



Bucksport Regional
Health Center



August 2020

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

It's August and that means we are celebrating National Health Center Week, August 9-15. Health Center Week was established decades ago to raise awareness about all of the benefits that a health center provides to its community. BRHC has been providing services for more than 45 years to everyone, regardless of their ability to pay. We will be doing a blood drive with the Red Cross and offer free fresh produce to anyone who wants it. Watch our website and Facebook page for more details.

Be counted! The U.S. Census Bureau is conducting the 2020 Census right now. This data is critically important because it will help inform how hundreds of billions of dollars in funding are distributed across our communities each year for community needs, like health care, roads, and libraries.

As of mid-July, 40.7 percent of households in Hancock County have responded to the Census. By contrast, in 2010, 47.5 percent of Hancock County households self responded. Currently, in Bucksport in mid-July, 52 percent of households have responded. The bottom line is that the Census makes a huge difference so if you have not been counted yet, please do so. You can respond online at www.2020census.gov or by phone at 1-844-330-2020 or by mail.

August is also National Immunization Awareness Month. This annual observance highlights the importance of getting the recommended vaccines throughout your life. It is the best way to protect yourself and your family against serious diseases, such as whooping cough, cancers caused by HPV, pneumonia, and others.

As fall approaches, and your children possibly head back to school, make sure vaccination is at the top of your checklist. You can talk to your health care provider about important vaccines. You can also use the CDC's adult vaccine assessment tool to see which vaccines might be right for you.

Be sure to read the article on COVID testing on page 2. We will be expanding this service. And remember our labs are open to the public so if you need lab work, come see us. It's quick and easy.

Have a great rest of your summer.

Carol

Meet Our Team: Patricia Gomm, Dental Receptionist

Pat has worked in healthcare for 33 years as a CNA, Phlebotomist, Unit Secretary and Cardiac Monitor Technician. She enjoys spending time with her family, including three children and five grandchildren, with one on the way. Pat has some serious baking skills with two years of culinary arts schooling under her belt. She also has a passion for camping, photography and gardening.



We are hiring ... Visit www.bucksportrhc.org.

- MA – Ellsworth – Part time 30 hours
- MA/Greeter - Bucksport – Full time
- Medical Director
- Lab Assistant/Phlebotomist
- LCSW – Behavioral Health Therapist - both locations
- FNP/PA - Bucksport – (every other Saturday only)

New Incredible Edible Garden Beds

We collaborated with Healthy Acadia and Maine SNAP-Ed, and are now growing a variety of fruits, vegetables and herbs to give to the community. The garden also provides educational opportunities because we are using the harvest in cooking classes and nutrition-based programming. Interested in volunteering or sponsoring new beds, fruit trees, etc.?



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

National Health Center Week
August 9 – 15

National Health Center Week was established decades ago to raise awareness of the impact Community Health Centers make on the health and wellness of the local communities they serve. It is also a time to celebrate everything that patients, community members and local partners do to keep them going strong. Check out our list below to see how you can take part as we celebrate our health centers and communities.

Sunday - Saturday
August 9-15

Find painted rocks that have the BRHC logo on trails in Bucksport and Ellsworth and be entered into a drawing for a \$50 Hannaford gift card! Send us a picture of the rock you found along with your name and telephone number via Facebook Messenger or email it to Jessica at jrichards@brhcmc.org.

Monday, Wednesday and Friday
August 10, 12, 14

Expanded Patient Appreciation Day:
Giveaways at both Bucksport & Ellsworth locations.

Wednesday, August 12:
American Red Cross Blood Drive

Give Blood get a COVID-19 Antibody Test at our Bucksport clinic from 1 p.m. - 6 p.m. An antibody test will show if your immune system has responded to the infection, meaning you have had the virus, NOT if the virus is currently present.

Those who donate will also receive a goody bag from BRHC. Appointments are required. Make yours by calling 1-800-RED CROSS or go to www.redcrossblood.org.

Also, Healthy Acadia will be offering free, fresh produce.

Word Search
Bird Watching

- | | |
|---------------------|----------------------|
| Grasshopper Sparrow | Bald Eagle |
| Magnolia Warbler | Green Heron |
| Blue Jay | Osprey |
| Cardinal | Northern Mockingbird |
| Seagull | Great Horned Owl |
| Blue Grosbeak | Downy Woodpecker |
| Rough Legged Hawk | Little Egret |
| Yellow Billed Loon | |

COVID-19 Testing Expansion

We are now conducting COVID-19 tests on individuals who are either symptomatic or asymptomatic regardless of whether they receive Primary Care services at our BRHC locations. We are using the most current and comfortable techniques available.

COVID-19 testing times:

- Wednesdays from 9:30 - 10:30 a.m.
- Thursdays from 2:00 - 3:00 p.m.

All tests are by appointment only, so please call 469-7371 and press option 6.

Check with your insurance provider for specific coverage information. Maine residents and non-residents who are uninsured may have their testing costs waived through state or federal programming. BRHC staff will assist patients with this process.

We do COVID-19 testing for walk-in care patients (walk-in care is still by appointment) and for patients with scheduled provider visits as well.

The days and times may be expanded or changed based of volumes so watch our Facebook page or give us a call.

