



## Message from the CEO

*Carol Carew*

It is hard to believe that Spring is next month. But that does not mean we are out of the woods with regards to the flu. Please read the important article on the back page and act accordingly. It is a dangerous season and we want everyone to be safe.

February is National Children's Dental Health Month. It is critical that children have good oral care starting at an early age. Regular dental check-ups can keep kids' teeth and mouth healthy. If your child has not seen a dentist in a while, or ever, please give us a call. Tooth problems in children can affect their nutrition, and even their ability to pay attention in school.

February is also American Heart Month. You might be a bit surprised by the statistics when you read the story in the next column. But lifestyle changes can help.

You might notice that there is no Health Talk Tuesday story. We have decided to revamp HTT. Going forward, we will hold Health Talk Quarterly. We are planning some exciting topics so stay tuned. And as always, log on our website to see the calendar of events. We now have a button so you can print the calendars if you like. That way you will be sure not to miss anything.

*Carol*

## Healthy Resource of the Month is Downeast Community Partners

*By Jessica Richards, Health Educator*



### Need a ride? This is your resource!

You can get free or low-cost transportation to medical appointments and other places

in and out of town through Downeast Community Partners transportation services, formerly called Sun Rides.

Here's the breakdown:

- Older Adults (60+): Free rides to medical or non-medical locations as funds are available.
- Low-income: Free rides to medical appointments and some free rides for non-medical purposes. Application required.
- MaineCare recipients should contact Logisticare for free rides to medical appointments (1-855-608-5176)
- General public: Rides for minimal fee, depending on space availability.

## Meet Our Team: Mary-Ann Williams, LCSW

Mary Ann, a Licensed Clinical Social Worker, offers individual, couples and family counseling, including play therapy. She has 19 years experience working with all ages and has dealt extensively in areas of abuse, trauma, anxiety and depression, personality disorders and children's behavioral and mental health issues.



## February is American Heart Month

Heart disease is the leading cause of death for both men and women. In fact, every year, 1 in 4 deaths are caused by heart disease.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Planning a grocery store trip this weekend? Pump up your heart health by choosing foods that are low in sodium. When it comes to your heart, what you eat matters.

Follow these tips for heart-healthy eating:

- Eat less saturated and trans fat. Stay away from fatty meats, fried foods, cakes, and cookies.
- Cut down on sodium (salt). Look for the low-sodium or "no salt added" types of canned soups, vegetables, snack foods, and lunch meats.
- Get more fiber. Eat vegetables, fruits, and whole grains to add fiber to your diet.

For more information, talk to your health care provider.

Call 48 hours ahead and a van or bus will pick you up. Wheelchair-accessible vehicles are available. They'll take you to the grocery store, library, bank or anywhere else you need to go! 1-877-374-8396 (664-0012) [www.whcap.org](http://www.whcap.org).





## Martha's Menu

Martha Cole, MS, RDN, LD

### Baked Meatballs

Courtesy:  
USDA What's Cooking USDA mixing Bowl  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



### Ingredients

- 1 pound ground beef, 90% lean (or ground turkey)
- 1 egg
- 1/2 teaspoon dried parsley
- 1/2 cup bread crumbs
- 1/2 cup milk, 1% (or non-fat)
- 1/4 teaspoon pepper
- 1 teaspoon onion powder

### Directions

1. Mix all ingredients, shape into balls (about 24 meatballs)
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze right away.

### Nutritional information - Per 3 meatball serving

Calories: 131	Total Sugars: 1 g
Total Fat: 6 g	Added Sugars included: 0 g
Saturated Fat: 2 g	Protein: 13 g
Cholesterol: 59 mg	Vitamin D: 0 mcg
Sodium: 98 mg	Calcium: 43 mg
Total Carbohydrate: 6 g	Iron: 2 mg
Dietary Fiber: 0 g	Potassium: 206 mg

## Ready (or almost ready) to quit tobacco?

Imagine enjoying spring with a new sense of smell and taste, extra money in your pocket, cleaner lungs, and that sense of accomplishment from achieving something huge – quitting tobacco.

Quitting is hard for sure, but group counseling and other tools can greatly increase your chances for success.

Join our free class, Wednesdays from 2:00 - 3:00 p.m. beginning February 21, and get the support and tools you need to quit for good.

Contact Jessica to register at 469-7371 ext 260 or email her at [jrichards@brhcme.org](mailto:jrichards@brhcme.org).



## The Flu and You

The 2017-2018 flu season has been deadly and it is not over yet. At this writing, there have been 22 Maine deaths so far this season compared to 0 last year at this time.

The Centers of Disease Control and prevention (CDC) reports that flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

The best way to be flu-free is to protect yourself. That means getting a flu shot if you haven't already. Now, you may have heard in the media, social and otherwise, that the flu vaccine is only 30 percent effective. If you are thinking, "why bother," think again. Thirty percent is better than nothing. If you had a 30 percent chance of winning the lottery, would you take it?

Everyone should have a flu shot, but if you are a person at high risk of serious flu complications should you get sick, such as being pregnant, have a chronic health condition like asthma, diabetes or heart and lung disease, or are 65 years and older, get vaccinated. Talk to your health care provider or pharmacist.

### What else can you do to stay healthy?

The Centers for Disease Control and Prevention (CDC) recommends everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Think doorknobs, TV remotes, faucets, etc.