



Bucksport Regional
Health Center



November 2025

BRHC Health Beat



Message from the CEO *Carol Carew, RN, BSN, MBA*

We are very excited to announce that our new pharmacy is officially open to the public! It is convenient, has mail order delivery, and friendly, fast service. Scan the QR code below for more information.

We are in the middle of the open enrollment period for the marketplace health insurance. You can sign-up for insurance until Dec. 15, for coverage that starts on January 1, 2026, through the state website www.coverme.gov, where you can preview plans and prices for 2026.

You can compare costs and coverage side-by-side including, plan features and benefits; premiums and deductibles; total estimated costs for services; and plans that cover your doctors and prescriptions.

If you need help, give us a call. We have specialists who are trained to help you navigate the plans.

And Happy Thanksgiving...but be safe. Food poisoning cases rise during the holidays. Sometimes people are just in a hurry and don't pay attention to food safety and sometimes they really just don't understand the dangers of safe food prep and storage.

Visit [About Four Steps to Food Safety | Food Safety | CDC](#) to get some important information on keeping your meal safe.

Carol

Reminder:

We will be closed Thursday and Friday, November 27 & 28 for the holiday.

Happy Thanksgiving!



Visit Our New Pharmacy!

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



November is National Diabetes Awareness Month

It is estimated that 37.3 million people in the United States, or 11.3 percent of the population, have diabetes. And about one in four adults with diabetes don't even know they have the disease, which can be a life threatening situation.

Some risk factors for type 2 diabetes

Diabetes type 2 can affect people at any age, even children, but you are more likely to develop type 2 diabetes if you:

- are overweight or have obesity.
- are age 35 or older. Again, children and teens can also develop type 2 diabetes, but the risk increases as a person gets older.
- have a family history of diabetes.
- are not physically active, have a sedentary lifestyle, or a job that requires sitting for long periods of time.
- have prediabetes

Talk to your health care provider and see if you should be tested for diabetes.

November is Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

If you're often short of breath during everyday activities, your chest feels tight, or you cough a lot, you may be chalking it up to getting older, having allergies, or being a smoker (now or in the past). But, something else may be happening. Consider getting a lung function test to find out if you have a serious condition called chronic obstructive pulmonary disease, or COPD.

Ask for a lung function test if you:

- Are over age 40
- Are, or were, a smoker
- Feel out of breath often
- Bring up a lot of mucus when you cough
- Have already been diagnosed with a lung disease
- Have AAT deficiency
- Are concerned about your lung health

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

Happy Veterans Day



To all Veterans: Thank you for your service



FREE Veggies!
We have veggie giveaways each month.
Watch our Facebook page for dates and times.

Great American Smoke-Out

Thursday, November 20

The American Cancer Society's Great American Smokeout is held each year on the third Thursday in November.

People who smoke are encouraged to use that date to make a plan to quit, or plan in advance and quit smoking that day. If you want to quit, we can help.

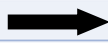
If you want to quit smoking, we can help. Talk to your provider and be smoke-free in 2026.

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.

- Medical Assistant
- Primary Care Physician
- Clinical Application Specialist
- Nurse Practitioner
- Dentist - Per Diem
- Walk-In Care Family Nurse Practitioner or Physician Assistant every 3rd Saturday
- Phlebotomist II - Part Time
- Family Nurse Practitioner - Walk-in/Primary Care

Word Search - Happy Thanksgiving!

Give Thanks	Turkey	Feast
Squash	Cranberry Sauce	Casseroles
Pumpkin Pie	Stuffing	Leftovers
Football	Rolls	Family
Thursday	Potatoes	Friendsgiving

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