



Bucksport Regional
Health Center



May 2024

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

Happy May Day. Some of you may remember the tradition of making little paper May baskets filled with flowers, or sometimes candy, to hang on loved ones' and neighbors' doors. This centuries old European custom was used to usher in Spring after a long, dark winter. If you want to make May baskets with your children, visit [The Cutest DIY May Day Baskets to Celebrate May Day!](http://TheCutestDIYMayDayBasketsToCelebrateMayDay!(skiptomylou.org)) (skiptomylou.org)



From Skip to my Lou

May is a busy month. May 6-12 is National Nurses Week. Nurses are the backbone of health care and BRHC is lucky to have the best nursing team around. We all are so proud of, and impressed by, them every day. They continually go above and beyond for patient care. THANK YOU to our nurses for all you do.

May 12-18 is Women's Health Week. Women have so many demands on them that sometimes it's hard to take the steps necessary for better health. But it is critically important. (See right.)

May 31 is World No Tobacco Day. This year's theme is giving a platform to young people across the world, who are calling out the tobacco industry to demand they stop targeting children with their harmful products.

If you are thinking about quitting tobacco, this is a good time. Give us a call and ask about our tobacco cessation program.

And finally, we are holding a Health Fair to celebrate our 50th Anniversary, Saturday, June 1, from 10 a.m. to 2 p.m. in our Bucksport location.

There will be lots of vendors, giveaways, interesting information, and fun for the whole family. There will be special things for the kids. It's been a while since we have been able to hold a fair because of COVID so it is good to be back.

Carol



NATIONAL WOMEN'S HEALTH WEEK

May 12-18, 2024

National Women's Health Week is celebrated each year, beginning on Mother's Day, to encourage women to make their health a priority. And to shine a light on self-care as an example to young girls so they may develop these habits early. Women often take care of everyone else before themselves but it is important to remember that you can only give what you have and your good health and fitness makes you a better caregiver of others.

Learn steps you can take for better health:

- Get regular checkups, including a yearly well-woman exam. Talk to a healthcare provider about any health concerns you have.
- Get active. Find an activity that you like because you are more likely to stick to it. The recommended amount of exercise is 150 minutes a week of cardio. That breaks down to just 30 minutes a day. Throw in some strength training.
- Practice healthy behaviors. Daily decisions influence your overall health.
- Prioritize your mental health and learn how to cope with stress.

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits. Women need folic acid every day for the healthy new cells the body makes daily. It's also important to help prevent major birth defects when pregnant.

Prioritize Mental Health

Keep your mind and body healthy. Research shows that positive mental health is associated with improved overall health and well-being. There are some important steps you can take to get the support you need to cope with stress:

- Make time to unwind. If you don't, you might unravel instead.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Find a local support group.
- Recognize when you need more help and reach out to your provider. That's what we're here for.

May is National Stroke Awareness Month

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death.

While strokes are the fifth leading cause of death in the U.S., about 80% of them are preventable. A person can greatly reduce their risk for stroke by working with their health care provider, getting healthy, and in some cases, by taking medication.

Risk Factors

There are many things, such as smoking, drinking too much alcohol, not getting enough exercise, using tobacco products, having high blood pressure, high cholesterol, diabetes, or being obese, that increase risk for stroke.

However, treating these conditions can reduce your risk.

Ask your provider about you can prevent stroke.

And visit [Stroke Facts | cdc.gov](https://www.cdc.gov/stroke)

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW
- Dental Assistant - Bucksport
- Dental Hygienist, per diem
- Medical Assistant
- Chief Operating Officer



FREE Veggies!

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

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!

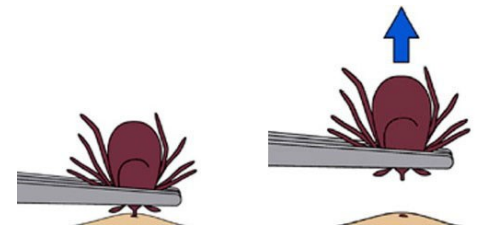


Tick Time: How to remove a Tick

[Preventing Tick Bites | Lyme Disease | CDC](#)

While tick exposure can occur year-round, ticks are most active during warmer months (April-September).

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



Word Search — It's May!

Spring Cleaning
Mulch
May baskets
Soil

No Tobacco Day
Memorial Day
Planting
Gardens

Flowers
Mothers Day
Nurses Week
Womens Health Week

