



Bucksport Regional
Health Center



September 2026

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

Hard to believe but it is back-to-school time! Last month was Immunization Awareness Month, but if you didn't have a chance to have your child immunized, you still have time. Remember, we have a School Based Health Center (see back) in Ellsworth High that is available to children, staff and parents.

Immunizations = Protection.

Check out our Tai Chi class (info right). We are excited to be partnering with Healthy Acadia to bring back this popular course to BRHC. Tai Chi helps people improve their health and wellbeing using slow, smooth, and continuous mind-body exercises.

It helps alleviate pain, reduce stress, increase strength, flexibility and balance; improve cognitive function and coordination.

These classes are free but a donation is much appreciated. Wear loose, comfortable clothes and thin soled shoes are recommended.

Here's to a beautiful fall!

Carol



Meet Our Pharmacy staff - Ready to serve you!

Kelsey Arsenaault, Pharmacy Tech (left)

Kelsie Snow, Pharmacist

Chris Miner, Lead Pharmacy Tech

Our Pharmacy is open to the public! M-F 8am - 5pm

Free delivery too!

Free Tai Chi for Beginners Course Donations appreciated



Thursdays, September 10 - October 29
8:00am - 9:00am

Bucksport Regional Health Center
Education Room
110 Broadway, Bucksport

Pre-registration is recommended.

Register online at:

<https://forms.gle/NecZZGVD92hga6px8>

For more information contact:

nina@healthyacadia.org or call 207-664-1630

Back-to-School Safety Tips

- 1) **Morning visibility:** Early fog is common in late summer. Bright clothing, reflective gear, and waiting where drivers can see them help keep kids safe at bus stops.
- 2) **Crosswalk habits:** Even downtown areas in small towns get busy during school hours. Remind students to make eye contact with drivers before crossing to road.
- 3) **Backpack weight:** A backpack shouldn't be heavier than 10-15 percent of a child's body weight. Lightening the load helps prevent strain.
- 4) **Bus safety:** Kids should stay well back from the curb and wait for the driver's signal before approaching.
- 5) **Hand hygiene:** Clean hands keep classrooms healthier! Encourage washing before eating and after recess.
- 6) **Device awareness:** Remind kids to keep phones put away while walking near traffic or boarding the bus.

BRHC, 110 Broadway, Bucksport, 469-7371

Bucksport Regional 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

Wordsearch September - Enjoy and good luck

p h p r c w o t e e s n
 c a o l p m f l c b k t
 i l r m o k l a i y c y
 k p a e e a o a p a a a
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 f r i e n d s o p b b a
 o t y t m i h u m e l l
 s s c h o o l b u s s k
 b s r b o w a p p l e s



Labor Day
 Back to School
 Pumpkin Spice
 Football
 School Bus
 Backpacks

Apples
 September
 Homework
 Sports
 Classrooms
 Friends

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 Lejek St, Ellsworth

- Asthma
- Cough/cold
- Fever
- Stomachache
- Sprain
- Dental care
- Immunizations
- Counseling
- And more

CERTIFICATE Of Appreciation

Thank you for your years of service and dedication to Bucksport Regional Health Center.

This certificate is awarded to...

Certificates of Appreciation for our amazing staff who have reached milestone anniversaries with BRHC.

Signature _____ Date _____

40 Years

Timothy Clifford

30 Years

Pamela Carter

25 Years

Louise Plourde-Jameson

20 Years

Jessica Poole
Mary Astbury

10 Years

Amanda Bowden
Nicholas Vachon
Julia Dunbar
Cindy Pepper

5 Years

Julie Lamoreau
Katlyn Cox
Jeremy McDevitt
Elizabeth Frederick
Rachel Hatch
Cynthia Grindal
Julia Trundy



We have Veggie and Fruit Giveaways each month thanks to Good Shepherd Food Bank and local farmers. Watch our Facebook page for details.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Director
- Revenue Cycle Manager
- Medical Assistant
- Health Access Coordinator
- Clinical Medical Assistant Lead
- Staff Accountant
- Walk-in Care FNP/PA. every 3rd Saturday
- Licensed Clinical Social Worker (Per Diem)
- Part Time Pharmacy Technician in Training

September is Suicide Prevention Awareness Month
Call or text 988 if you are in Crisis
<https://www.samhsa.gov/>

Suicide prevention touches every part of life, from families and schools to workplaces, faith communities, and health care systems. When people feel connected, valued, and supported, they are more likely to seek help. And when communities come together around a shared commitment to prevention, lives are saved. This year's prevention theme highlights the importance of:

- Strengthening connections that protect people before a crisis occurs
- Making sure everyone knows where to turn and knows it before they need it
- Building communities where people feel safe reaching out for help
- Supporting recovery and healing long after a crisis has ended

