



Bucksport Regional
Health Center



November 2024

BRHC Health Beat



Message from the CEO *Carol Carew, RN, BSN, MBA*

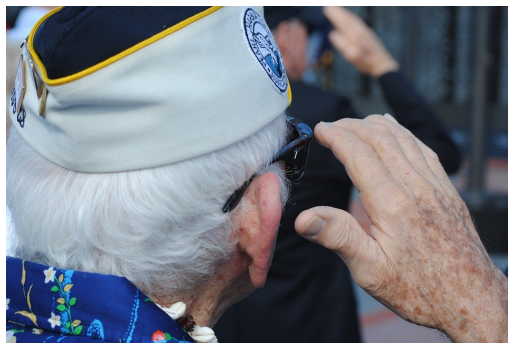
November has a lot going on. Along with the specific things already mentioned in this newsletter, November is also American Diabetes Month. This makes it the perfect time to talk to your provider and assess your risk.

Diabetes affects millions of Americans and because there often are no symptoms, many don't even know they have it. It is a leading cause of disability and death in the U.S., and increases the risk of serious health problems like nerve damage, kidney failure, and heart disease. But, diabetes can be well managed for most people. A simple blood test will tell you if you have diabetes so give your provider a call and get screened.

Be safe this Thanksgiving. Food poisoning cases rise during the holidays. Sometimes people are just in a hurry and don't pay attention to food safety and sometimes they really just don't understand the dangers of safe food prep and storage. Visit [About Four Steps to Food Safety | Food Safety | CDC](#) to get some important information on keeping your meal safe.

Happy Thanksgiving and remember we are closed November 28 and 29!

Carol

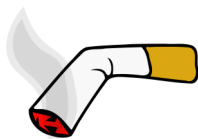


**Happy
Veterans
Day**
**To all Veterans:
Thank you
for your service**

Great American Smokeout Thursday, November 21

The American Cancer Society's Great American Smokeout is held on the third Thursday in November each year.

People who smoke are encouraged to use that date to make a plan to quit, or plan an advanced date and quit smoking that day.



November is Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

If you're often short of breath during everyday activities, your chest feels tight, or you cough a lot, you may be chalking it up to getting older, having allergies, or being a smoker (now or in the past). But, something else may be happening. Consider getting a lung function test to find out if you have a serious condition called chronic obstructive pulmonary disease, or COPD.

COPD includes two main conditions—emphysema and chronic bronchitis. It's usually caused by cigarette smoking or breathing in other irritants, such as dusts or chemical fumes.

In a small fraction of people, a genetic condition called alpha-1 antitrypsin (AAT) deficiency plays a role in causing COPD.

COPD doesn't have a cure, but by getting diagnosed early, you can slow down the disease's progression. During your appointment, your provider will talk to you about your symptoms and your medical history, then listen to your breathing.

Ask for a lung function test if you:

- Are over age 40
- Are, or were, a smoker
- Feel out of breath often
- Bring up a lot of mucus when you cough
- Have already been diagnosed with a lung disease
- Have AAT deficiency
- Are concerned about your lung health

Smokeyfree Apps

Learn more at www.smokeyfree.gov

Get 24/7 support with a Smoke-free app for your smartphone. These free apps offer help just for you based on your smoking patterns, moods, motivation to quit, and quitting goals.

Tag the locations and times of day when you need extra support. Available for iOS and Android phones.



BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

ME Marketplace Health Insurance

The open enrollment period for the marketplace health insurance runs from Nov. 1 to Dec. 15, for coverage that starts on January 1, 2025.

Mainers can enroll for marketplace insurance through the state website www.coverme.gov, where they can preview plans and prices for 2025.

They can compare costs and coverage side-by-side including:

- Plan features and benefits
- Premiums and deductibles
- Total estimated costs for services
- Plans that cover your doctors and prescriptions

For those of you who are new to marketplace coverage, get started by creating a log-in at coverme.gov.

You may be eligible to enroll in health insurance *outside* of Open Enrollment, or enroll with an earlier effective date, by qualifying for a Special Enrollment Period (SEP).

If you are losing or have lost MaineCare and have questions about the temporary Special Enrollment Period, visit coverME.gov

In order to qualify you must first be experiencing, or have experienced, a qualifying life event. You have 60 days from the date this qualifying life event takes place to enroll in or update your insurance through coverME.gov.

Common Qualifying Life Events Include:

- Lost, or will soon lose, your health coverage
- You're becoming a Maine resident
- Adding a dependent (through birth, adoption, or fostering a child)
- Getting married
- Getting divorced or legally separated

For more qualifying life events, and important information about coverage, see the full list of Special Enrollment Period eligibility criteria.

If you need help, contact us. We'll work with you to register and enroll you in a health insurance plan that meets your needs.



We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Patient Service Representative
- Patient Service Representative - Per Diem
- Nurse Practitioner
- Primary Care Physician
- Dentist
- FNP/PA every 3rd Saturday, Walk-In Care
- School-Based Clinician , LCSW
- School-Based Health Center Coordinator -Per Diem
- LCSW Integration & Family Services Therapist

Word Search - Happy Thanksgiving!

Cranberry Sauce	Stuffing	Green Beans
Turkey	Corn	Salads
Mashed Potatoes	Gravy	Whipped Cream
Sweet Potatoes	Pumpkin Pie	Casserole
Rolls	Apple Pie	Jell-O Mold

