



Bucksport Regional
Health Center



October 2025

BRHC Health Beat



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

Most of you know that October is Breast Cancer Awareness Month, but it is also Substance Use and Misuse Prevention Month.

The Substance Abuse and Mental Health Services Administration www.samhsa.gov has information about prevention, which aims to **prevent** initiation of substance use, **prevent** progression of substance use (to a substance use disorder), and **prevent** consequences associated with substance use. Prevention works by strengthening protective factors and reducing risk factors in individuals, families, schools, communities, and society. BRHC has a Medication Assisted Treatment program for alcohol and opioid misuse if you, or someone you know, needs help. Just give us a call.

It's also flu season so protect yourself and get your flu shot. We are holding clinics in both locations. See the schedule below and call us for an appointment. The clinics are open to patients and non-patients. Please bring your insurance card.

If you are on Facebook, visit our page and follow us. It's a great way to stay up on what we're doing.

Happy Halloween!

Carol

We are holding flu shot clinics in both of our locations.

Bucksport location Flu Clinics: 207-469-7371

- Tuesday, October 21, from 9 a.m. - 12 p.m.
- Tuesday, October 28, from 9 a.m. - 12 p.m.
- Tuesday, November 4, from 9 a.m. - 12 p.m.

Ellsworth location Flu Clinics: 207-667-5064

- Tuesday, October 21, from 9 a.m. - 12 p.m.
- Tuesday October 28, from 1 p.m. - 4 p.m.
- Tuesday, November 4, from 9 a.m. - 12 p.m.

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



School Based Health Center

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| • SBHC for all Ellsworth School | • Asthma |
| • 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 |

October is Breast Cancer Awareness Month

The Maine Breast & Cervical Health Program (MBCHP) helps eligible women get the screenings they need. It pays for a breast and/or cervical cancer screening office visit performed at a designated network service location.

You'll be given options to choose a service location during enrollment or re-enrollment.

If you are interested in this service, talk to BRHC. **We can help.** Visit Maine CDC for more.

MBCHP - Division of Disease Prevention - Maine CDC: DHHS Maine

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Primary Care Physician
- Nurse Practitioner
- Medical Assistant - Behavioral Health
- Dentist - Per Diem



FREE Veggies!

We have veggie giveaways throughout the month. Watch our Facebook page for dates and times.

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

Breast cancer is one of the most common cancers in women. About 1 in 8 women in the United States will get breast cancer during her lifetime. The good news is that mammograms can help find breast cancer early, before it spreads to other parts of the body. Most people can survive breast cancer if it's found and treated early. Talk to your provider about what is best for you.

What is breast cancer?

Breast cancer is cancer that forms in breast tissue. Like all cancers, breast cancer can spread to other parts of the body. Talk with your doctor or nurse if you notice any of these changes:

- A lump or an area that feels very firm in the breast or armpit
- A change in the size, shape, or feel of the breast
- Fluid (called discharge) coming out of a nipple
- Skin on the breast that is itchy, red or purple, flaky, or dimpled

Breast Cancer Risk Factors You Can Change

Not being physically active.

Women who are not physically active have a higher risk of getting breast cancer.

Being overweight or obese after menopause.

Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

Drinking alcohol.

Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Research suggests that other factors such as smoking, and being exposed to chemicals that can cause cancer, *may* increase breast cancer risk.

Health Insurance Open Enrollment

MEDICARE: Medicare Open Enrollment is from **October 15 - December 7**. This is your chance to review your current plan and compare all the 2026 health and prescription drug options. Your current plan may still work for you, or you may find a plan that's a better fit. Medicare premiums are expected to rise for 2026 by an estimated 11.6%.

Marketplace Health Insurance:

- **November 1:** Open Enrollment starts. It's first day you can enroll in, renew, or change health plans through the Marketplace for the coming year. Coverage can start as soon as January 1.
- **December 15:** Last day to enroll in or change plans for coverage to start January 1.
- **January 1:** Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.
- **January 15:** Open Enrollment ends. It's the last day to enroll in or change Marketplace health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.
- **February 1:** Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

Need help with a plan? Give us a call. We have trained staff who can assist you.

Word Search: Halloween

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| Ghosts | Trick of Treat | Kit Kat |
| Goblins | Witches | Fun Size Bars |
| Candy | Superheros | Princesses |
| Snickers | Scary | Dracula |
| Twix | Mars Bar | Pumpkins |

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