



## Message from Carol Carew, CEO

We are still having some great weather but fall is definitely on its way. Pumpkin spice is showing up everywhere and school buses are out in full force in the mornings.

As the kids go back to school, just another reminder that we have a School-Based Health Center at the Ellsworth High School, which is available to all Ellsworth School District students and staff. Some of the conditions we can treat are: asthma, cough/cold, fever, stomachache, sprains, dental care, immunizations, counseling, to name a few. The SBHC is very convenient for students and for parents.

September is Pain Awareness Month. Having chronic pain can be life altering and extremely difficult to live with. We have a program called Pain on the Brain that may be able to help you if you are experiencing chronic pain. Talk to your health care provider and ask about it.

And watch this space as we will be holding flu shot and COVID shot clinics in the very near future. Dates and times will also be on Facebook and Instagram so be sure to follow us there. (See right for info on children and the flu.)

*Carol*

## We are hiring ...

Visit [www.bucksportrhc.org](http://www.bucksportrhc.org) to learn more.

- Medical Assistant
- Dental Hygienist
- FNP/PA every 3rd Saturday, Walk-In Care
- School-Based Clinician , LCSW
- Patient Account Representative/HAC Coordinator
- LCSW Integration & Family Services Therapist
- Dentist

## Free Fruits and Veggies in Bucksport



We have a free veggie/fruit giveaway every month from 11:00 - 4:30 in Bucksport.

Watch our social media pages for specific days and vegetables/fruit.

## Children and the Flu

Visit [CDC.gov](http://CDC.gov) to learn more

Flu season is upon us and our kids are vulnerable. They have so much close contact with others that it is harder for them to stay healthy. Children are at a higher risk of developing serious flu-related complications, particularly children under 5 years old and more so for those under the age of 2.

A flu vaccine offers the best defense against flu and its potentially serious consequences. It can also reduce the spread of flu to others. Getting vaccinated against flu has been shown to reduce flu illnesses and death in children.

Flu is actually more dangerous than the common cold for children. Each year, millions of children get sick with seasonal flu and thousands of children are hospitalized. Some die from the flu. Complications from flu among children under 5 years old can include:

- Pneumonia: an illness where the lungs get infected and inflamed
- Dehydration: when a child's body loses too much water and salts, often because fluid losses are greater than from fluid intake
- Worsening of long-term medical problems like heart disease or asthma
- Brain dysfunction such as encephalopathy
- Sinus problems and ear infections
- Death, in rare cases

The best way to prevent flu is with a flu vaccine. The CDC recommends that everyone 6 months and older get a seasonal flu shot each year, ideally by the end of October, since it takes about two weeks after a vaccination for the body to develop antibodies against flu virus infection.

It's recommended people get vaccinated *before* influenza begins spreading in their communities. Some children will need two doses of flu vaccine. Those children should get the first dose as early in the season as possible.



## September is Prostate Cancer Awareness Month

FMI Visit [Basic Information About Prostate Cancer | CDC](#)

Depending on a man's age and other factors, his health care provider may recommend getting screened for prostate cancer. While any male can get prostate cancer, the risk is higher for men who are 50 or older, are African American, and/or have a father, brother, or son who had prostate cancer.

Prostate cancer, is the second most common cancer in men in the U.S., and is more common in older men than younger men.

Here are some things to consider, and discuss with your health care provider when deciding if you want to get screened:

- Many prostate cancers grow so slowly that men won't have symptoms or die from the cancer
- Treatment for prostate cancer can cause problems like erectile dysfunction (impotence) or loss of bladder control
- Prostate screening sometimes says you have cancer when you really do not, and follow-up tests can cause problems like infections

When you visit your provider, write down your questions ahead of time and take them with you. It can be stressful and easy to forget important points. If possible, take someone with you to take notes. It is too difficult to remember everything the provider discusses.

### These are some of the recommended questions for you to ask:

- Am I at high risk for prostate cancer?
- Are there things I can do to lower my risk for prostate cancer?
- What are the risks and benefits of prostate cancer screening and treatment for me?
- Are there any warning signs or symptoms of prostate cancer to look out for?
- If the results of the screening test show that I might have prostate cancer, what are my options for diagnosis and treatment?



## September is Baby Safety Month

FMI Visit [Safe Sleep – Cribs and Infant Products | CPSC.gov](#)

Sleep is critical for children's health but how and where they sleep can be a cause for concern. And you play the biggest role in keeping your child safe, no matter how old they are.

With any crib, bassinet or play yard, follow a few simple rules to keep babies sleeping safely.

- To prevent suffocation, never place pillows or thick quilts in a baby's sleep environment.
- Make sure there are no gaps larger than two fingers between the sides of the crib and the mattress.
- Proper assembly of cribs is paramount. Always follow the instructions provided by the manufacturer and make sure that every part is installed correctly. If you are not sure, call the manufacturer for assistance.
- Do not use older cribs or broken or modified cribs. Infants can strangle to death if their bodies pass through gaps between loose components or broken slats while their heads remain entrapped.

## Enjoy Word Search

Labor Day	Homework	School Bus
Back to School	Sports	Backpacks
Pumpkin Spice	Classrooms	Apples
Football	Friends	September

p	h	p	r	c	w	o	t	e	e	s	n
c	a	o	l	p	m	f	l	c	b	k	t
i	l	r	m	o	k	l	a	i	y	c	y
k	p	a	e	e	a	o	a	p	a	a	a
h	p	o	s	b	w	e	k	s	r	p	d
i	s	r	t	s	m	o	s	n	o	k	r
r	p	o	m	o	r	e	r	i	k	c	o
l	o	o	h	c	s	o	t	k	c	a	b
f	r	i	e	n	d	s	o	p	b	b	a
o	t	y	t	m	i	h	u	m	e	l	l
s	s	c	h	o	o	l	b	u	s	s	k
b	s	r	b	o	w	a	p	p	l	e	s