



Message from the CEO

Carol Carew

I hope you are all enjoying your summer. Hard to believe it is August. While we still have a lot of the season left and plenty of time for outdoor activities as such, we should start thinking about the fall and the kids heading back to school. More than books and backpacks, one of the biggest things to get ready for is immunizations. (see right)

It is disheartening to think that some preventable diseases are cropping up again because of a lack of vaccinations. Some had been just about eradicated. Yet here we are. Taking vaccines for granted is a dangerous thing. Talk to your health care provider and get your children up to date on their shots and as protected as possible.

While you are thinking about school, just a reminder that we, in collaboration with Ellsworth High School and Hancock County Technical Center, have a School-Based Health Center at the Ellsworth High School, which is available to all Ellsworth School District students and staff.

I hope you have a great rest of your summer and come see us for National Health Center Week. (see back)

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Assistant
- Dental Hygienist
- FNP/PA every 3rd Sat. Walk-In Care
- School-Based Clinician , LCSW
- Staff Accountant
- Patient Services Representative
- Practice Manager Ellsworth

Free Fruits and Veggies in Bucksport



We have a free veggie/fruit giveaway the 3rd Wednesday of every month from 11:00 - 4:30 in Bucksport. Watch our social media pages for more.

August is Immunization Awareness Month

As we start thinking about going back to school, we also need to think about immunizations. According to the CDC, on-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases.

Children who are not protected by vaccines are more likely to get diseases like measles, chickenpox, mumps, polio, whooping cough, and rubella to name a few. These diseases are extremely contagious and can be very serious, especially for babies and young children. In fact, some of these diseases have had a resurgence in recent years. There have been outbreaks, especially in communities with low vaccination rates.

FAQs

Are Vaccines Safe?

Yes. Vaccines are very safe. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are very mild, such as pain or swelling at the injection site.

Is there a link between vaccines and autism?

No. Scientific studies and reviews continue to show no relationship between vaccines and autism.

Talk to your child's provider and be sure your child is protected against disease.

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



NATIONAL HEALTH CENTER WEEK AUGUST 4-10, 2024

Powering Communities Through Caring Connections

NATIONAL ASSOCIATION OF
Community Health Centers®

We celebrate National Health Center Week every year in August. It is an important week to really highlight the work that is done by health centers across the country. In fact, health centers represent the nation's largest primary care network, serving 31.5 million patients nationwide.

We will have some activities all week, most notably a blood drive to benefit the Red Cross, (see right). We will also have tables set up August 6, 7, and 8, with giveaways and information so stop by either location and say HI!

We also do Staff Appreciation Day to highlight our dedicated staff. They are some of the most caring individuals in the medical field and we are so proud and honored that they are on our team.

There may be some surprises so watch our Facebook page for information on that. If you don't follow us on FB but would like to, the address is below:

www.facebook.com/BucksportHealth

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.

For more about this service, visit our Vein page at:
<https://www.bucksportrhc.com/varicose-vein-care/>

Bucksport Regional Coastal Health Center
37 Commerce Park, Ellsworth, ME
Call 667-5064 for an appointment.



**BRHC will be hosting a
BLOOD DRIVE,
Tuesday, August 6,
from 10 a.m. to 3 p.m.,
in Bucksport
as part of National Health
Center Week.**

Schedule an appointment from the link below.

<https://www.redcrossblood.org/give.html/donation-time>

Enjoy Word Search

August	Health	Farmers Markets
Vacation	Center	Humidity
Festivals	Week	Camp
Immunizations	Swimming	Cook Out

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