



**Message from Carol Carew, CEO**

Ready for Pumpkin Spice everything? Fall is upon us. If you are out in the morning or mid-afternoon, remember so are the school buses and kids. As they go back to school, just another reminder about our School Based Health Center. See the graphic below.

September 22 is the first day of fall. It is also Falls Risk Awareness Day. If you are an older adult, take four or more medications, *which can increase your fall risk*, or are nervous about falling, talk to your health care provider. Falls remain a leading cause of injury for people aged 65 and older. Sometimes all it takes to get your balance back is a little help. Physical therapy and targeted exercises can make an enormous difference in your strength, balance and confidence.

And watch this space as we will be holding flu shot and COVID shot clinics in the very near future. Dates and times will be on our website and Facebook page so be sure to follow us there. (See back for info on the flu.)

*Carol*

**We are hiring ...**

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

- RN Care Coordinator
- Primary Care Physician
- Patient Service Representative - Per Diem
- Dental Assistant
- Nurse Practitioner
- Dentist - Per Diem
- Medical Assistant - Behavioral Health
- Walk-In Care Nurse Practitioner/ Physician Assistant - Every 3rd Saturday
- Licensed Clinical Social Worker
- School Based Clinician

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



**Free Fruits and Veggies in Bucksport**



We have a free veggie/fruit giveaway every month from 11:00 - 4:30 in Bucksport.

Watch our social media pages for specific days.

**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

**September is Baby Safety Month.**

Follow these tips to keep your sleeping baby safer. Visit [Safe Sleep – Cribs and Infant Products | CPSC.gov](https://www.cpsc.gov/safesleep)

- Do use products intended for sleep including cribs, bassinets, play yards and bedside sleepers that meet federal requirements.
- Do remember "Bare is Best" - nothing but a fitted sheet in a crib, bassinet or play yard.
- Do always place baby on their back.
- Do move your baby to their crib, bassinet, play yard or bedside sleeper if they fall asleep elsewhere.
- Don't add pillows or blankets to your baby's sleep space.
- Don't leave your baby unsupervised in products that aren't designed for safe sleeping. Inclined products with an angle greater than 10° - such as a rockers, gliders, soothers, and swings- *should never be used for infant sleep.*
- Do not use older, broken, or modified cribs. Infants can strangle to death if their bodies pass through gaps between loose components or broken slats while their heads remain entrapped.

## Older Adults and Children and the Flu

Visit [CDC.gov](http://CDC.gov) to learn more

The most effective way to guard against the flu and its potentially serious complications is by getting a flu vaccine every year. Annual flu vaccination offers a range of important benefits. It not only lowers your chances of getting sick but also significantly reduces the risk of severe outcomes, such as hospitalization or even death.

Flu shots are important for everyone. The flu can be a devastating illness, especially for older people and children.

People 65 and older are at a higher risk of developing serious flu complications. While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

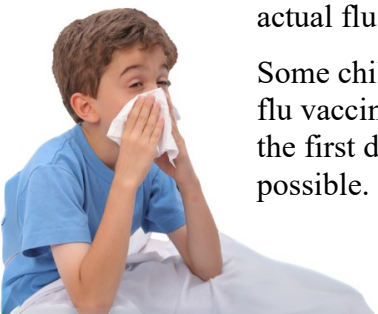
Flu is actually more dangerous than the common cold for children. Each year, millions of children get sick with seasonal flu and thousands of children are hospitalized. And some die from the flu. Complications among children under 5 years old can include:

- Pneumonia happens when the lungs get infected and inflamed
- Dehydration happens when a child's body loses too much water and salts, often because fluid losses are greater than from fluid intake
- Worsening of long-term medical problems like heart disease or asthma
- Brain dysfunction such as encephalopathy
- Sinus problems and ear infections
- Death, in rare cases

The best way to prevent flu is with a flu vaccine. The CDC recommends that everyone 6 months and older get a seasonal flu shot each year, ideally by the end of October, since it takes about two weeks after a vaccination for the body to develop antibodies against flu virus infection. With school starting, it's a good idea to get a flu shot sooner rather than later, before the actual flu is in full swing.

Some children will need two doses of flu vaccine. Those children should get the first dose as early in the season as possible.

**Get your flu shot with US!**



## September is Prostate Cancer Awareness Month

FMI Visit [Basic Information About Prostate Cancer | CDC](http://Basic Information About Prostate Cancer | CDC)

Depending on a man's age and other factors, his health care provider may recommend getting screened for prostate cancer. While any male can get prostate cancer, the risk is higher for men who are 50 or older, are African American, and/or have a father, brother, or son who had prostate cancer.

Questions to ask your provider:

- Am I at high risk for prostate cancer?
- Are there things I can do to lower my risk for prostate cancer?
- What are the risks and benefits of prostate cancer screening and treatment for me?
- Are there any warning signs or symptoms of prostate cancer to look out for?
- If the results of the screening test show that I might have prostate cancer, what are my options for diagnosis and treatment?

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