



**Message from the CEO**  
*Carol Carew*

Happy New Year. Starting Jan.1, a new law takes affect for people with private insurance - for example, through a job, or on the Marketplace, NOT Medicare, MaineCare, ect. - which says that if you have been referred for physical therapy, occupational therapy, radiology and imaging, laboratory and infusion therapy, you have the right to review your insurer's health care *price transparency tool* and choose a provider of this service, meaning you do not have to go to the person that your health care provider recommends if someone else offers the service cheaper. You can access that tool by going to your insurance company's website or by calling them. You can also find information at [comparemaine.org](http://comparemaine.org). This is an effort to get Maine consumers to "shop around" to get the most inexpensive price for the above services. We will have this information in exam rooms, too.

January is traditionally the time we decide to improve ourselves. We want to help you do just that so we are offering a lot of new classes, from fall prevention with Matter of Balance, to a Diabetes Prevention Program for sustainable weight loss and healthy lifestyle changes, and a winter support group for losing a loved one. We are also offering smoking cession classes if quitting is your goal for the new year, and of course, we still have free Tai Chi classes. All our classes and events will be on our website so visit us at [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

*Carol*

**Healthy Resource of the Month**  
**Downeast Community Acupuncture (DECA)**

*By Jessica Richards, Health Educator*

I received my first, but not last, acupuncture treatment at Downeast Community Acupuncture (DECA).

**Why get acupuncture?** Acupuncture activates your body's own system to heal, repair and restore. The benefits of acupuncture, especially as part of treatment for chronic pain, are well-known, and ongoing research shows us it may also be beneficial for other chronic conditions.

**Why go to DECA?** It's accessible and simple. Acupuncture may sound fancy, but here, it is affordable. You decide what you want to pay, from \$15 to \$35. They have hours to fit all schedules (days, nights, weekends, etc.). The process is easy, too. You sit down in a comfortable recliner, the acupuncturist asks a few questions and inserts the needles, and then you rest, typically for 20 to 60 minutes.

You'll likely have other people in chairs around you receiving treatments. The point is to sit quietly while you let the needles do their work. Many people feel relaxed and rejuvenated afterward. During my session, I felt a strong "wave" of sorts, followed by deep relaxation – and that's in the middle of a workday!

You can book your appointment or gather more information by calling DECA at 479-2944 or visiting <https://www.downeastca.com/>.

Health Talk Tuesday  
*January 23, noon - 1:00*

**Falls Risk with Arete Rehabilitation**

Tripping hazards can be everywhere and falls can result in serious injury. Be safe.

Enjoy a short presentation on fall risks and then get a free Falls Risk Assessment.

Bring your lunch but save room for our healthy side dish.



**caution**

**Meet Our Team**

*Martha Cole, MS, RDN, LD*



You've been reading her recipes for a while now so it's time you met her.

Martha is a registered dietician who can work with you to develop healthier eating habits. Whether you are trying to eat better for weight loss, manage a chronic health condition, such as diabetes, or prevent one in the future, Martha can provide the support and guidance you need to make a plan and stick to it. If you are interested in meeting with Martha, contact your primary care provider at BRHC.



Jessica (left) with Marie, Licensed Acupuncturist at DECA



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

### Tropical Overnight Oatmeal Recipe courtesy of the USDA

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning.

#### Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons sliced almonds

#### Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana & almonds.

[whatscooking.fns.usda.gov/recipes/myplate-cnpp/tropical-overnight-oatmeal](https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/tropical-overnight-oatmeal)

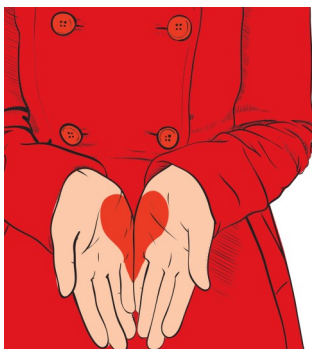
### January is Glaucoma Awareness Month

Glaucoma is a group of eye diseases that damages the optic nerve. Optic nerve damage is caused by increased pressure from fluid that builds up inside the eye. The amount of pressure that can cause damage varies from person to person. Glaucoma affects peripheral (or side) vision, narrowing the field of vision. Left untreated, glaucoma can cause total vision loss, which cannot be restored.

Early detection through a comprehensive dilated eye exam and treatment with medication or surgery can help reduce severe vision loss from glaucoma.

Visit <https://nei.nih.gov/health/glaucoma/> FMI

### National Wear Red Day



Wear Red! Join us in celebrating National Wear Red Day for women's heart health:

**Friday, February 2**  
**3:30 p.m. to 6:00 p.m.**

This is a fun, party-style event with fitness demos, Zumba dancing, health screenings, food sampling, giveaways and more. Wear **red** to enter to win prizes!

### Hypothermia in Seniors

Older adults are especially vulnerable to hypothermia, which can be deadly if not treated quickly. The National Institute on Aging (NIA), part of the National Institutes of Health (NIH), has some advice to help older people avoid hypothermia.

Hypothermia occurs when a person's body temperature drops below normal and stays low for a prolonged period of time. With advancing age, the body's ability to endure long periods of exposure to cold is lowered.

Seniors are at risk for hypothermia because their body's response to cold can be diminished by certain illnesses, such as diabetes, and some medicines, including over-the-counter cold remedies. Older adults may also be less active and generate less body heat. As a result, they can develop hypothermia even after exposure to relatively mild cold weather or a small drop in temperature.

Symptoms of hypothermia include: confusion or sleepiness, slowed or slurred speech, shivering or stiffness in the arms and legs, weak pulse, poor control over body movements or slow reactions.

If you suspect that someone is suffering from the cold and you have a thermometer available, take his or her temperature. If it's 96 degrees or lower, call 911 for emergency help.

Here are a few tips from NIA:

- Wear several layers of loose clothing when it is cold. The layers will trap warm air between them. Tight clothing can keep blood from flowing freely and lead to loss of body heat.
- Wear a hat, scarf, gloves or mittens, and warm clothes when you go outside in cold weather. Keep exposed skin to a minimum.
- To keep warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep legs and shoulders warm and wear a hat or cap indoors.
- Make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in older people.

Check with your doctor to see if any medications (prescription or over the counter) you are taking may increase your risk for hypothermia.

For more information, visit <https://www.nih.gov/news-events/news-releases/hypothermia-cold-weather-risk-older-people>