

Message from the CEO

Carol Carew



We have exciting news. Kathleen McCall, MD, will be joining us in July. She will be located in our Ellsworth office with Drs. Nightingale and Bugbee. She went to Albany Medical School and entered a Family Medicine Residency Program at the Mayo Clinic, in Rochester, Minnesota. We are very excited to have her on board. She is accepting new patients right away.

July is Juvenile Arthritis Awareness Month. It is hard to believe but about 300,000 children have arthritis. For more information about the various types of this disease and its effect on kids, go to blog.arthritis.org/news/juvenile-arthritis

Summer is typically a time when we hit the road. If you have children that use a child safety seat, you should know that there are changes in the law. See the story in the next column. There is also a new "hands-free" law, effective July 1, that prohibits the use of cellphones and other devices while driving.

And the National Highway Traffic Safety Administration has summer driving tips to help keep you safe.

Learn more here: www.nhtsa.gov/summer-driving-tips-2019

We are all about keeping you safe and healthy.

We will be in the Bucksport Bay Festival parade, Saturday, July 20. And be sure to stop by our booth to say Hi. We'd love to see you and we will have giveaways and great information for you.

Carol

Cooking Matters® For Families

We are offering a free cooking and nutrition class to inspire healthy eating for the whole family!

Explore new foods, learn tips to make eating healthy the easy choice, and practice skills to prepare tasty, low-cost meals together at home.

Date: Mondays, July 15th - August 26th, 2019

Time: 3:00-5:00 p.m.

Where: BRHC, Bucksport

Hands-on lessons

- Food samples & recipes
- Free bag of groceries each week

Contact Jessica Richards to register:
469-7371 ext. 260



Survey Time

Patient satisfaction is very important to us at BRHC. It is an indicator of how well we are performing for our patients. We know that our patients and their families are changing and growing every day. We want your feedback on how we can best change and grow with you.

July kicks off our 2019 Patient Satisfaction Campaign. Please take a few moments to complete the survey after your appointment and let us know how we are doing or what we can do better to meet your healthcare needs.

Amanda Lally, RN, BSN, WCC
RN Manager Population Health,
Quality Improvement and Risk Management.

We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Clinical Applications Specialist
- Medical Director
- Lead Clinical Medical Assistant
Ellsworth Location
- Dental Assistant
Per Diem potential for Part/Full-Time
- Nurse Practitioner (FNP) SATURDAY'S ONLY
- Full-time Nurse Practitioner
Ellsworth location

New Child Car Seat Law

The new Maine car seat law states that children under two years of age must ride in a rear-facing car seat. Children ages two and older, who weigh less than 55 pounds, must ride in a harnessed seat (the kind that clips at the chest and the hips using a 5-point harness).

Children under eight who are less than 58 inches tall and weigh less than 80 pounds, who do not fall into the previous two guidelines, must ride in a belt positioning seat or booster seat. And children under 12 and 100 pounds should ride in the backseat if possible.

Continued on back

Walk-In Care: Monday - Friday, 7:30 a.m. to 9:30 a.m. and Saturdays 8:00 a.m. - 3:00 p.m.
You don't need to be a BRHC patient to visit Walk-In Care. We will treat everyone.

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org

New Car Seat Laws (continued from front page)

If you are confused by this or worried you might forget these numbers, remember this simple recommendation below from the Bureau of Highway Safety:

"All parents/caregivers need to use their current car seat until the maximum height and weight limits allowed by the manufacturers have been reached."

You do not want to "graduate" your child to the next type of car seat until he or she reaches the height or weight limits of the car seat because every time you move your child to the next type of car seat, your child loses protection. For example, a child in his second year of life is five-times *less* likely to die or be seriously injured if restrained in the rear-facing car seat position compared to forward-facing.

Tips for parents and caregivers:

Choose the right car seat. Check the manufacturer's requirements for age, weight and height. If you do not know the car seat's history, do not use it. Never use an expired car seat or one that may have been in an accident. If your child has special needs, contact your provider.

Read the car seat instructions. If you have lost them, you can usually download them from the manufacturer's website on the internet.

Choose the right position. Use your car's owner's manual and car seat instructions to determine the best location and position for your child. NEVER place a rear-facing car seat in the front seat with an active airbag.

Install your car seat correctly. Read the car seat instructions carefully. Common mistakes include looping the seat belt or LATCH through the wrong path, failing to lock the seat belt, and forgetting to use the top tether when orienting forward-facing.

Check your work. Place your hands at the base where the seat belt runs through. If you can move the base more than an inch to the right, left, forward or backward, keep tightening. Make sure the harness is tight enough on the child so that you cannot pinch any excess slack at the shoulder level. Position the chest clip at armpit level. Make sure the shoulder straps are looped through the correct slots (use your instructions for this).

Visit SafeKids.org for help or contact Jessica Richards, Certified Passenger Safety Technician: 902-1615 to get free help with installing. Families who qualify, may get a free car seat.

July 28 is World Hepatitis Day. What is hepatitis?

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections.

When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis. However, hepatitis is often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. If you are concerned about hepatitis, talk to your provider.

Visit www.cdc.org/hepatitis to learn more about this disease and what you can and should do to protect yourself.

Word Search: Our Providers

AVERY
BISWAS
BUGBEE
NIGHTINGALE
VACHON
WILLEY
WHITTEMORE
CLIFFORD
BENSON
GEORGE
MCCALL

SHAWLEY
LYFORD
HARLAN
HEEREN
GOSSELIN
WILLIAMS
GUALTIERI
MILZMAN
POOLE
GILLWAY

