



Bucksport Regional
Health Center



April 2026

BRHC Health Beat



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

Happy April! Winter might possibly be over though I hesitate to actually write that down.

April is National Stress Awareness Month. Stress can be due to numerous causes. If you are feeling stressed out, anxious, depressed, or a combination, reach out to us. Our behavioral health providers are among the best. We are taking new patients in behavioral health and, just as a reminder, we take all insurance. For anyone who is uninsured, we have a sliding-fee discount plan.

We also have prescription assistance programs in case you need medication and an in-house pharmacy for your convenience.

And speaking of our pharmacy, I am going to answer a couple of the frequently asked questions about it:

What are the benefits of using the BRHC Coastal Pharmacy?

We are convenient and connected. There is no need to make a second stop at a pharmacy or wait for prescriptions to be filled after leaving the health center and we work directly with your care providers to prevent delays in starting medications. We also recommend medications covered by insurance plans or initiate prior authorizations.

How do I access my list of medications?

Begin by registering on our website under the Pharmacy tab to create an online account. Submit the information requested on the form. Then confirm the account using the link you'll receive via email. After the account is confirmed and you have logged into the website, link your prescription to manage refills. Be sure to have a recently filled prescription number handy. That's all there is to it.

Stop by as see our pharmacy.

Carol

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



April is National Stress Awareness Month

The point of National Stress Awareness Month is to increase awareness of the negative impact that stress has on your body.

Ask yourself, *What can I do today to tone down my stress level?* Pick one stress management technique (see below) that fits your lifestyle and that you can do fairly easily. This might be a challenge, though, if you are stretched thin, pulled in many directions, and have little time for self-care.

Managing stress is essential if you want to live a happy, healthy life because it can improve your mental and physical well-being and can minimize the aggravation of health-related issues. Visit [Managing Stress: A Common Thread in Improving Your Health | NCCIH](#) to learn more.

3 Tips for Reduced Stress

1) Practice Deep Breathing or Mindfulness

- Slow, deep breathing stimulates your body's natural relaxation response.
- Mindfulness meditation helps reduce anxiety and improves emotional regulation.
- Even a few minutes can make a difference

Helps with:

- Feeling overwhelmed
- Surges of anxiety
- Emotional tension or strain after conflict
- Racing thoughts that take over

Breathing slows your nervous system halting the "fight-or-flight" response.

2) Exercise Regularly - Any Movement Helps

- Physical activity, even a brisk walk or yoga, releases endorphins and lowers stress hormones.
- Exercise improves sleep, which further reduces stress.

Helps with:

- Long periods of sitting or screen time
- Work pressure or mental fatigue
- Stress from brooding or overthinking

See back for more

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

Medical Laboratory Professionals Week is April 20 - 26

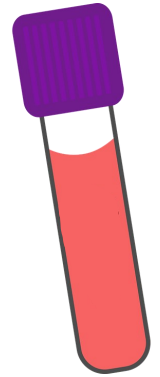
Do you need some lab work done? Is a relaxing environment with skilled staff and quick service important to you?

If you answered yes, come to our labs in either Bucksport or Ellsworth.

We're open to the public. If you are not a patient, be sure you have your provider's lab order and please call for an appointment. All you need is a desire to have blood drawn as easily and quickly as possible.

Happy Medical Laboratory Professionals to all our lab staff. We are lucky to have all of them on our team!

- No need to be a patient
- Easy, no hassle draws
- Affordable, easily accessible
- All insurances accepted
- Sliding fee available
- Experienced staff



We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Intake Nurse
- Revenue Cycle Manager
- Financial Support Specialist
- Walk-in Care FNP/PA every 3rd Saturday
- Dental Assistant
- Primary Care Provider, MD/FNP/PA (Walk-in Care)
- Dentist

Continued from front

3) Eat a Balanced, Nourishing Diet

Stress can trigger cravings for sweet, salty, and processed foods, which can worsen mood. But a diet rich in fruits, vegetables, whole grains, and lean proteins supports emotional stability.

Caffeine and alcohol can heighten stress so try to limit both as much as possible.

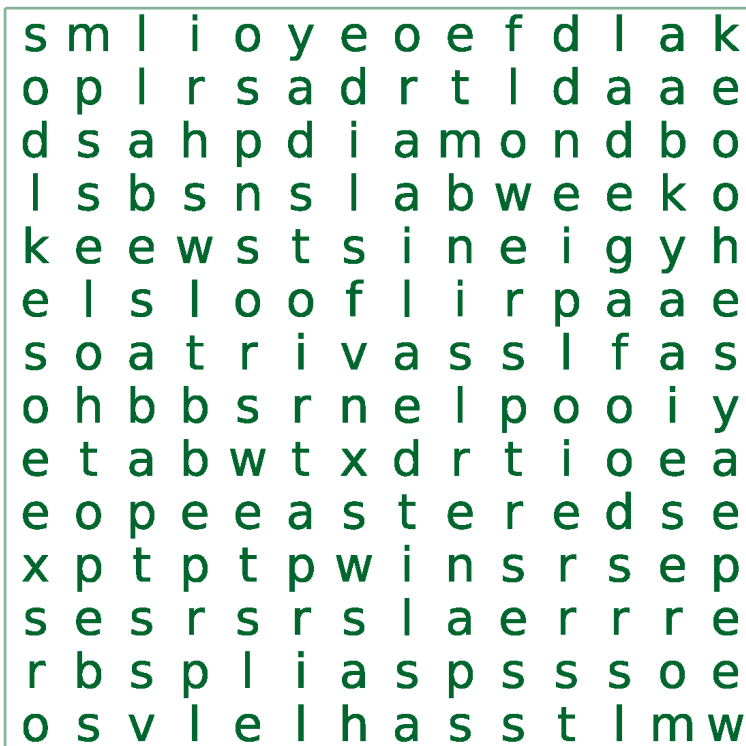
Helps with:

- Stress eating or sugar crashes
- Low energy during the day
- Mood dips from irregular meals
- Caffeine-induced anxiety

Keeping your blood sugar stable, in turn supports a stable mood and reduces physical stress responses.

Wordsearch - April

April	Potholes	Baseball
Flowers	Lab Week	Hygienists Week
Easter	April Fools	Passover
Patriots Day	Diamond	Taxes



We have Veggie and Fruit giveaways each month thanks to Good Shepherd. Watch our Facebook page for dates and times.

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