy, healthy life. Stress management can improve your mental and physical well-being and can minimize the aggravation of health-related issues. Visit [National Stress Awareness Month | Office of Human Resources \(nih.gov\)](https://www.nationalstressawarenessmonth.gov) to learn more.

Is it stress or anxiety? Life can be stressful. You may feel stressed about things such as work, school, traumatic events (like COVID, natural disasters, life changing events, etc.) Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat. If that anxiety doesn't go away and begins to interfere with your life, your health can be impacted. You might experience problems with sleeping, with your immune, digestive, cardiovascular, and reproductive systems, and also you may be at higher risk for developing a mental illness such as an anxiety disorder or depression.

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> Generally is a response to an external cause, such as taking a big test or arguing with a friend. Goes away once the situation is resolved. Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> Excessive worry Uneasiness Tension Headaches or body pain High blood pressure Loss of sleep 	<ul style="list-style-type: none"> Generally is internal, meaning it's your reaction to stress. Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. Is constant, even if there is no immediate threat.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW, LCPC, LMSW-cc
- Dental Assistant - Bucksport
- Dental Hygienist, per diem
- Phlebotomist I
- Medical Assistant
- Chief Operating Officer
- Patient Service Representative

Varicose Veins and Other Leg Pain

If you are suffering from painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, heaviness and discomfort, we have a solution.

Dr. Stephen Nightingale is an expert in treating vein problems and has continually had wonderful results for his patients. Don't suffer anymore.

April is Alcohol Awareness Month

The CDC recommends no more than 2 drinks a day for men and 1 drink, or less, a day for women.

Each item in the graphic equals one serving.

An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation.

How do you know if drinking alcohol has become a problem for you or a loved one?

And where do you go for help if it has?

Talk to your provider and to learn more, visit:

[Rethinking Drinking Homepage - NIAAA \(nih.gov\)](http://RethinkingDrinkingHomepage-NIAAA.nih.gov)

Standard Drink Size



12 fl oz of regular beer



5 fl oz of table wine

about 12% alcohol



1.5 fl oz shot of distilled spirits (gin, rum, tequila, vodka, whiskey, etc.)

80-proof distilled spirits (40% alcohol)



FREE Veggies!

Did you know we have a veggie giveaway the third Wednesday of every month from 11:00-4:30?

We are grateful to Good Shepherd Food Bank for supplying the produce.

This giveaway is free and open to the public. Come see us in Bucksport and get some produce!



COVID-19 Vaccine Clinics

COVID is still with us. Please continue to check our Facebook page and website for COVID vaccine clinics.

Word Search — It's April!

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|----------|-----------|--------------|
| Lady Bug | Daisy | April Fool |
| Crocus | Sweet Pea | Showers |
| Eclipse | Diamond | Patriots Day |
| Buds | Baseball | Tax Day |

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