



Message from the CEO

Carol Carew



Hard to believe that we are halfway through summer. One of the best things for us this season, is National Health Center Week, August 7 - 13. In honor of Health Center Week, we are holding a **Health Fair for Kids, Saturday morning, August 13, 9 to 11.**

We'll be offering sports physicals for anyone, not just BRHC patients, for the low price of \$20 with no insurance billing. Book your appointment now! We will also do immunization screenings and free immunizations, if necessary, along with an orthopedic sports clinic about avoiding injuries that will also offer information on concussions.

Our Behavioral Health team will talk about bullying and we will have healthy eating demonstrations. Tooth varnishes will be provided free of charge. Children's dental care is very important to growing up to be a healthy adult.

Bring the kids to this event and send them back to school even more prepared. Enjoy the activities and be sure to put your child's name in the raffle to win an elementary school or high school backpack filled with school supplies!

And don't miss our Health Talk Tuesday session on canning. You worked hard to grow your garden. This is a great way to enjoy it year round.

I'd also like to welcome the Bucksport Police Department to BRHC Health Beat. See their important story on the next page. And if you are traveling this season, be alert every minute. We have seen far too many accidents.

Carol

Healthy Organization of the Month is the Orland Community Center...

The Orland Community Center offers many resources to help you incorporate healthy living into your life. The center houses a full gym complete with cardio and weight training equipment, fitness classes such as Zumba and Spin, and adult sports including pick-up volleyball, pickleball and more.

Community members may use the center's conference room for social functions and take advantage of the services offered by the many businesses within the center, such as massage therapy and nutrition counseling.

Congratulations Orland Community Center on being our
Healthy Organization of the Month.

Health Talk Tuesday

Growing your own vegetables this year?
Unsure how to go about preserving them?
Join us for Health Talk Tuesday on August 16th at 1:30 for a demonstration on canning.



Staff from H.O.M.E. Inc. will teach you the ins and out of preserving your bounty so you can enjoy it into the winter. Call now to save your spot. Refreshments will be served!

Urgent Care is available for our patients every Saturday, from 8:00 - noon! Call ahead or just walk in.

Outdoor games

Whoever said games like Kick-the-Can and Cops-and-Robbers are just for kids? See how much fun getting active can be by playing a classic outdoor game with your family and friends.

Capture the fun with a picture and send it to our Health Educator Jessica Richards at jrichards@brhcme.org to be posted on our Facebook page.

Here are a few ideas to try:

- Octopus Tag
- Spud
- Ringolevio
- Dandy Shandy
- Red Light, Green Light!
- What's the Time Mr. Wolf?
- Flashlight Tag



Have you liked our Facebook page?

It's a great place to find lots of info about what we are up to!

And see great pics!



Martha's Menu

Martha Cole, MS, RDN, LD

Grilled Steak & Black Bean Tacos

Diabetic Cooking July/August 2012

Ingredients

1 teaspoon ground cumin
 1 teaspoon chili powder
 1 teaspoon garlic salt
 12 ounces skirt steak, trimmed of fat
 4 slices red onion (1/4 inch thick)
 Nonstick cooking spray
 2 cloves garlic, minced
 1/2 cup salsa
 1 cup canned no-salt-added black beans, rinsed & drained
 1/2 cup chopped fresh tomato
 8 corn tortillas, warmed
 1/2 cup chopped fresh cilantro
 Lime wedges and lime juice (optional)



Directions

Prepare grill for direct cooking. Combine cumin, chili powder, and garlic salt in small bowl; sprinkle evenly over both sides of steak. Coat steak and onion slices lightly with nonstick cooking spray.

Grill steak and onions, covered, over medium-high heat 4 to 5 minutes per side or until steak is barely pink in center and onion is tender.

Spray large skillet with cooking spray; heat over medium heat. Add garlic; cook and stir 30 seconds. Add beans, salsa, and tomato; cook and stir 5 minutes or until heated through.

Slice steak crosswise into thin strips; separate onion slices into rings. Serve in warm tortillas with salsa mixture and cilantro. Garnish with lime wedges and lime juice, if desired.



Are you really OK to drive?

By Chief Sean P. Geagan,
 Bucksport Police Department

Maine has very stringent OUI laws in order to keep its citizens safe. The Blood Alcohol Content (BAC) for a person in the State of Maine to be charged with OUI is .08%.

Many people think they have this down to a science as to how much they can consume and how long they have to wait until they can drive so that they are under the limit. The truth of the matter is the intoxilyzer machine is the only one that really knows what a person's exact BAC is.

One must remember that a person with a BAC slightly under the legal limit of 0.08% can still be charged with OUI depending on the circumstances; this is what people refer to as "buzzed driving."

My recommendation is that if you drink, don't drive and play the guessing game. You are not only putting your life on the line but many others as well!

It is also important to note, for all of our citizens out there that are under 21 years of age that it is illegal for you to consume alcohol period, and it is also illegal for you to operate a motor vehicle after any amount of consumption. The penalties for all of these violations are too long to list.

Let me just say that it is not something you want hanging over your head for the rest of your life. Make the right decision and don't drink and drive.

Officers of the Bucksport Police Department now have a new line of trading cards available. See the Chief's above.

Visit www.bucksport.gov/police to see what the cards look like. Ask a police officer about them and how you can collect the whole set!



← Meet our Team

Join Kathy Bonollo (left) and Angela Lyford, LCSW, (right) having a friendly game of Kick-the-Can!

Angela and Kathy are an essential part of our Behavioral Health team.

Kathy is our Behavioral Health Coordinator/Integration Assistant, and Angela is a licensed clinical social worker specializing in children's behavioral health care.