



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

There is still lots of summer left. But the Back-to-School flyers have started coming in the mail.

School is on the horizon, with all that goes with it. The activities, sports, shopping for new clothes and supplies, time spent studying.

But along with all of that, there is one more thing that is vital. Immunizations. It is critically important to have your children vaccinated against childhood diseases and COVID. Yes, COVID is still here. And flu season is knocking on the door.

See more information to the right. Vaccines help provide protection from an infectious disease and can lessen the severity of illness should it be contracted.

This month, we are celebrating National Health Center Week, August 3-9. Did you know that there are nearly 1,500 Community Health Centers (CHCs) in the country providing services in approximately 16,000 communities to millions of patients? National Health Center Week is a way to raise awareness about all the good work federally qualified health centers do on a daily basis and a chance to put a bright spotlight in the commitment and passion of Community Health Center staff, board members, and supporters. Without them, none of this would be possible.

So enjoy the rest of your summer and Happy National Health Center Week.

*Carol*

Children who are not protected by vaccines are more likely to get diseases like measles, chickenpox, mumps, polio, whooping cough, and rubella to name a few.

These diseases are extremely contagious and can be very serious, especially for babies and young children. Recently, there have been outbreaks of these diseases, especially in communities with low vaccination rates.

CDC and the American Academy of Pediatrics (AAP) recommend children catch up on routine childhood vaccinations and get back on track for school, childcare, and beyond, when they are likely to be exposed to a variety of diseases.

Talk to your child's provider and be sure your child is protected against disease.

## FAQs

### Are Vaccines Safe?

Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are very mild, such as pain or swelling at the injection site.

### Is there a link between vaccines and autism?

No. Scientific studies and reviews continue to show **no relationship** between vaccines and autism. Please see the CDC vaccine safety website for more information on autism and vaccines.

[Autism and Vaccines | Vaccine Safety | CDC](#)

## We are hiring ...

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

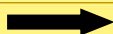
- Patient Service Representative
- Dentist - Per Diem
- Medical Assistant - Behavioral Health
- NP/PA Walk-In Care, every 3rd Saturday
- Licensed Clinical Social Worker
- Primary Care Physician
- Nurse Practitioner
- Dental Assistant
- Patient Account Representative
- School-based Clinician

## 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



## NATIONAL HEALTH CENTER WEEK

August 3-9, 2025

America's Health Centers Celebrating



### Staff Appreciation



We are so grateful to our staff. We are celebrating them all week with special events. We have chair massages with Ariel Shepherd. And we have treats from Sweet Frogs on August 5 for staff!

Thank you to each and every one of our team members. You are the best!

### Patient Appreciation



Our patients are everything to us. They are the reason we are here and we are extremely grateful. We will have tables set up in the lobbies with small giveaways all week. And we are doing

a blood drive August 5, 10 a.m. - 2:30 p.m. in Bucksport.

### Partner Appreciation



We have so many partners who serve the community as we do. We want to give a shout-out to them and let them know how deeply we value our relationships. For a list, visit [bucksportrhc.org](http://bucksportrhc.org)

## August is Children's Eye Health and Safety Month

Visit [Keep an Eye on Your Child's Vision | Vision and Eye Health | CDC](#) for more information

Your child's health care provider probably screens their vision as part of their regular checkups. If a vision problem is found, you may be referred to an eye doctor for a comprehensive eye exam.

Although both are important, a vision screening and an eye exam are not the same thing.

A vision screening is an evaluation used to identify if the children is in need for additional eye care.

This screening can be conducted by a family doctor, pediatrician, school nurse, or other health care professional.

A comprehensive eye exam is a thorough exam done by an ophthalmologist or optometrist.

The eye doctor can diagnose your child's medical or vision problem and provide treatment.

If you have any concerns about your child's vision, ask their pediatrician to help you find an eye doctor.

### FREE Veggies!

The 3rd Wednesday of the month - 11:00-4:30 in Bucksport. Thank you, Good Shepherd Food Bank for your support.

And every Thursday for the summer. Thank you to King Hill Farm. Free and open to the public. Come see us in Bucksport and get some produce!



We are accepting new patients at both of our locations.

There's real comfort in having a regular provider, a go-to person who knows your health story when you need help. You don't have to guess if something's normal or worth checking out, they're there to help you sort it out.

Think of them as your health's MVP, there to make sure you're not just reacting to illness, but actively staying well.



## Word Search

doughboys  
rides  
roller coaster  
tents  
ice cream

fairgrounds  
tickets  
prizes  
popcorn  
clowns

ferris wheel  
funnel cakes  
cotton candy  
animals  
games

