



Message from the CEO *Carol Carew*

As you probably know, we have been offering Urgent Care on Saturdays to established BRHC patients for a while now. But, beginning **Saturday, Sept. 9, from 8:00—3:00**, we will begin offering Urgent Care to everyone who needs it, regardless of whether they are a Bucksport patient. We decided it was very important to fill that critical need in the community so people who are sick would not have to drive miles to get care.

I also want to let you know that September is Pain Awareness Month. Millions of people live with chronic pain, which is pain that can go on for months or years, much longer than the recovery time of an injury. While it is not always constant, it can interfere with daily living. If you have chronic pain, give us a call. We will work with you to manage it. Visit the American Chronic Pain Association at <https://theacpa.org/> for some good information.

Our **Tai Chi for Health** classes by Healthy Acadia have been extended. Next session runs Tuesdays 10:00 a.m. – 11:00 a.m., Sept. 12 through Oct. 31. Call us to sign up.

Carol

Healthy Resource of the Month

Each month, we've been showcasing resources in the area that can help you live a healthier, happier life.

Now, each month, our Health Educator will visit these organizations and report back to you.

Her first assignment? City Cab Connection, which offers \$1 (or less) taxi rides on Wednesdays from 9:30 to 1:30 p.m.



Jess and Nick, City Cab

Jess reports: It was so simple. I called a day in advance and told Nick, the taxi driver, where and when I needed to be picked up and dropped-off. He was friendly and arrived on-time in a clean car. He explained that if someone can't afford the \$1, they can still get a ride.

The taxi service will pick-up and drop-off people from rural Bucksport, Orland and Verona Island and transport them to spots, such as BRHC, Hannaford, Community Pharmacy, and other spots. This is ideal for people who don't live near a bus stop.

Health Talk Tuesday
September 26, noon—1:00

Alcohol Use and Risk

Dr. Mark Publicker, Addiction Medicine Specialist, will present on alcohol use: how much is too much, risks involved, where to find help and more.

As always, bring your lunch and we will provide a healthy side dish!

September is Recovery Month. According to www.recoverymonth.gov:

“Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.”

Meet Our Team

Jessica Richards, MSHS-HE, CHES
Health Educator

Did you know we have someone at BRHC who can help you achieve your health and wellness goals, free of charge?

Jessica is a Certified Health Education Specialist who will meet with you one-on-one to develop your goals, cope with obstacles and achieve better health. Jessica also offers classes for things like quitting tobacco, preventing diabetes and more.

You can contact her directly to make an appointment and learn about upcoming classes.

Dial 469-7371, ext 260.





Martha's Menu
Martha Cole, MS, RDN, LD
Squish Squash Lasagna
 Courtesy of the USDA

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Ingredients

- 1/4 teaspoon canola oil
- 3/4 cup Fresh onions, peeled, diced
- 2 teaspoons Fresh garlic, minced
- 1 1/2 cups Canned low-sodium diced tomatoes
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 8 Whole-wheat lasagna sheets, no boil, 3 1/2" x 7" sheets
- 1 1/4 cups Fresh spinach, julienne cut "shoestring strips" 1/8"
- 1 Fresh medium butternut squash, peeled, seeded, sliced 1/4" (1 medium)
- 3/4 cup Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally.

Add 1/2 cup water. Mix well.

3. Divide sauce into 3 equal parts (about 3/4 cup each) and set aside for step 6.
4. Place pasta sheets in bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble lasagna.
5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

6. To Assemble:

- a. Place 4 lasagna sheets overlapping, covering bottom of pan
- b. Cover evenly with about 3/4 cup tomato sauce
- c. Spread half of the spinach (about 3/4 cup) evenly over sauce
- d. Place 11 slices of squash on top of spinach, slight overlap
- e. Repeat layering steps a-d
- f. Cover with remaining sauce (about 3/4 cup) and cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.
7. Remove lasagna from oven. Sprinkle cheese evenly on top.
8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.
9. Remove lasagna from oven and allow to rest for 15 minutes before serving.
10. Cut into 6 even pieces. Serve hot.

Time to Ask

September is National Recovery Month. The purpose is to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.

The annual theme is Join the Voices for Recovery: Strengthen Families and Communities. To learn more: www.recoverymonth.gov

Unhealthy alcohol use is a serious and costly public health issue that continues to remain underdiagnosed and treated. Alcohol misuse contributes to 88,000 deaths in the US each year; among working adults, one out of ten deaths is due to alcohol use.

In Maine, alcohol is the most commonly consumed substance with the highest need for treatment. Primary care settings are seen as ideal sites for early detection and prevention for individuals who may be at high risk for unhealthy alcohol use.

This practice is committed to helping our patients and communities to stay healthy. To that end, we are partnering with the Lunder-Dineen Health Education Alliance of Maine to offer our health care team the opportunity to learn more about alcohol and how to best to talk with our patients about it so that they can make healthy choices.

This education program being offered is called Time to Ask: Education that Transforms Conversations about Alcohol. To read more about this pilot program visit: <https://lunderdineen.org/alcohol-use-time-ask>



TIME TO ASK

*Education that transforms
 conversations about alcohol use*

A committee has formed at the practice to partner with Lunder-Dineen to develop the program so that it fits with the needs of the practice, the patients and the community.

The photo (right) is of some of the team members who meet monthly.

