



Bucksport Regional  
**Health Center**



December 2025

# BRHC Health Beat



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

We are cruising into the holidays. One of the most important things you can do this season, especially if you are spending time with loved ones, is get a COVID shot and a flu shot. It is really the best way to protect yourself, your family and friends.

If you haven't had a chance to visit our new pharmacy, we hope you will come by soon. It's open to all patients and community members who need prescriptions. Hours are Monday through Friday, 8 a.m. to 5 p.m. We also offer a free over-night delivery service for those unable to come to the pharmacy in person.

We are still in 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 [coverme.gov](http://coverme.gov), where you can preview plans and prices for 2026. If you need help, give us a call. We have specialists who are trained to help you navigate the plans.

Finally, with all the joy of the season, there is a downside for some people. With shorter days and less sunlight, some may start to feel sad. While often dismissed as Winter Blues, it could actually be a form of depression called Seasonal Affective Disorder (SAD). If you have these symptoms that last more than two weeks: social withdrawal, oversleeping, gaining weight, craving sugary foods, talk to your healthcare provider.

Happy Holidays!

*Carol*

## Holiday Safety

[www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety](http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Holiday-Safety)

### Online Shopping - Beware

Online shopping for toys is popular and convenient but it is important that people follow these safety tips:

- Always buy from stores and online retailers you know and trust. Be very careful of shopping from links on social media.
- To avoid counterfeits, scrutinize the product, the packaging, and the label. If the price seems too good to be true, this could be a sign that the product is counterfeit.
- Look for a certification mark from an independent testing organization and the manufacturer's label on electrical products.

### Holiday Decorations

There are hundreds of Christmas decorating-related injuries each day during the holiday season, with nearly half of the incidents involving falls. The holidays are fraught with tripping hazards, think presents and extension cords. As well as dangerous behavior with ladders when trying to hang lights on houses. Also...

- Make sure your live Christmas tree has plenty of water and look for the "Fire Resistant" label when buying an artificial tree.
- Never leave candles unattended. Place burning candles in sight, away from flammable items, and blow or snuff them out before leaving the room. Use flameless candles whenever possible.
- Never string together more than three sets of incandescent lights, and never overload electrical outlets.

## School Based Health Center

SBHC for all Ellsworth	● Asthma
School 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

Visit our pharmacy, 110 Broadway, Bucksport

**Hours of Operation are:**

**Monday - Friday: 8:00 a.m. to 5:00 p.m.**

**Free over-night delivery service**

For more about BRHC Coastal Pharmacy, scan the code or visit [bucksportrhc.org](http://bucksportrhc.org)



**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](http://bphc.hrsa.gov/ftca/about) for more information.  
BRHC is an equal opportunity provider and employer.

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

## 5 Ways to Avoid Back Injury When Shoveling Snow

- Warm Up First:** Cold muscles are more likely to strain. Take 5–10 minutes to stretch your legs, arms, and back or walk briskly before starting.
- Use the Right Shovel:** Choose a lightweight, ergonomic shovel with a curved handle. A smaller blade prevents lifting too much snow at once, reducing stress on your spine.
- Bend Your Knees, Not Your Back:** Keep your back straight and squat down to scoop. Lift with your legs, holding the shovel close to your body to minimize leverage strain.
- Push Instead of Lifting:** Whenever possible, push snow to the side rather than lifting it. This reduces repetitive strain and keeps your movements safer.
- Pace Yourself and Take Breaks:** Shoveling is hard work—treat it like exercise. Work in short intervals, pause every 15–20 minutes, and stay hydrated.

## Winter is coming! Prepare Your Vehicle

We have already had a dusting of snow. More is coming so now is the time to get your vehicle ready before winter fully arrives. Make sure to do these important tasks before the snow flies.

- Service the radiator & maintain antifreeze level.
- Check your tires' tread or, if necessary, replace tires with all-weather or snow tires.
- Think about winter windshield wipers. They are larger and are better able to handle falling snow.
- Keep the gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded.

Visit [Winter Weather Driving Tips: Prepare Your Vehicle | NHTSA](#) for more tips.



## FREE Veggies!

We have veggie giveaways each month. Watch our Facebook page for dates/times.

## We are hiring ...

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

- Walk-In Care Family Nurse Practitioner or Physician Assistant every 3rd Saturday
- Dental Assistant
- Patient Service Representative
- School Based Health Provider and Primary Care (MD, FNP, PA)
- Walk-In Care/Primary Care Provider (MD, FNP, PA)
- Medical Assistant
- Primary Care Physician
- Clinical Application Specialist
- Dentist - Per Diem
- Phlebotomist II - part-time

## Word Search - Happy Holidays!

Shopping  
Wrapping  
Family  
Tree  
Kwanzaa

Eggnog  
Chocolate  
Candles  
Menorah  
Cheer

Snowman  
Giving  
Presents  
Candy canes  
Cards

