



Message from the CEO *Carol Carew*

Summer is upon us. The warmer temperatures just make us want to move more. If you have never tried Tai Chi, here is your chance. You can take a class every Tuesday, 10:00-11:00 from June 20 - August 15. Tai Chi is a good way to fight stress and reduce anxiety, while increasing flexibility and balance using gentle movements. The classes are free. Call Nina Zeldin at 667-7171 to register.

While we are on the “healthy class” topic, join us for Taking Action for Health. In this free class you will learn tools to manage chronic conditions and live an active and fulfilling life. Class meets Fridays from 12:30 to 3:00 from July 7 through August 11. Call Jessica Richards, 469-7371, ext 260 to register.

June is also Men’s Health Month. The goal is to increase awareness of preventable health problems among men and boys, as well as encouraging screenings and treatments. Did you know...

- On average, men live about 5 years less than women
- One in two men will develop cancer. Prostate cancer is the most common cancer among men, excluding skin cancer, and kills about 30,000 men in the US each year.
- Men make only 50 percent as many health care prevention visits to a provider than women do.

Friday, June 16, is **Wear Blue Day**, which is a way to raise awareness and show concern for the health and wellbeing of boys and men. Visit www.menshealthmonth.org to learn more.

Carol

Healthy Organization/Program of the Month is ... Great Pond Mountain Conservation Trust

The Great Pond Mountain Conservation Trust works to conserve the land, water and wildlife habitats of northwestern Hancock County. The Wildlands property, located in East Orland, is open to the public year-round for a variety of fun and healthy outdoor activities like hiking, biking, canoeing, snowshoeing and more. Plan your adventure today by visiting their website at greatpondtrust.org.

Congratulations Great Pond Mountain Conservation Trust for being BRHC’s Healthy Organization/Program of the Month!

Health Talk Tuesday, June 20, 12 - 1:00 *Nonviolent Communication*

Do you often find yourself in conflict with those around you, or avoiding conflict even when it means your needs will not be met?



On June 20 at noon, Peggy Smith, Certified Nonviolent Communication Trainer from Open Communication, will explain how to connect with those you disagree with by using compassion and empathy while staying true to your needs. As always, bring your lunch and we’ll provide a healthy side dish.

Meet Sara Willey’s Team



Sara Willey,
Family Nurse
Practitioner



Ronda
Morrow, RN,
Care
Coordinator



Thelma
Grant,
Medical
Assistant



Jessica
Ladd,
Scheduler

Quote from Sara’s team:
“Patients are the reason we are here. Caring for our patients like we would our own family is what makes our practice stand out.”

For more about team-centered care, see Go Health Team on the back page.

Fireworks Safety

By Bobby Conary, Orland Fire Chief

Where people seem to go wrong when using fireworks is being generally unaware of their surroundings, or using the fireworks improperly.

See Fireworks, back page



Martha's Menu

Martha Cole, MS, RDN, LD

Chocolate Peanut Butter "Ice Cream"

Need a simple, refreshing and nutritious treat for the summer? Whip up this dairy-free "ice cream" in no time! Packed with vitamins B and C, potassium, manganese, fiber, protein and healthy fats – you can't go wrong!

- 3 frozen bananas, cut into small pieces
- 2 Tbsp of creamy, natural peanut butter
- 1 Tbsp cocoa powder
- ¼ cup almond milk



Place all ingredients in a blender or food processor and blend until smooth. Pour mixture into a small pan or a bowl. Freeze about one hour. Enjoy!

Fireworks, from front page

Some people don't consider what may be combustible in the flight path of the fireworks and the landing area of the left over debris.

They think that once the bang happens, there's nothing left. Unfortunately only the explosive component burns off, leaving caps, tubes and other body parts of the firework to fall to the ground. These can smolder and even ignite what they land on.

Using alcohol with fireworks often results in impaired judgement, and often injury to users or bystanders.

- Use fireworks in accordance with manufacturer's instructions and guidelines.
- Use them in clear areas away from homes and vehicles.
- Have a charged garden hose or bucket of water nearby.
- Obey local laws or rules regarding fireworks use. Not every municipality allows their use.
- A responsible adult should supervise fireworks activities, don't give them to children.
- Wear safety glasses and don't light fireworks near bystanders.
- Sky Lanterns are illegal to use in Maine.

Search *Fireworks Safety Tips* at maine.gov for more information on fireworks and consumer fireworks, such as sparklers.

Go Team Health!

*By Elizabeth Schidzick-Brunelle,
FACMPE, FACHE, MHA,
Chief Operating Officer*

At BRHC, we want to provide you with the best of care and service. We believe that "patient-centered medical home" is the best way to do that. You may have heard the term but not fully understand what it means so here are some helpful definitions:

PCP (Primary Care Provider) – takes care of all of your health care needs and coordinates information from specialists, hospitals, Emergency visits, home health and other services.

Team Care – the care of patients is becoming complex and requires more than just your PCP to manage all of your needs. Here at BRHC we use teams. Your team may be your PCP, a Medical Assistant, a scheduler and a RN care coordinator.

If you have a PCP who is part-time, he or she may be teamed up with another provider so you would see the teammate if your own PCP is not available.

This gives you a limited number of providers who can get to know you well and provide your care seamlessly. We will be introducing our teams in the newsletter over the next few months.

YOU, the Patient – are at the CENTER of your care, helping the team to make the decisions that are best for you and creating your personalized plan of care.

Access - helping you with the access to care that you need whether it be appointments, 'after hours' care, telephone access, use of the portal to get your labs or email your PCP or using the smart phone app.



Patient-centered care is the right care, at the right time, in the right place to ensure the highest quality standards and the best and most appropriate care for you. We are pleased to provide care to you and welcome any questions or thoughts you may have about the model of care you receive.

We continue to strive to understand how to serve our patients in the best way possible. Learn more about us at bucksportrhc.org.