



Message from the CEO

Carol Carew

There is a lot going on this month so let's get right to it. Medicare open enrollment is going on now through Dec. 7. We're offering free Medicare educational meetings from 10:00 to 12:00, Nov 7, 15, 22 and 28, so if you are interested, call 1-844-8769-4369 to reserve your spot.

This is not to be confused with the Affordable Care Act. The ACA or Obamacare open enrollment runs Nov. 1 - Dec 15. Call Denise, our Certified Application Specialist at 469-7371, option 6, to answer questions or walk you through the process.

We are holding our annual **Senior Health Fair**, Wednesday, November 15, 10:00 - 1:00. We'll have 25 vendors, screenings including blood pressure, blood sugar, balance, and skin cancer checks. There will be prizes, giveaways, food tastings, and Bucksport Police will be here to take back your expired medications. This is a great fair so I hope you can join us. If you need a ride, call City Cabs at 942-4990. You can get a ride for just \$1.

We are also still offering the very popular Tai Chi with Healthy Acadia's Nina Zeldin. The new time is Thursday, Nov. 2 to Dec. 28 (no class Thanksgiving, Nov 23), 5:30 - 6:30. As always, call Nina at 667-7171 to sign up.

Like I said, there is a lot going on so I hope to see you soon!
Carol

Healthy Organization of the Month By Jessica Richards, BRHC Health Educator,



Bucksport Community Concerns (BCC) food pantry is our Healthy Organization of the Month. When you walk in, volunteers, such as Mary (left) and Marsha will greet you and guide you through the pantry where you'll find a fantastic array of

foods, from fresh breads to cheese, frozen chicken to fresh and canned produce. There's also infant formula and more.

They have hygiene products, sometimes light bulbs and pet food, and they provide coats for kids and adults. First-time mothers can get layettes (baby clothing and accessories.) They offer additional programs for families during the holidays.

The BCC food pantry, 31 Elm Street, is open Wednesdays, 9:30 a.m. to 11:30 a.m. and the second Monday of each month 5:30 p.m. to 6:30 p.m. Call Marsha at 469-2400 or Linda at 469-6254 with any questions.

Health Talk Tuesday
November 28, 5:30 p.m.

Seasonal Affective Disorder

Too often, Mainers disregard symptoms of Seasonal Affective Disorder (SAD) as simply the "winter blues." Prolonged feelings of sadness, changes in appetite and weight, low energy, and loss of interest in activities you once enjoyed are just a few symptoms of SAD that people may experience during the change in season.



David Harlan, LCSW

David Harlan, LCSW, will explain when the "winter blues" could be something more serious and will discuss treatments available, such as light therapy, antidepressants and exercise therapy. As always, light refreshments will be served.

Meet Our Team

Our Certified Diabetes Educator can help you understand and manage your diabetes. **Rosemarie Davis, R.N., C.D.E.** (pictured right) can help you take control of your blood sugar and overall health through counseling on nutrition, advice on getting active, managing medications, monitoring blood glucose and more. Talk to your provider for a referral. See the back page for more on diabetes.



Nurse Practitioners Week November 12 - 18!

Watch our Facebook page for highlights on the great work of our wonderful nurse practitioners.
Thank you to our NPs below!

Sara Willey (left),
and Mary Jude.
Donna Kennedy
(not pictured.)



Walk-in Care hours are Saturdays: 8:00 a.m. to 3:00 p.m.
Open to everyone, not just our patients.



Martha's Menu
Martha Cole, MS, RDN, LD

Pumpkin Chili
Courtesy of USDA
What's Cooking



Ingredients

- 2 teaspoons olive oil
- 1 small yellow onion (chopped)
- 1 green bell pepper (cored, seeded and chopped)
- 2 jalapeño peppers (seeded and finely chopped)
- 2 cloves garlic (finely chopped or 1/2 teaspoon garlic powder)
- 1 pound ground turkey
- 1 can (14.5 oz) diced tomatoes with juice
- 1 can (15 oz) pumpkin puree
- 1 cup water
- 1 teaspoon cumin, ground
- salt and pepper (to taste, optional)

Directions

1. Heat oil in a large pot over medium high heat.
2. Add onion, bell pepper, jalapenos and garlic and cook, stirring frequently until tender, about 5 minutes.
3. Add turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
5. Reduce heat to medium low then add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more.
7. Ladle chili into bowls and serve.

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-chili>

November 16th: Great American Smoke Out

Every year, the third Thursday of November, is designated as the American Cancer Society's **Great American Smokeout** event. Quitting smoking is one of the most important things you can do for your health.

And the sooner you quit, the sooner your body can start to heal. Plus, you will feel better, have more energy, be healthier and save money.

The American Cancer society says, "By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk." Talk to you health care provider for advice on how to quit.

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

You are more likely to get type 2 diabetes if you are overweight and inactive – or if you have prediabetes. People with prediabetes have blood glucose levels higher than usual, but not enough to be diagnosed with type 2 diabetes.

There is good news, however. You can do a lot to prevent or delay type 2 diabetes, including:

- Watching your weight
- Eating healthy
- Staying active

Talk with your doctor or nurse about steps you can take to prevent type 2 diabetes.

What do I ask the doctor?

Sometimes it's hard to know what questions to ask your primary care provider. Here is a list from www.healthfinder.gov. Take them with you to your next visit. And take notes to help you remember your doctor's answers.

- Am I at risk for prediabetes or type 2 diabetes?
- Do you recommend that I get tested for type 2 diabetes?
- Are there any warning signs of diabetes I should watch for?
- Does my weight put me at risk for type 2 diabetes?
- If I'm overweight, how much weight do I need to lose to lower my risk?
- How much physical activity should I get to prevent or delay type 2 diabetes?
- What changes can I make to my diet to help prevent or delay type 2 diabetes?
- What are some healthy ways to lose weight and keep it off?
- What are my blood pressure numbers and cholesterol levels, and what should they be?
- Do my blood pressure numbers and cholesterol levels put me at risk for type 2 diabetes?
- Can you give me some information about preventing type 2 diabetes to take home with me?
- Can you recommend a diabetes prevention program nearby?

Learn more at www.healthfinder.gov