



## Message from the CEO

*Carol Carew, RN, BSN, MBA*

June is about men's health. According to the CDC, Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries. Check the back for tips on how men can take care of their health.

We want to keep you safe this summer. Nothing spoils the fun like food poisoning. If you are grilling, remember to use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. Visit [How to Grill Safely | CDC](#)

- 145°F—whole cuts of beef, pork, lamb, and (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—ground meats, such as beef and pork
- 165°F—all poultry and pre-cooked meats, like hot dogs

Ticks are active! For the most comprehensive tick information, visit [Ticks | Maine Center for Disease Control & Prevention](#) See the back for safety tips.

*Carol*

## June is Alzheimer's and Brain Awareness Month

Alzheimer's disease involves parts of the brain that control thought, memory, and language. Over time, the disease can seriously affect a person's ability to carry out daily activities.

### Think about utilizing these Prevention Tips:

- Get active and stay active.
- Manage cardiovascular risk factors such as smoking, diabetes, hypertension, and obesity.
- Learn new things - a language or musical instrument
- Connect with your family, friends and communities.
- Prevent or correct hearing loss.
- Limit, or avoid, drinking alcohol. And quit smoking.

[Reducing Risk for Dementia | Alzheimer's Disease and Dementia | CDC](#)



We have Veggie and Fruit Giveaways each month thanks to Good Shepherd Food Bank and local farmers. Our Community Garden will be growing too so watch our Facebook page for dates and times.

## Be safe on the road.

As summer gets into full swing, remember there are more bicyclists on the road.



The National Highway Traffic Safety Administration has bike safety initiatives that urge safer choices on the part of bicyclists and drivers in order to help reduce deaths and injuries on the roads.

Visit their website for more information on being safe while riding your bike, or driving near cyclists. [www.nhtsa.gov/road-safety/bicycle-safety](http://www.nhtsa.gov/road-safety/bicycle-safety)

## We are hiring ...

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

- Dental Assistant
- Medical Assistant (Bucksport and Ellsworth)
- Walk-in Care FNP/PA. every 3rd Saturday
- Medical Assistant for the Medication Assistance Program
- Pharmacist - Per Diem
- Phlebotomist (Ellsworth)



## We now have a Pharmacy for our patients

Visit our pharmacy, 110 Broadway, Bucksport  
**Hours of Operation are:**  
Monday - Friday: 8:00 a.m. to 5:00 p.m.

**Free Delivery Available!**

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





## Friday, June 19 is Wear BLUE Day

The Friday before **Father's Day** is always Wear Blue Day, to help raise awareness about men's health. It is part of the year-round Wear BLUE® awareness campaign established by Men's Health Network.

The goal is to show men the importance of taking care of their health. Get your **BLUE** on, Friday, June 19!

### Men: It's time to Take Charge of your Health

See a doctor for regular checkups, even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.



## Here are some more things you can do to take care of your health:

- Eat healthy and get active, at least 150 minutes per week, and include strength training 2x a week at least.
- If you drink alcohol, drink only in moderation. No more than 2 drinks per day.
- Quit smoking. This includes other tobacco products like chewing tobacco and e-cigarettes.
- Know your family's health history
- Get screening tests to check for health problems before you have symptoms
- Make sure you're up to date on your vaccines (shots)



## Beware of Ticks

Deer ticks live in wooded, leafy, and shrubby areas and are found in all 16 counties in Maine. They are currently active, so anyone spending time outdoors should take steps to limit their exposure to ticks. While enjoying the outdoors, the Maine CDC recommends these tips to prevent tick bites:

- **T:** Take and use an EPA-approved repellent. Use DEET, picaridin, IR3535 (Ethyl butylacetylaminopropionate), or oil of lemon eucalyptus on skin. Use permethrin on clothing only.
- **I:** Inspect your whole body for ticks daily and after outdoor activities. Check family members and pets too.
- **C:** Cover your skin by wearing a light-colored long sleeve shirt and pants. Tuck your pants into socks.
- **K:** Know when you are in tick habitat and take precautions in areas where ticks may live.
- **S:** Shower when you get home to remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.

Visit [Ticks | Maine Center for Disease Control & Prevention](#)



## June is Pride Month

### Word Search — June

Swimming	Summer	Wear Blue
Graduation	Cook Out	Juneteenth
Travel	Burgers	Camp
Fathers Day	Hot Dogs	June Bug
Mens Health	Festivals	Yard Sales

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