



Message from the CEO

Carol Carew, RN, BSN, MBA

June 20 is the official start of summer. While we have had a lot of rain so far, there is plenty of good weather ahead, which means we'll be spending more time outside.

As summer gets into full swing, remember there are more bicyclists on the road. The National Highway Traffic Safety Administration has bike safety initiatives that urge safer choices on the part of bicyclists and drivers in order to help reduce deaths and injuries on the roads. Visit their website for more information on being safe while riding your bike, or driving near cyclists.
www.nhtsa.gov/road-safety/bicycle-safety

We want to wish you a Happy Father's Day, Happy Men's Health Month and Happy Pride Month.



And remember, we have Veggie and Fruit Giveaways each month thanks to Good Shepherd Food Bank. Our Community Garden will be growing too so watch our Facebook page for dates and times.

Carol

Friday, June 13 is Wear BLUE Day

The Friday before Father's Day is always Wear Blue Day, to help raise awareness about men's health. It is part of the year-round Wear BLUE® awareness campaign established by Men's Health Network. The goal is to show men the importance of taking care of their health. **See right** for more about men's health. And get your **BLUE** on, Friday, June 13!

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Dental Assistant
- Dentist - Per Diem
- Walk-In Care FNP/PA - 3rd Saturdays
- Primary Care Physician
- Nurse Practitioner
- Behavioral Health Coordinator/Integration Assistant
- School Based Clinician
- Licensed Clinical Social Worker
- Patient Account Representative

June is Men's Health Month

June has been designated as Men's Health Month to increase awareness about health care for men and boys.

The month is dedicated to encouraging, and persuading, men to take a long look at their health, habits, and lifestyles, for example: are they getting enough sleep, eating enough produce, exercising, etc.

According to the CDC, Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

Women play a crucial role in encouraging the men in their lives to prioritize their health.

Here are five ways women can help the men they love:

1. **Encourage Regular Check-ups** – Many men avoid doctor visits. Women can remind them to schedule routine check-ups and screenings to catch potential health issues early.
2. **Promote Healthy Eating** – Preparing nutritious meals and encouraging balanced diets can help men maintain good health and prevent chronic diseases.
3. **Support Mental Health** – Men often hesitate to talk about stress or emotional struggles. Women can create a supportive environment where they feel comfortable discussing their mental well-being.
4. **Encourage Physical Activity** – Exercising together or motivating men to stay active can improve heart health, reduce stress, and boost overall wellness.
5. **Watch for Warning Signs** – Women can help by noticing changes in behavior, mood, or physical health that may indicate underlying health concerns and encouraging men to seek medical advice.

Taking small steps toward better health can make a big difference.



June is Alzheimer's and Brain Awareness Month

[Reducing Risk for Dementia | Alzheimer's Disease and Dementia | CDC](#)

Alzheimer's disease involves parts of the brain that control thought, memory, and language. Over time, the disease can seriously affect a person's ability to carry out daily activities.

Prevention Tips

Some risk factors to brain health cannot be controlled or prevented, like your age or genetics.

But other risk factors, like health choices, are under your control.

For example, you can:

- Get active and stay active.
- Manage cardiovascular risk factors such as smoking, diabetes, hypertension, and obesity.
- Learn new things.
- Connect with your family, friends and communities.
- Prevent or correct hearing loss. Researchers believe having hearing loss may make the brain work harder at the expense of thinking and memory.
- Limit, or avoid, drinking alcohol. And quit smoking. Over time, excessive drinking can lead to high blood pressure or brain injuries, which increase the risk of dementia. Smoking also increases the risk of developing dementia, including Alzheimer's disease.

Grilling Safety

[How to Grill Safely | CDC](#)

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs.

- 145°F—whole cuts of beef, pork, lamb, and (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

After Grilling

140°F or warmer—until it's served

Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside).

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



HAPPY FATHER'S DAY

Word Search - June Fun!

Beach
Popsicles
Flip Flops
Sunburn
Float

Lake
Picnic
Barbeque
Slip N Slide
Hiking

Canoe
Biking
Campfire
Pool Party
Frisbee

n	r	u	b	n	u	s	n	u	e	p	b
p	c	c	e	e	e	e	f	c	n	o	g
n	s	m	e	k	a	l	l	c	b	o	e
e	c	h	c	e	o	c	r	k	k	l	s
u	s	i	c	a	b	i	h	f	e	p	e
q	c	k	t	a	m	s	i	f	o	a	o
e	d	i	l	s	n	p	i	l	s	r	p
b	f	n	n	a	a	o	f	r	p	t	s
r	d	g	o	c	k	p	e	i	f	y	i
a	f	b	i	k	i	n	g	i	r	s	o
b	i	p	r	l	s	p	a	f	k	e	y
a	o	f	f	i	l	p	a	r	b	l	r