



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

Happy New Year! Looking back on 2025, I have to say that the accomplishment we are most proud of is opening BRHC Coastal Pharmacy. Many people put in many hours and expertise to make this goal a reality and we couldn't be more thrilled and grateful. The pharmacy is a tremendous benefit to the community. You do not need to be a patient of BRHC to utilize the pharmacy. It is open to everyone. For more information on BRHC Coastal Pharmacy, see the back page.

According to the Maine Centers for Disease Control and Prevention, the flu is on an uptick here. The activity level for infections is considered high. If you develop symptoms such as fever, chills, fatigue, or headaches, get tested right away. Antiviral treatments are the most effective when given within the first 72 hours after symptoms start. If you have not had a flu shot yet, it is not too late. You may get the latest COVID vaccine at the same time.

Follow these guidelines to help protect yourself:

- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands frequently! And use sanitizers.
- Keep your hands away from your eyes, nose and mouth.

With that, we wish you all the best in 2026. Stay well.

*Carol*

## Indoor Winter Safety

If you'll be using a fireplace, wood stove, space heater, or kerosene heater, make sure you have a working a smoke detector and a battery-operated carbon monoxide detector near the area to be heated.

- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- Use electric space heaters with an automatic shut-off switch and non-glowing elements. Keep them away from any flammable materials, like fabric and paper.

If anyone in the home has vision problems, place an easy-to-read thermometer in an indoor location where it will be seen frequently. The ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold.

## January is Glaucoma Awareness Month

This year, add learning about glaucoma to your list of resolutions! Your eyes will thank you for it.

Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.

### There are no early symptoms.

Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. And in the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma.

Some people are at higher risk than others. African Americans over 40, adults over 60 - especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important.

### Are you at higher risk?

Talk to your family about glaucoma.

There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma.

During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! To learn more about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma).

## 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

**What are the benefits of using BRHC Coastal Pharmacy?**

- We are **convenient** - there is no need to stop at the pharmacy or wait for prescriptions to be filled after leaving the health center.
- We are **connected** - we work directly with your care providers to address barriers to care and prevent delays in starting medications, such as recommending medications covered by insurance plans or initiating prior authorizations.
- We provide **savings** - we have access to programs that can help patients save money on prescriptions. By filling your prescriptions with us, you will support the mission and vision of our health center.

**HOW DO I REFILL MY PRESCRIPTIONS?**

You can refill your prescriptions by calling in at 207-987-5795 or you can refill online at [www.bucksportrhcparmacy.com](http://www.bucksportrhcparmacy.com). You can also sign up to receive refill reminder messages. Ask a pharmacy staff member about enrolling.

**HOW DO I ACCESS MY LIST OF MEDICATIONS?**

Begin by registering on the website to create an online account. Submit the information requested on the form and confirm the account using the link you will receive via email. After the account is confirmed and you have logged into the website, link your prescription to manage the refills. Be sure to have a recently filled prescription number handy.



**WHAT INSURANCE PLANS DO YOU TAKE?**

We accept most government and commercial insurance plans. Please call us at 207-987-5795, if you have any questions about which plans we accept.

**DO YOU OFFER DELIVERY?**

Yes! We offer **free delivery**. Please call us at 207-987-5795, if you would like to make arrangements to have your prescription delivered.

**WHAT TYPES OF MEDICATIONS DO YOU STOCK?**

The pharmacy will stock medications normally ordered by clinic providers. The pharmacists are available to discuss your prescriptions and answer any questions you may have.

**WHAT IF I DON'T HAVE ANY REFILLS ON MY PRESCRIPTIONS?**

No problem! Order your refill by calling the pharmacy or visiting our website at [www.bucksportrhcparmacy.com](http://www.bucksportrhcparmacy.com). BRHC Coastal Pharmacy staff will get in touch with your provider for you. We are part of Bucksport Regional Health Center and this enables us to communicate rapidly and efficiently with your provider affording a quick turn-around time for refills. Please keep in mind that refill authorizations may take 1-3 business days, depending on the day you request the refill and the provider's schedule.

**HOW CAN I PAY FOR MY PRESCRIPTIONS?**

We accept credit cards, cash and checks.

**FREE Veggies!**

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

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)



**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
- Walk-In Care/Primary Care Provider (MD, FNP, PA)
- Medical Assistant
- Dentist
- Phlebotomist II - part-time

**January Word Search**

Snow	Space Heater	Power Outages
Sleet	Slippery	Clothing Layers
Salt and Sand	Snow Tires	Storms
Freezing	Shovel	Antifreeze
Hypothermia	Emergency Kit	Plowing

