



Bucksport Regional Health Center



March 2026  
**BRHC Health Beat**



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

March is a busy month. Finally Spring officially begins, there are lots of basketball games to enjoy with March Madness, and we also celebrate some deserving clinicians.

First, we're very proud of our dental team. They work hard for their patients and genuinely care about each one. I hope you will join us in celebrating our dental assistants during Dental Assistants Recognition Week, March 1-7. Oral health contributes to your overall health so give us a call if you have any dental concerns.

Patient Safety Awareness Week is March 8-14. It's a week where enhanced focus is placed on patient safety. We are using this week to celebrate our patient safety achievements and increase awareness that safe care is our organization's focus every day.

Can't make it to the pharmacy? Our new pharmacy offers free delivery. Just call us at 207-987-5795, if you would like to make arrangements to have your prescription delivered. Scan the QR bottom right for more!

And Happy St. Patrick's Day! *Carol*

**March 30 is National Doctors Day**



The day was designed decades ago to celebrate the contribution physicians make in caring for the health and well-being of Americans. Visit our website at [bucksportrhc.org/meet-our-providers](https://bucksportrhc.org/meet-our-providers) to meet our wonderful physicians.

**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      |



**Why Nutrition Month Matters**

National Nutrition Month is an annual health initiative created by the **Academy of Nutrition and Dietetics**. Every March, the focus is on helping people make informed food choices and develop maintainable eating and physical-activity habits.

Good nutrition isn't about strict rules or giving up your favorite foods. It's about learning how to make balanced choices that fit your lifestyle.

Even small adjustments like adding an extra serving of vegetables/fruit, choosing water more often, or planning meals ahead, can improve energy levels, support immunity, and help prevent chronic disease.

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

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

### National Poison Prevention Week: March 15 - 21

In 1961, Congress created National Poison Prevention Week to increase knowledge about how to prevent poisoning accidents. The goal is to teach about the risks of poisonings at any age and increase everyone’s involvement in poison prevention.

Poisoning can happen to anyone of any age, whether from medications, cleaning products or something else. Call the Poison Help line (1-800-222-1222) to connect with your local poison center if a poisoning has occurred. They are open 24/7, 365 days a year for questions and emergencies and offer fast, free, confidential, and expert advice!

For more information about poisonings or the hotline, visit [National Poison Prevention Week | Poison Help](#)



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

## Wordsearch - March

- |             |                 |               |
|-------------|-----------------|---------------|
| March       | Irish           | Pisces        |
| Basketball  | Spring          | Doctor Day    |
| St Pats Day | Kidney Month    | Ides of March |
| Aries       | Nutrition Month | Aquamarine    |

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n	l	m	a	o	s	m	a	h	a	r	k	s	i
t	a	y	s	s	c	m	g	m	m	i	h	i	y
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### We are hiring ...

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

- Dentist
- Dental Assistant
- Revenue Cycle Manager
- Primary Care Provider, MD/FNP/PA (Walk-in Care)
- Walk-in Care FNP/PA every 3rd Saturday
- Medical Assistant
- Scheduler

### March Is National Kidney Month

For more information, visit [National Kidney Month - NIDDK](#)

Every March, National Kidney Month highlights the vital role our kidneys play in keeping us healthy.

These two small, bean-shaped organs work around the clock filtering waste from the blood, balancing fluids, regulating blood pressure, and supporting strong bones. Despite their importance, kidney disease often develops silently, with many people unaware they’re at risk.

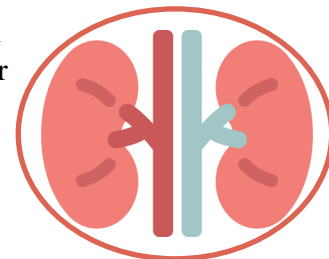
Millions of adults are impacted by kidney disease. Early detection is one of the most powerful tools for prevention. Taking simple steps like staying hydrated, maintaining a balanced diet, managing blood pressure, getting regular checkups, and avoiding NSAIDs like ibuprofen and naproxen, which can be damaging to kidneys, can make a meaningful difference.

For those with risk factors such as diabetes, high blood pressure, or a family history of kidney problems, screenings are especially important.

National Kidney Month encourages everyone to take a moment to learn about kidney health, support loved ones living with kidney disease, and adopt habits that protect these essential organs.

A little awareness in March can lead to healthier choices all year long.

Talk to your provider about your risk.



**Don't forget to set your clocks ahead March 8!**