



Bucksport Regional
Health Center



May 2026

BRHC Health Beat



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

May is a busy month. There is much to celebrate including Mother's Day, Nurses Week, Women's Health Week, our Spring Health Fair and Memorial Day, the unofficial start of summer.

May 6-12 is National Nurses Week. We all are so proud of, and impressed by, the BRHC nurses. They are dedicated, caring, supportive and do everything they can for the patients. We thank our nurses for all they do. Nurses really are the backbone of health care and we are lucky to have them on our team.

National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do, from practicing healthy habits to making and keeping all health care appointments. And follow this link to learn how to be your healthiest self through your ages.

[Healthy Living by Age | Office on Women's Health](#)

May is also **Stroke Awareness Month.** Learn **Be Fast**

- **B** = Balance Loss: Is there a sudden loss of balance?
- **E** = Eye (Vision) Changes: Are there sudden changes in vision, blurred or double vision, loss of sight in one or both eyes.
- **F** = Face Drooping: Does one side of the face droop, or is it numb? Is the person's smile uneven?
- **A** = Arm Weakness: Is one arm weak or numb? Does one arm drift downward?
- **S** = Speech Difficulty: Is speech slurred or difficult to understand?
- **T** = Time to Call 911
If you have any of these symptoms or see someone else having them, call 911 immediately!

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



Bucksport Regional Health Center
Spring Health Fair
Saturday, May 16, 10am to 1pm

- Vendors
- Health Screenings
- Giveaways
- Great Door Prizes
- Activities for all
- Drug Take-Back

Check our FB page & website for more.

Scan for more

K-9 Unit Demonstration

Fun for the whole family!

110 Broadway Bucksport
bucksportrhc.org

Bike Rodeo
Bring your own bike and helmet!

May 31 is World No Tobacco Day

If you are thinking about quitting tobacco, this is a good time. We understand that it isn't easy, whether it's cigarettes, e-cigarettes, chewing tobacco, etc.

It's a reminder that every smoke-free choice is a step toward a healthier life. Your lungs, your heart, your future all deserve better. Give us a call and ask about our tobacco cessation program. We can help.



We have Veggie and Fruit giveaways each month thanks to Good Shepherd. 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

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
Located in: Ellsworth High School, 24 Lejok St, Ellsworth	● Sprain
	● Dental care
	● Immunizations
	● Counseling
	● And more

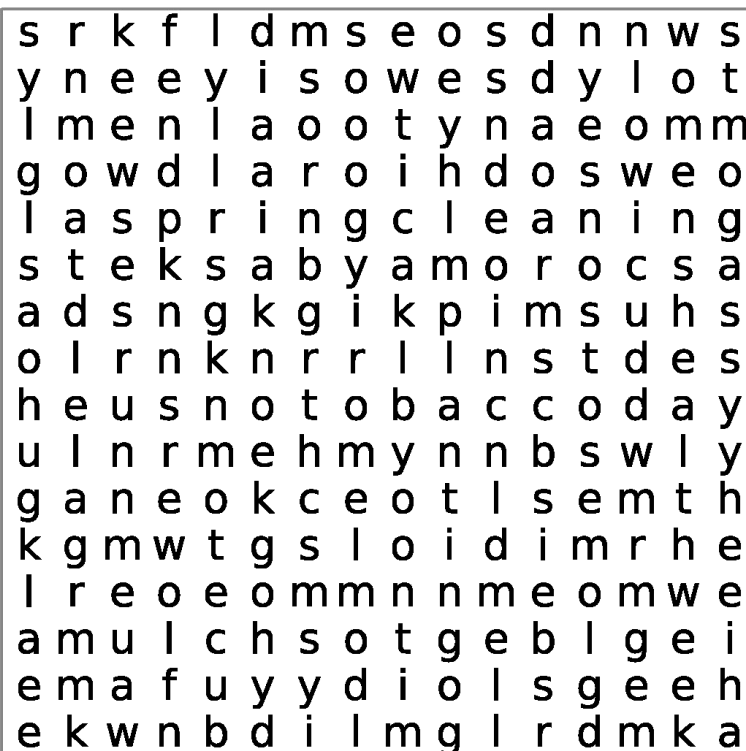
We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Assistant to the Medication Assistance Program
- Medical Assistant Ellsworth
- Revenue Cycle Manager
- Walk-in Care FNP/PA every 3rd Saturday
- Dental Assistant

Word Search — It's May!

Spring Cleaning	No Tobacco Day	Flowers
Mulch	Memorial Day	Mothers Day
May baskets	Planting	Nurses Week
Soil	Gardens	Womens Health Week



Tick Wise: Lyme Disease in Maine

Lyme disease information available at www.maine.gov/lyme

May is Lyme Disease Awareness Month, which is a good reminder to practice tick prevention measures frequently. The easiest way to avoid tickborne diseases is preventing tick bites in the first place.

If a tick bites you or you spend a lot of time outdoors, make sure to watch for symptoms for up to 30 days after exposure. Also be sure to call a health care provider if symptoms develop.

BRHC can perform a blood draw for Lyme disease as long as the patient has a physician's order. For individuals who are not BRHC patients, their provider should send the lab order directly to the Bucksport or Ellsworth lab. Once the order is on file, the patient can call to schedule an appointment for the blood draw.

Many insurers do cover the test after the deductible is met. The tests are expensive, so folks should take that into account. They should contact their insurance company for more information.

Early Symptoms of Lyme disease occur 3 to 30 days after a tick bite. They can include:

- Fever and chills
- Headache
- Fatigue or unusual tiredness
- Muscle and joint aches
- Swollen lymph nodes
- Erythema migrans (EM) rash, also sometimes called a "bullseye rash"

Later Symptoms of untreated Lyme disease occur days to months after a tick bite. They can include:

- Severe headache and neck stiffness
- EM rashes on multiple areas of the body
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Arthritis with severe joint pain and swelling particularly in knees and other large joints
- Pain in tendons, muscles, joints, and bones
- Heart palpitations or irregular heartbeat, also called Lyme carditis
- Episodes of dizziness or shortness of breath
- Inflammation of the brain (encephalitis) and spinal cord (meningitis)
- Nerve pain
- Shooting pains, numbness, or tingling in hands or feet