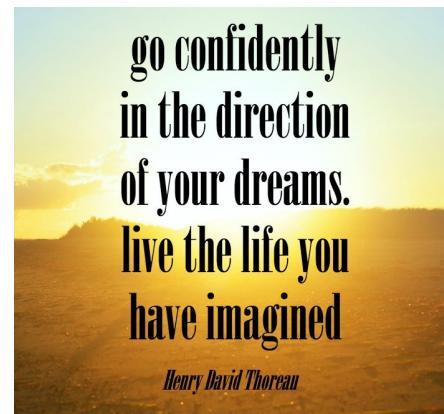


Eastport Health Care, Inc.

GET UP AND

GO GO

January 2017
Volume 3 Issue 1



7 Ways to Kick Start Your New Year

1. Regard- *If men could regard the events of their own lives with more open minds, they would frequently discover that they did not really desire the things they failed to obtain. – Andre Maurois* Review your [essential priorities](#). What do you want to do in the New Year? What can you sensibly do? What is most important to you?

2. Remove - *Why do you hasten to remove anything which hurts your eye, while if something affects your soul you postpone the cure until next year? – Horace* At times life is hectic. There is too much to do and to little time to do it in. Therefore, remove the clutter. Do what is important and put aside distraction.

3. Reduce - *Reduce your plan to writing. The moment you complete this, you will have definitely given concrete form to the intangible desire. – Napoleon Hill* What are your goals? Write them down. Have specific and [achievable goals](#) for self, family, work and friends.

4. Reason - *Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person. – Albert Einstein* Aim for just enough so you may put your energy into the things that matter.

5. Real - *Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. – Abraham Lincoln* Be yourself. [Be true to your values](#) and beliefs.

6. Reflect- *Life is a mirror and will reflect back to the thinker what he thinks into it. – Ernest Holmes* Slow down. Take time to reflect on life's lessons. In the moment we are lost and found.

7. Relationships - *Cherish your human connections: your relationships with friends and family. – Joseph Brodsky* [Love what you have.](#)

EHC Wellness Team

Libby Bryant

Kathleen Esposito

Sue Drew

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.

Detox water with Citrus and Cucumber

This detox water recipe contains fresh ingredients which will help you clean out your kidneys and improves your skin. It also helps detoxify bacteria in your body as it contains anti-oxidant compounds which could activate detoxifying enzymes. It is also great for helping your digestive system. As a result, it can be an effective remedy for bloating. Moreover, it makes you feel good and refreshed!

Ingredients

- ½ sliced lemon
- ½ sliced lime
- 1 cup sliced cucumber
- 1 tsp sliced ginger (add more when needed)
- ½ sliced orange (optional)
- ½ gallon purified water
- Small handful of peppermint leaves

Directions

Mix all of these contents in a large pitcher.

Add ice cubes if desired, or refrigerate for at least 2 hours before drinking. Enjoy.

Note: It is important to throw away the water after 24 hours since the ingredients tend to be soggy and the citrus gives off a strong taste.



Upcoming Events:

- January 21 @ 6:00 pm - 9:00 pm, Contra Dance at Crow Town Gallery, As usual the Callery will be Alba Brigs. Live music will be provided by O'McCrelli. the band consists of Kara McCrimmon, Jim O'Neil, and Jon Viselli.
- January 29 @ 3:00 pm - 5:00 pm, \$40.00, Anime Drawing, Basic and Advanced, | Recurring Event , including structure, technique, and setting up the image. Students will bring their own art supplies, such as: paper, pencils, colored pencils, Machias Memorial High School, One Bulldog Lane, Machias, ME 04654
- February 4 @ 10:00 am - 5:00 pm, Group Snowmobile Trail Ride, Downeast Lakes Land Trust, 4 Water Street, Grand Lake Stream, ME 04668 United States

Eastport Health Care is an equal opportunity employer & provider



Message from Holly

My hope is all staff and the Board had a lovely holiday season. We commence 2017 with a change in administration and very likely changes in health care policy as well as funding. I will keep you all informed concurrently and plan to have EHC as a strong voice in a national advocacy initiative created by National Association of Community Health Centers (NACHC). Our individual and collective voices will be called upon to share the value of our health center to our community. How you may be able to help will be shared through meetings, emails, and Senior and Program Leadership.

We are creating areas of focus for 2017 (i.e.: Chronic Disease Management and EMR functionality) and are looking for your input. Please share your ideas with your supervisor or send me an email message!

Upcoming Community Circles: The GSTA Community Circle: 2-6-2016 at 6p at HEAL on Route 1; IBH Community Circle: 1-12-2017 at 6:00 at DECH Board Room [focus has been homelessness and substance use disorder]; Caregiver / Palliative Care Community Circle: -26-2017 at 10:30am at Episcopalian Church on Key Street [focus is on lending our voices to Age Friendly EP conversation]. EHC is being featured in a MPCA webinar series on 1-12-2017 regarding the value of Community Circles in Patient Engagement efforts and will be co-presenting with the MPCA at the 2017 Maine Quality Counts Annual Conference.

MEHAF is visiting EHC on 1-12-2017-EHC is represented on their Community Advisory Community and provides valuable feedback on how their foundation can best support us in Washington County.

Thank-you for your presence at EHC and for the care and services we provide to our patients.

Holly

'Alone we can do so little, together we can do so much' Helen Keller

Holly Gartmayer-DeYoung, CEO



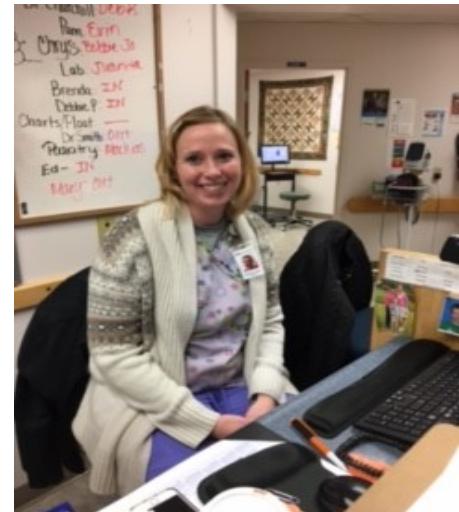


News Worthy!!

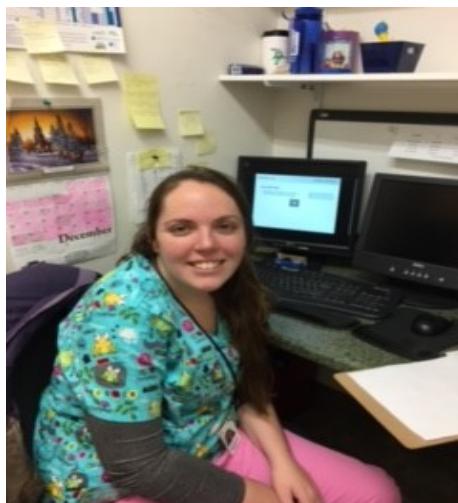
Welcome to Eastport Health Care



Megan Andrews has accepted the full time position for Receptionist. She lives in Eastport with her daughter and is pursuing a future career in nursing.



Erin Cox, MA joined the Medical department in September. She lives in Edmunds with her 2 sons. Erin rec received her RMA @ WCCC ,and is a registered Phlebotomist tech.



Kya Brown, is currently studying at WCCC. She will graduate in May with her MA, She lives in Pembroke with her fiancé and is originally from Mass. She has accepted the part time per diem position in the Medical Department .