



Message from the CEO

Carol Carew, RN, BSN, MBA

April is a busy month for recognizing and celebrating our staff.

April 6-12 is Dental Hygienists Appreciation Week. Dental hygienists are critical to the practice of good oral health. They specialize in preventing and treating dental diseases.

Hygienists screen for oral health problems, examine teeth and gums for signs of cavities, gum disease, or other conditions, and provide valuable education on how to take good care of your mouth. Seeing your hygienist every six months is important for keeping your teeth in the best shape possible.

Administrative Professionals Day is **April 23**. If you see Tamra Hanson, our fantastic executive office manager, wish her a happy day. I don't know what we'd do without her.

April 21-27 is Medical Laboratory Professionals Week. Learn more about our labs (right).

Reminder: We're opening the **BRHC Coastal Pharmacy** in our Bucksport location. In the coming weeks, more will be revealed.

Please join me in celebrating all of our dedicated and wonderful staff! And I hope you have a wonderful Easter and Passover.

Carol

April is Distracted Driving Month

Just what constitutes distracted driving?

According to the National Safety Council, distracted driving is **any activity** that diverts attention from driving, including talking or texting on a phone, eating, drinking, talking to people in the vehicle, and fiddling with the stereo, entertainment or navigation system; anything that takes the driver's attention away from the task of safe driving.

Visit: [Distracted Driving Dangers and Statistics | NHTSA](#) to learn more about this dangerous practice.



We have Veggie and Fruit giveaways each month thanks to

Good Shepherd Food Bank. Watch our Facebook page for dates and times.

Lab Professionals Week is April 20 - 26

- Do you need some lab work done?
- Is a relaxing environment with skilled staff and quick service important to you?

If you answered yes, come to our labs in either Bucksport or Ellsworth. We're open to the public. All you need is a desire to have blood drawn as easily and quickly as possible. If you are not a BRHC patient and would like your blood drawn, please call ahead to make an appointment and have a doctor's order.

- No need to be a BRHC patient
- Easy, no hassle draws
- Affordable, easily accessible
- All insurances accepted
- Sliding fee available
- Experienced staff

And if you see them, wish your lab professionals a happy week!

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

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Patient Service Representative
- Medical Billing Manager
- Primary Care Physician
- Walk-In Care FNP/PA - 3rd Saturdays
- Medical Assistant
- Nurse Practitioner
- Dentist - Per Diem
- School Based Clinician
- Licensed Clinical Social Worker

April is Alcohol Awareness Month Source: [Rethinking Drinking Homepage - NIAAA \(nih.gov\)](http://RethinkingDrinkingHomepage-NIAAA.nih.gov)

Regular Beer (5% alc/vol)	Malt Liquor (7% alc/vol)	Table Wine (12% alc/vol)	80-proof Distilled Spirits ¹ (40% alc/vol)
12 fl oz = 1	12 fl oz = 1½	750 ml (a regular wine bottle) = 5	A shot (1.5-oz glass/50-ml bottle) = 1
16 fl oz = 1½	16 fl oz = 2		A mixed drink or cocktail = 1 or more
22 fl oz = 2	22 fl oz = 2½		200 ml (a "half pint") = 4½
40 fl oz = 3½	40 fl oz = 4½		375 ml (a "pint" or "half bottle") = 8½
			750 ml (a "fifth") = 17

A *standard* alcoholic drink is any beverage containing 0.6 fluid ounces or 14 grams of pure alcohol.

Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink equivalent.

Reminder: We have medications and group sessions for treatment, if you feel you need assistance.

Taking Good Care of Your Oral Health

Dental Hygienists Week is a great time to talk about how to properly care for your teeth and gums. For more information on oral care, visit:

[Taking Care of Your Teeth and Mouth | National Institute on Aging \(nih.gov\)](http://NationalInstituteonAging.nih.gov)

Having gum disease can cause a myriad of oral health problems. Gum disease begins when plaque builds up along and under the gum line and causes an infection that hurts the gum and bone that holds teeth in place.

A mild form of gum disease may make gums red, tender, and more likely to bleed. This is called gingivitis and can often be fixed by brushing and flossing every day.

A more severe form of gum disease is called periodontitis and must be treated by a dentist. If not treated, this infection can lead to sore, bleeding gums, painful chewing problems, and even tooth loss.

But there are things that can be done to help prevent gum disease.

- Brush teeth twice a day with fluoride toothpaste for two minutes.
- Floss daily.
- Visit your dentist for regular checkups and cleanings.
- And tell the dentist about any medical conditions you have or medications you take.



Wordsearch - April

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| Easter | Easter Bunny | Potholes |
| Baseball | Passover | April Fool |
| Taxes | Patriots Day | Diamond |
| Easter Eggs | Showers | Sweet Pea |

