



Message from the CEO
Carol Carew

We've been busy here at BRHC gearing up for fall. We are offering flu shot clinics, October 4, 5, 11, and 12 from 9:00 a.m. to 11:00 a.m. Make sure you get one. Call us for more information.

We are also offering a free 6-week workshop, "Taking Action on Pain," Healthy Acadia's Chronic Pain Self-Management Program, Mondays, October 16 - November 20, from 1:00 p.m. to 3:30 p.m. In the workshop, you will gain new tools to help you manage your chronic pain and maintain an active and fulfilling life. Refreshments will be served. To register: call Nina Zelden at Healthy Acadia at 667-7171 or email nina@healthyacadia.org.

If you work during the day, and have a short lunch break, so you haven't been able to come to Health Talk Tuesday, you will be happy to know we changed the time to 5:30 p.m. We hope you will join us, hear the presentation and enjoy some tasty refreshments.

Remember, we are always accepting new patients so give us a call. Your good health really does start with us.

Carol

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

Healthy Organization of the Month
Bucksport YMCA Gym

Did you know there is a newly renovated gym in town, offering memberships for only \$10 a month?

There has never been a better time to get in shape!

The Bucksport YMCA gym, located in the G.H. Jewett School, has a variety of machines and equipment for all abilities.



Hours:

Monday - Friday: 6 a.m. to 7 p.m.
Saturdays: 7 a.m. to noon

Call Nick at 469-3518 and schedule a tour.

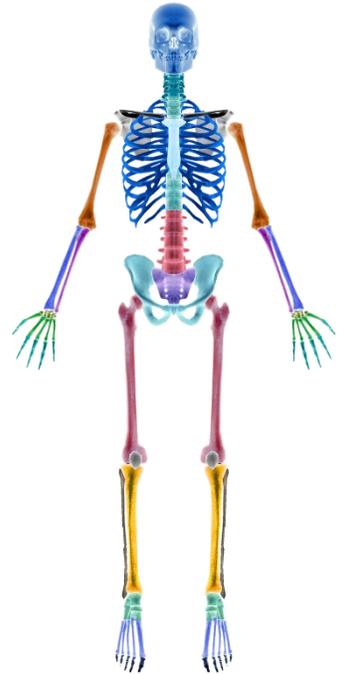
Health Talk Tuesday
October 24, 5:30 p.m. (Note new time)

Chiropractic Care & You

The evidence continues to grow on the health benefits of chiropractic care and massage therapy. Could it benefit you?

Join us for Health Talk Tuesday to hear Dr. Candace Hart, DC, and Ariel Shepard, LMT, MMP, discuss this valuable treatment, and watch demonstrations on what they do, how it helps, and conditions that can benefit from treatment or therapy.

Light refreshments will be provided.



Meet Our Team

Confused About Health Insurance Options?

It's that time of year again! Open Enrollment for health insurance is coming up soon.

Our Certified Application Counselor, Denise Baillargeon, (pictured right) can walk you through your options for coverage through the Affordable Care Act.

She can sit down with you to input your information, review eligibility and learn which plans are available.



Open enrollment runs from
November 1 through December 15.
Call Denise to make an appointment at
469-7371, option 6.



Martha's Menu

Martha Cole, MS, RDN, LD

Minestrone Soup

Recipe courtesy of the USDA

This delicious and nutritious heart-warming soup makes 6 servings. You can prepare it in a snap! Canned beans and frozen veggies make this dish perfect for busy weeknights.



Ingredients

- 1 10-ounce package frozen vegetables, any type
- 2 cans stewed tomatoes, low-sodium (14.5 ounce cans)
- 2 cans broth, any flavor, low-sodium (14 ounce cans)
- 1 can beans, any type (15.5 ounce)
- 2/3 cup pasta, dry, any type

Directions

This recipe is developed for a child to help an adult in the kitchen. Directions are written for each:

1. **Adult and child:** Wash hands well with soap and hot water.
2. **Child:** In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. **Adult:** Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

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

Can't Afford a Mammogram? Tell us!

You might qualify for the Maine Breast and Cervical Health Program. Ask your provider about it.

To qualify for the MBCHP, you must...

- Be a Maine woman age 40 or older, with the following exceptions:
 - Women 35-39 who have seen a doctor and need follow-up tests for a possible breast or cervical cancer, or
 - Women 35-39 who have not had a Pap test in five or more years.
- Have household income less than or equal to 250% of the current Federal Poverty Level (FPL);
- Have health insurance with high deductibles, co-insurance, co-pays, or premiums.

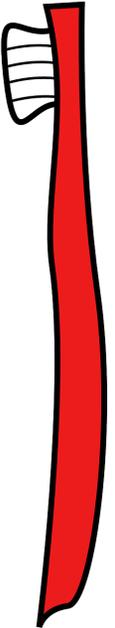
October is National Dental Hygiene Month

Taking care of your teeth, like eating right or getting physical activity, can be a task. Here is one more reason to keep up with brushing, flossing and regular dental cleanings – money! If you've ever had to pay to treat a bad tooth, you know that dental care isn't cheap.

Tooth extractions, fillings, crowns, root canals and other treatments can cost you hundreds of dollars. You can imagine how that adds up if you have multiple areas that need treatment.

Stick with this year's advice from the **National Dental Hygiene Month** campaign for good oral health and keep extra money in your pocket in the long run:

- Brush – 2 times daily
- Floss – Daily
- Rinse – with mouthwash
- Chew – sugarless gum



Breast Cancer Awareness Month

October is **National Breast Cancer Awareness Month**. Breast cancer is the second most common kind of cancer in women.

About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it is found and treated early.

- If you are a woman age 40 to 49, talk with your provider about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a health care provider about your risk for breast cancer, especially if a close member of your family has had breast or ovarian cancer.

Your provider can help you decide when and how often to get mammograms.

For more information, talk to your health care provider. And visit the Office of Disease Prevention and Health Promotion at www.healthfinder.gov.

