Eastport Health Care, Inc.

GET UP AND GO GO

November 2016
Volume 2 Issue 10

Reduce Your Holiday Stress

The holidays can bring joy, but they can also bring stress. Whether you are worried about money, gift-giving or finding enough time to get everything done, using the following coping mechanisms can help you manage and reduce your holiday stress.

Get organized—Writing down the things you need to do or places you need to be can help you visualize your to-do list and make it seem much more manageable.

Know that it's OK to say "no"—If attending an event that isn't important to you will interfere with you getting work done or running errands, just say "no" politely.

Create and stick to a budget—Money is one of the biggest holiday stressors for people. Set a realistic budget this holiday season and don't go over it.

Ask for help when you need it—You don't have to decorate, wrap presents or cook by yourself. Ask friends or family members to help you complete these tasks.

EHC Wellness Team

Libby Bryant
Kathleen Esposito
Bonnie Glynn
Holly Gartmayer -DeYoung
Deb Kelly
Wanda Matthews
Deb Pottle
Deb Shields
Mary Stubbs
Jordyn Turner
Kevin Sample

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

News Worthy!!

2016 in Review

2016 Dental Department Happenings

Tiffany had Baby Jemma March 23 after being put out of work early due to premature labor

Dr Tina Bourgoin also had a complicated pregnancy due to preeclampsia and Jax was born April 26

Dr Ektare signed on for 4 years –YAH!!!

Sue Drew had a new baby granddaughter, Paige in September

Jessica Brown joined EHC fulltime splitting her hours with dental and the business office

Kathleen got married in St John in April, had a reception in June at Rossport, and changed her name to Kathleen Dunbar.

Jessica Andrews "Prized employee of the dental department" filled in for Tiffany maternity, fills in for any position needed, handles all the phone issues, and just a pleasure to have in our dept.

Eastport Medical Department

Cindy Light has taken a new position as Information Management and Regulatory Compliance Coordinator.

Deb Pottle, Certified Diabetic Educator

Tammy Carr & Barb Vittum started two groups

Smoking Sensation and Nutrition, both very well attended

Podiatry

Dr. Degen has drafted a bill to change the current practice act for podiatry. The bill has a sponsor, has been submitted and should receive a document number very soon. He will be testifying during public hearings as soon as the bill goes to committee.

Behavioral Health Department

Congratulations to Dr. Ryan Smith, 2016 - Maine Young Physician of the year award from the Maine Osteopathic Association!

Libby Bryant, a new baby granddaughter, Caitlyn in March

Jordyn Turner received the PCA—Clinical Support Staff Excellence Award

Ann O'Brien 2017 Maine's Nurse Practitioner of the Year

Ponuwon Brodeur has finished her 3rd semester in the Applied Psychology Bachelors degree program with a 3.8 grade average.

Barbara Richardson, RN joined the department in September.

Tammy Carr,LCPC Received her CADC

Machias Medical Department

Mary Stubbs new grand-daughter on May 24 Gabriella.

Outreach & Enrollment

Obamacare

Open enrollment for Obamacare started on November 1, and goes until January 31. We have had 172 community members come through the health center, DECH and Calais Hospital so far. I take appointments here in Eastport on Monday, Wednesday & Friday, with some openings available in the mornings on Tuesday and Thursday. I'm at DECH Tuesdays afternoons and Calais Hospital on Thursday afternoon.

We will continue to enroll folks until January 31.

Obamacare News Alert! January 1st enrollment deadline has been extended to December 19th.

Easy Ginger Bread Man Cookies

Fun project to do with the kids & grand-kids!

Ingredients

1 pouch Betty Crocker™ gingerbread cookie mix
Butter, water and egg called for on cookie mix pouch
1/2 container (1-lb size) Betty Crocker™ Rich & Creamy vanilla or creamy white frosting
Few drops red food color
1 bottle (2 oz) Betty Crocker™ Decorating Decors red cinnamon candies
2 blue mini confetti sprinkles
Betty Crocker™ black decorating gel (from 0.68-oz tube)

Directions

1 Heat oven to 375°F. In medium bowl, stir cookie mix, butter, water and egg until soft dough forms.

2 On generously floured surface, roll dough to 1/4-inch thickness. Cut with 2 1/2-inch gingerbread person cookie cutter. On ungreased cookie sheets, place cutouts 2 inches apart. Using a bit of remaining dough, create elf hat by cutting triangle 1 inch long. Place hat on top of head of 1 gingerbread cookie.

3 Bake 8 to 10 minutes or until edges are set. Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.

4 In small bowl, mix 2 tablespoons of the frosting with food color to desired red color. Place remaining frosting into

Upcoming Events:

- December 17 @ 3:00 pm - 5:00 pm Mostly Celtic Music Concert at Crow Town Gallery, Lubec
- New Year's Eve Great Sardine and Maple Leaf Drop December 31 at Bank Square, downtown Eastport
- January 7, 2017 @ 12:00 pm - 3:00 pm Zombie Apocalypse Is Coming to Machias! University of Maine Machias Gym, 116 O'Brien Machias, ME 04654

Eastport Health Care is an equal opportunity employer & provider

Caregiver Community Circle

A local Community Circle is convening to provide a milieu for Caregivers and others to converse, receive support and build a network of resources ~

All are welcomed, please join us!

Where: Christ Church on Key Street in Eastport

When: Monday, December 19, 2016 at 10:30

Need more info? Please Contact:
Holly DeYoung: hdeyoung@eastporthealth.org (*853-4045*)
or Bob St. Clair: bbobstc@gmail.com

LBGTQ Community Circle :
Strengthening Gay-Straight-Trans Alliances

Washington County for Gay Straight Trans Alliances!

Please lend your voice!

Where: Health Equity Alliance (7 VIP Drive, Machias)

When: Monday, January 9, 2017 6:00pm-7:30pm [snow date: Jan. 16, 2017]

Need more info? Please Contact:
Holly DeYoung: hdeyoung@eastporthealth.org (*853-4045*) *or Lois-Ann Kuntz: lkuntz@maine.edu*

Please join Eastport Health Caren a

Eastport Health Care

Community Circle
Topic:

Behavioral Health Integration:

Improving our System of Care Delivery

We are committed to collaborating with local resources to improve access and the quality of care for our community.

This Community Circle is brainstorming sustainable change in our health delivery system for clients with mental illness and dual diagnosis substance use disorder. PLEASE JOIN US!

We are seeking direct guidance from care receivers,

local NAMI Maine, AND care givers.

Light refreshments will be served

Contact:
Holly Gartmayer-Deyoung
Eastport Health Care
853-6001
hdeyoung@eastporthealth.org

Thursday January 12, 2017
6:00 PM at:
Down East Community Hospital
MacBride Building
11 Hospital Drive
Machias , Maine