



Bucksport Regional
Health Center



May 2025

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

May is a busy month. There is much to celebrate including **Mother's Day** and **Memorial Day**, the unofficial start of summer.

May 12-18 is National Nurses Week. We all are so proud of, and impressed by, the nurses on our team. They always do everything they can for the patients and they support each other as well. We THANK our nurses for all they do. Nurses are really the backbone of health care and we are lucky to have the best nursing staff around.

May 11-15 is Women's Health Week. Women have so many demands on them that they usually put themselves last which can make it hard to take the steps necessary for better health. But, it is critically important. Learn more about taking the best care of yourself that you can at: [National Women's Health Week | Office on Women's Health](#)

May 31 is World No Tobacco Day. If you are thinking about quitting tobacco, this is a good time. We understand that it isn't easy, whether it's cigarettes, e-cigarettes, chewing tobacco, etc. Give us a call and ask about our tobacco cessation program. We can help.

We are very happy to be holding a Spring Health Fair! See the info to the right. And watch our Facebook page and website for more details about the Fair.

Carol

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Assistant
- Dental Assistant
- Dentist - Per Diem
- Walk-In Care FNP/PA - 3rd Saturdays
- Primary Care Physician
- Patient Service Representative
- Nurse Practitioner
- Behavioral Health Coordinator/ Integration Assistant
- Registered Nurse - Per Diem - approx. 20hr/wk
- School Based Clinician
- Licensed Clinical Social Worker
- Medical Assistant, Saturday Walk-in Care



Bucksport Regional
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Spring Health Fair

**May 31, 2025, 10am - 1pm,
110 Broadway, Bucksport**

**Lots of Vendors, Games, Giveaways,
Screenings, Drug Take-Back/Bucksport PD,
meet our new Pharmacist,
AND MUCH MORE**

Visit bucksportrhc.org for more details.

FUN for the Kids!



National Women's Health Week is celebrated each year, beginning on Mother's Day, to encourage women to make their health a priority.

Women often take care of everyone else first. We want to remind them that they can only give what they have, so prioritizing their health and wellness will make them a much better caregiver to all.

Steps you can take for better health:

- Get regular checkups
- Get active.
- Eat a nutritious diet with fruit and vegetables
- Prioritize your mental health and coping with stress
- Get quality sleep.

May is Stroke Awareness Month

Stroke is the 5th leading cause of death in the U.S. But, about 80% of strokes are preventable. Risk reduction includes: working with a health care provider, eating a well-balanced diet that includes an abundance of fruits and vegetables, and one that is very low in sodium, and getting regular physical activity. In some cases, taking medication is recommended.

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death, so time is critical. The sooner a person gets treatment, usually the less damage to the brain.

What are the signs of stroke?

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms.

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

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 conditions and problems and has continually had wonderful results for his patients. Don't suffer anymore. Come see us in Ellsworth. 207-667-5064

School Based Health Center

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|---|-----------------|
| SBHC for all Ellsworth | • Asthma |
| School District students, staff and families. | • Cough/cold |
| Some things we can help with → | • Fever |
| | • Stomachache |
| | • Sprain |
| | • Dental care |
| Located in: | • Immunizations |
| Ellsworth High School, | • Counseling |
| 24 Lejok St, Ellsworth | • And more |

We now have a Pharmacy for our patients

Visit our pharmacy, 110 Broadway, Bucksport
Hours of Operation are:
Monday - Friday: 8:00 a.m. to 5:00 p.m.

For more about BRHC Coastal Pharmacy, scan the code or visit bucksportrhc.org



We have Veggie and Fruit Giveaways each month thanks to Good Shepherd Food Bank. Watch our Facebook page for dates and times.



Word Search - Flowers

We got through April Showers. Now its time for May Flowers.

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|-----------|-----------|-----------|
| Daisy | Violet | Gladiolus |
| Rose | Lilac | Sunflower |
| Azalea | Carnation | Sweet Pea |
| Hydrangea | Petunia | Geranium |
| Tulip | Daffodil | Gardenia |
| Hyacinth | Orchid | Lily |

