



June is Men's Health Month



Message from the CEO *Carol Carew, RN, BSN, MBA*

Happy June! Lots of information about all that is special about this month. As you can see to the right, June is Men's Health Month. And June 10-16 is actually Men's Health Week, with the 14th being Wear Blue Day to raise awareness for Men's Health. Wear Blue Day is always the Friday before Father's Day.

If you are planning BBQs or good old fashioned cook-outs this summer, be sure to read the back page. Maybe clip and save. Many people get sick because they don't handle food properly. This can be most problematic for the very young and for older adults whose immune systems can be compromised. And it's not just meats. The side dishes can pose a risk too.

Did you know that June is also National Camping Month? If you are planning on going camping, remember to stay hydrated, keep your phone with you, and watch out for ticks!

Happy summer everyone!

Carol

Did you know?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make half as many physician visits for prevention as women

There are also health conditions that only affect men, such as prostate cancer and low testosterone.

Many of the major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.

The good news is that you can start taking steps to improve your health today!

Steps to take care of your health:

- Eat healthy and get active, at least 150 minutes per week. Include strength training at least 2x a week.
- If you drink alcohol, drink only in moderation. No more than 2 drinks per day.
- Quit smoking. This includes other tobacco products like chewing tobacco and e-cigarettes.
- Know your family's health history
- Get screening tests to check for health problems before you have symptoms
- Make sure you're up to date on your vaccines

June days of note:	S	M	T	W	Th	F	Sa
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June 14: Wear Blue Day	2	3	4	5	6	7	8
June 16: Father's Day	9	10	11	12	13	14	15
June 19: Juneteenth	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
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We are hiring ...
Visit www.bucksportrhc.org to learn more.

- School-based Clinician, LCSW
- Phlebotomist I
- Dental Hygienist, per diem
- 2 Medical Assistants (Ellsworth & Bucksport)
- Medical Assistant (per diem Saturday Bucksport)
- Patient Account Representative - HAC Coordinator

June is PRIDE Month

Pride Month honors the resilience and progress of the LGBTQ+ community as they continue the fight for equality and acceptance. In what became a historic moment in June 1969, the New York Police Department (NYPD) raided the Stonewall Inn, a gay bar, in Manhattan's Greenwich Village. Patrons and staff resisted the aggressive police actions, which drew an ever growing angry crowd.

After six days of protests and violent clashes with the police, the event became known as the Stonewall Riots. It was a pivotal moment in the gay rights movement.

Learn more here: www.history.com/topics/gay-rights/the-stonewall-riots

Varicose Veins and Other Leg Pain



Do you have painful varicose veins, leg swelling, venous leg ulcers, chronic leg fatigue, heaviness and discomfort?

Come see us in Ellsworth.

Dr. Stephen Nightingale is an expert in treating vein problems and has continually had wonderful results for his patients. Don't suffer anymore.

FREE Veggies!

Take part in our veggie giveaway the third Wednesday of every month from 11:00-4:30 in Bucksport. We are grateful to Good Shepherd Food Bank for supplying the produce.

This giveaway is free and open to the public. Come see us in Bucksport and get some produce!



Safe Cook-Outs!

<https://www.usda.gov/media/blog/2022/06/30/your-top-10-food-safety-tips-summer-grilling>

As you plan summer cook-outs, remember these food safety tips to keep your barbecue free from foodborne illness:

Clean Your Grill. Scrub the grill clean before use.

Defrost Safely. Thaw frozen beef, poultry or fish safely in the refrigerator, cold water or a microwave oven. Cook **immediately** after thawing.

Avoid Cross Contamination. Separate raw meat and vegetables by using different cutting boards and cooking utensils.

Check Internal Temperatures. Cook food to a safe minimum internal temperature by using a food thermometer:

- Fish: **145 F**
- Ground meats: **160 F**
- Pork: **145 F** (rest for at least 3 minutes before serving)
- Poultry (ground or whole): **165 F**

Thoroughly Cook Frozen Meat. Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly.

Use Food Thermometers Correctly on Burgers. Insert the thermometer through the side of patty until the probe reaches the center.

Beware of the "Danger Zone." Bacteria multiply fast between 40 F and 140 F, called the Danger Zone. Perishable food needs to be eaten or refrigerated within two hours (one hour in 90 F temps)

Store Leftovers Properly. Divide leftovers into smaller portions and put in shallow containers in the fridge or cooler.

Keep It Cool. Pack coolers with ice bags, gel packs or frozen water bottles and use thermometer to ensure food is at 40 F or less.

Cookout Humidity Black Flies Mens Health	Pride Watermelon Food Safety Ice Cream	Camp Swimming Thunder Vacation
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