



## Message from the CEO *Carol Carew*

There is a lot going on in the area that is designed to help you get, or stay, healthy.

A class, **10 Tips – Healthy Eating on a Budget**, by Healthy Acadia is on Thursdays, 5:30 p.m. to 6:30 p.m., from August 17 to Sept. 7. Also, our **Tai Chi for Health** classes by Healthy Acadia are so popular that we have extended them. Next session runs Tuesdays 10:00 a.m. – 11:00 a.m., Sept. 12 through Oct. 31.

As you know, we are a Federally Qualified Health Center so we celebrate National Health Center Week, which is August 13 - August 19. You can learn more about Health Center Week at [www.healthcenterweek.org/about-nhcw/](http://www.healthcenterweek.org/about-nhcw/) We have a lot planned for the week. Come get healthy snacks that we are putting in all waiting areas each day for your enjoyment, sign up for great giveaways, and on August 14, you can help out the Red Cross by coming to our Red Cross Blood Drive and donating blood from 1:00 p.m. - 6:00 p.m.

And finally, we are very excited to be part of the **Family Fun-a-Thon** with the Bucksport YMCA. Don't miss this event, Tuesday, August 22 from 5:30 p.m. to 6:15 p.m. It's part of the YMCA BBQ Series. Enjoy classic BBQ food and hang out at the Tim Emery Municipal Pool with your friends. All ages are welcome. We're adding a fun family "triathlon" with running, activities, and a simple swim element. We will have two tents with activities and goody bags for back to school. Race starts at 5:30. Hope you'll join the fun.

*Carol*

### Healthy Organization/Program of the Month is ... Eastern Area Agency on Aging (EAAA)

We would need an entire newsletter to list all the wonderful things EAAA does to keep our seniors healthy and happy. For example, the Money Minders program offers in-home assistance to help those 55 and older pay their bills on time and to establish and stick to a budget. They also supply low-income seniors with a free, 30-pound box of groceries each month through the Commodity Supplemental Food Program. Call them at 941-2865 to see if you qualify. And view the many services of EAAA at [eaaa.org](http://eaaa.org).

Congratulations EAAA for being BRHC's Healthy Organization/Program of the Month!

## Health Talk Tuesday

August 15, 12 - 1:00

*Low-Impact Strength and Stretching*

Looking to strengthen your muscles, improve flexibility and boost your metabolism?

Join Senior Fitness Instructor Joan Duplessis, August 15 at noon, to learn low-impact strength and stretching moves designed for people aged 55 and older.

Joan will also share with you details about the low-to-no-cost senior fitness classes at the Jewett School, on Tuesdays and Fridays from 9:00 a.m. - 10:00 a.m. for all ability levels.

Bring your sneakers and comfortable clothing, and we'll bring the refreshments!



## Meet Our Team

Jonathan K. Heeren, Ph.D.

Jonathan Heeren is a clinical psychologist who has practiced for decades.

He uses evidence-based cognitive-behavioral, collaborative and solution-focused brief intervention techniques to work with a diverse range of families and patients of all ages.

He earned his MS in Counseling/Clinical Psychology from University of Oregon and his PhD in Clinical Psychology from the University of Virginia.

He has a wife, Phyllis, and two grown children. When not working, he and Phyllis enjoy hiking, camping, riding their motorcycles and exploring Maine.





**Martha's Menu**  
*Martha Cole, MS, RDN, LD*  
**Chicken Ratatouille**  
 Courtesy of the USDA

This is the perfect one-dish dinner when the garden is in full swing. It is a traditional French stew, originating in an area that is present day Nice.

It is a delicious dish that can be served hot or cold.



### Ingredients

- 1/4 **tablespoon** Canola oil
- 12 1/2 **ounces** Chicken breast, boneless, skinless, fresh or frozen, raw, 1/2" diced
- 1/4 **cup** Zucchini, fresh, unpeeled, 1/2" diced
- 2/3 **cup** Eggplant, fresh, 1/2" diced
- 1/3 **cup** Onions, fresh, 1/4" diced
- 1 **cup** Green peppers, fresh, 1/4" diced
- 3 **tablespoons** Mushrooms, fresh, thinly sliced
- 1/4 **teaspoon** Salt, table
- 3 **cups** Tomatoes, with juice, canned, diced, garlic, oregano, and basil
- 1 **clove** Garlic, fresh, minced (1 garlic clove is about 1/2 teaspoon minced)
- 1/2 **tablespoon** Basil, dried
- 1/8 **teaspoon** Black pepper, ground
- 1 **teaspoon** Balsamic vinegar
- 1/2 **teaspoon** Lemon juice, fresh or bottled
- 1/2 **tablespoon** Parsley, fresh, minced

### Directions

1. Heat oil on medium-high in a medium skillet.
2. Add chicken and sauté on each side for about 3 minutes or until lightly browned.
3. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for an additional 5 minutes until onions are tender. Stir often.
4. Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil.
5. Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir frequently. Chicken should reach an internal temperature of 165 °F for at least 15 seconds.
6. Remove from heat and stir in lemon juice and parsley.
7. Serving size: 3/8 cup. Serve hot.

## August is Children's Eye Health and Safety Month

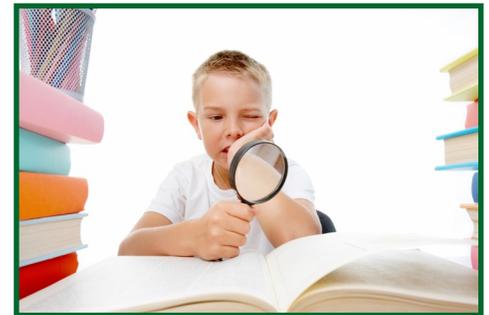
Healthy eyes and vision are a critical part of a child's growth and development. Children use their eyes to assess the world around them. It's important for them to have their vision checked at least once before age 6, even if there are no signs of eye problems, suggests [www.healthfinder.gov](http://www.healthfinder.gov). Early detection of any budding eye problems could save a child's sight.

### What are common eye problems in children?

Two common eye problems are Lazy Eye and Crossed Eyes. Each can be treated if diagnosed early enough. Children may also be nearsighted or farsighted which can be corrected with glasses. If you have a family history of childhood vision problems, your child is at higher risk. Discuss this with your Primary Care Provider.

### Symptoms your child may have vision problems.

- Tilting the head or squinting to better see the blackboard or TV
- Frequent eye rubbing when trying to concentrate
- Holding a book close to the eyes or sitting close to the TV.
- Consistently using fingers as a guide when reading
- Closing one eye to read or watch TV.
- Excessive tearing for no reason
- Eye pain or discomfort when on a computer or device
- Light sensitivity, especially when accompanied by headache or nausea.
- Wandering eyes.
- Eyes that are crossed all the time
- Eyes that don't focus together
- Eyes that are red, crusty, or swollen around the eyelids



### Ways to protect your child's eyes.

- Don't let your child play with toys that have sharp edges or points.
- Protect your child's eyes from the sun. Buy kids' sunglasses that block 100 percent of UVA and UVB rays.
- Keep chemicals and sprays (like cleaners and bug spray) where kids can't reach them.
- Make sure your child always wears the right eye protection for sports.

Visit [www.healthfinder.gov](http://www.healthfinder.gov) to learn more.