



Bucksport Regional  
**Health Center**



February 2025

# BRHC Health Beat



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

February is American Heart Month so we are taking this opportunity to provide you with information about heart disease. Only about half of women realize that heart disease is their number one killer, causing about one in every five female deaths. More than breast cancer. There is more information to the right.

I know Spring is coming next month but it is not too late to protect yourself against the flu and COVID. You can get your flu shot and your COVID shot at the same time. Control/Click here to register for one of our clinics:

[healow - Health and Online Wellness](#)

Again, Spring is coming, but we have had some cold temperatures and most likely will have more. There are warming centers available to help get you through the worst of it. These are both first come, first served.



### Healthy Acadia Inspire Recovery Center

24 Church St., Ellsworth 4:00 p.m. - 6:30 a.m.

They have 25 beds but you can go in and get warm without using a bed.



### HOME INC

90 Schoolhouse Rd., Orland, 4:00 p.m. - 7:00 a.m.

Few beds, but people are welcome to come in to get warm.

And remember, we have the School Based Health Center at the Ellsworth High School, which is available to all Ellsworth School District students and staff. Meet the SBHC providers on the back.

Happy Valentine's Day



*Carol*

## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- School-Based Clinician, LCSW
- Nurse Practitioner
- School Based Health Coordinator - Per Diem
- Dentist
- LCSW
- Primary Care Physician
- Family Nurse Practitioner/Physician Asst- every 3rd Saturday-Walk-in Care
- Laboratory Technologist - Per Diem

## February is American Heart Month

Heart disease is the leading cause of death for women in the United States and can affect women at any age. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

The term, heart disease, refers to several types of heart conditions, most commonly, coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Symptoms may include:

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Heart disease can often be prevented if people make healthy choices and manage their health conditions. However, heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia.

Several medical conditions and lifestyle choices can put people at a higher risk, include:

- Diabetes: If you have diabetes, work with your provider to manage it.
- Overweight and obesity: This puts a lot of strain on your heart. If you want help losing weight, call us.
- Unhealthy diet: Fill your plate with more produce and lean meats. And we have a free produce giveaway every 3th Wednesday.
- Physical inactivity: 150 minutes a week is recommended.
- Excessive alcohol use: Limit consumption to one drink a day if you are female and 2 per day if you are male.

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](http://bphc.hrsa.gov/ftca/about) for more information.  
BRHC is an equal opportunity provider and employer.

[bucksportrhc.org](http://bucksportrhc.org)

## Meet Our School Based Health Center Providers

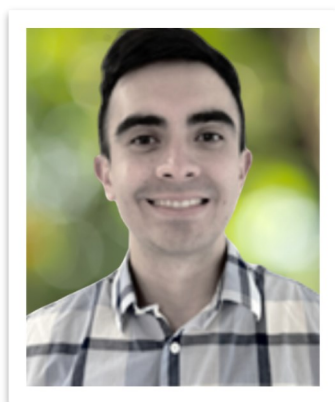


**Anne Gaspar, FNP-C**

Anne has more than 20 years' experience in healthcare. She has extensive experience in caring for patients across the life span with a wide variety of acute and chronic health diagnoses.

She has experience in not only primary care, but occupational health and urgent care. She is experienced in completing Medicare Annual Wellness Visits, routine physicals, well child checks, DOT physicals, coast guard physicals and more.

Anne earned a Bachelor of Science degree in Nursing, her RN, and a Master Science Nursing - Nurse Practitioner both from Husson University, Bangor. When she is not working, she enjoys spending time with her family as well as hiking and kayaking.



**Ryan Rebar, FNP**

Ryan Rebar is a compassionate family nurse practitioner who has experience treating all ages, from babies to older adults.

He has post-operative care management experience involving orthopedic and general surgery patients.

Ryan earned his Masters of Science, Family Nurse Practitioner degree from Husson University. He has a Bachelors of Science in nursing from Husson University as well.

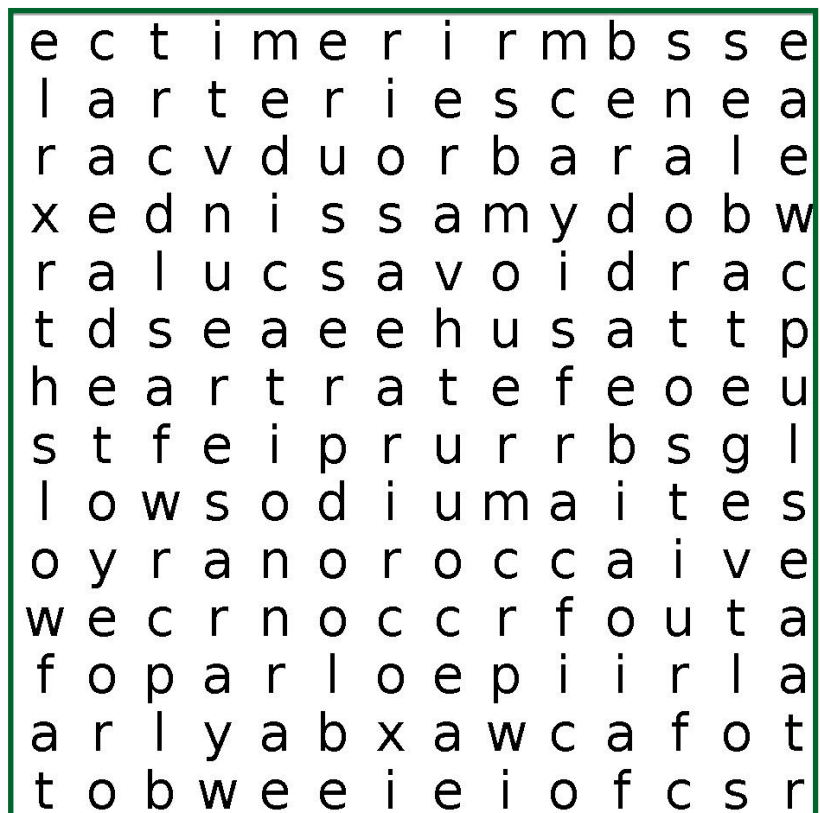


We have veggie giveaways each month thanks to Good Shepherd.

Watch our Facebook page for dates and times.

### Word Search - Heart Health

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|-----------------|----------------|------------|
| Arteries        | Coronary       | Medication |
| Exercise        | Cardiovascular | Fruits     |
| Tobacco         | Low sodium     | Vegetables |
| Blood pressure  | Heart rate     | Low fat    |
| Body mass index | Water          | Pulse      |



### 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