

Newsletter

EHC INITIATIVES:

SPRING INTO THE PATIENT PORTAL

Q: What is the patient portal?

A: Easy online access to your health information.

Q: How do I get access?

A: Let a staff member know you are interested and we will send you a link to your email. You can sign up as a proxy to have access to the portal for other family members.

Q: Why should I do this?

A: You can communicate with your PCP, request refills, check your labs, and keep track of all your health info.

Q: How soon can I sign up?

A: Anytime but if you sign up this Spring, you can enter into a raffle for a prize in June!

Q: Why is the Patient Portal so important?

A: The Patient Portal is an opportunity for you to be engaged in your own health. You can be empowered with 24/7 access to personal health information and spend more time with your PCP during your visit.

STAR AWARDS

STAR stands for Stewardship, Teamwork, Attitude, and Reverence.

EHC will be honoring staff members who exemplify these values. There will be a form coming soon for employees and patients to fill out for those they would like to nominate!

More to come on when and how staff will be recognized.



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NEW LOOK!

Check out our newsletter every other month for new information and opportunities about great things happening here and in the community.

If you would like info added to this newsletter, contact:

Brandy Argir, RN by emailing

newsletter@eastporthealth.org

MARCH IS NATIONAL NUTRITION MONTH

Make half your plate fruits and vegetables. Include more non-starchy vegetables, including leafy greens, each day. Choose whole fruit over juice.

Increase fiber by choosing whole-grain foods each day: Brown rice, buckwheat, oatmeal, whole-wheat breads and cereals.

Choose lean meats, poultry and fish. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products.

Use less salt and more pepper, herbs and seasoning to help control blood pressure.

Skipping meals can make you hungry, moody and unable to focus. Stick with an eating pattern that works for you.

Eating while doing other things may lead to eating more than you think.

Eat a balance of carbohydrate-rich foods by spreading them evenly throughout the day.

“CHANGING EATING HABITS CAN BE THE MOST CHALLENGING ASPECT OF DIABETES SELF-MANAGEMENT, BUT **DIABETES IS MANAGEABLE.**”

SPOTLIGHT:

Deb Pottle, RN/CDE is EHC'S chronic care manager and diabetic educator. She was invited to Maine Primary Care Association's Legislative Breakfast for her Diabetes Program. More info to come on an NPR feature story for her Diabetes Programs.

Diabetes Class: 1-3pm on 4/18, 4/25, and 5/2. Diabetes Prevention Class Starting 4/23. Call to sign up!

APRIL IS ORAL CANCER AWARENESS MONTH

Regular oral examinations performed by your oral health professional is the best method for detecting oral cancer in its early stages. When detected and treated early, complications from cancer treatment are reduced and survival rates increase. Even after treatment, many patients struggle with long-term complications such as severe facial disfigurement or difficulties with eating or speaking.

Risk factors for oral cancer: Tobacco product use, heavy alcohol use, exposure to natural and artificial sunlight for long periods of time

Have your dental staff check the following conditions: mouth or lip sores that do not heal, thickening of mouth tissue, white or red patches of the oral cavity, bleeding from the gums, change of voice, persistent clearing of the throat or persistent sore throat, loose teeth, ill-fitting dentures, trouble chewing or swallowing, and/or jaw swelling.



Celebrating St. Patrick's Day (from left to right) are Brandy, Juanita, Jordyn, and Deb in the Eastport Office Medical Department.

EASTPORT HEALTH CARE NEWS

Brenda Voisine, RN will begin her new position as COO in April as Brandy Argir, RN will finish her onboarding as Director of Patient Care at the end of March.

Elaine Abbott will be starting as Outreach and Enrollment Coordinator as **Deb Shields** retires in April. Thank you Deb, for all your work in the community and EHC!



Lehann Bronson has joined the Machias Behavioral Health Department as a Patient Services Representative. Welcome!

Dr. Simmons, DPM will be starting in July as a full-time Podiatrist. More information will be available soon!

Dr. Ektare announced he will be leaving in December and recruitment for a Dentist is already underway. Thank you for your great work and contribution to the dental department!

HEALTHY LIVING:

Senior Needs-Age Friendly Community Circle: 4/26 at 1:30

Wellness Class:

Thursdays 12-1

Circle of Hope for Substance Use Disorders:

1st Thursday of the month at 6pm

LGBT Community Circle:

3/21 at 5:30-7

Caregiver and Ostomy Support:

Last Friday of the month from 11-1

Call 853-6001 for more information about these EHC supported community groups.

We are dedicated to improving the health of all community members. We recognize wellness involves more than just medical, dental, and behavioral services.

Please contact us with info for ongoing and upcoming community events.

COMMUNITY ENGAGEMENT

The Senior Center hosts lunch every Wednesday from 10-12:30 and an exercise class every Tuesday and Thursday from 10-11.

For the Way to Wellness programs: Smoking Cessation, Cancer Navigation, and Weight Management & Healthy Eating, call 853-6001 and ask for Barb Vittum.

Eastport Arts Center hosts Yoga on Saturdays at 10, Ecstatic Dance Tuesdays at 5, and International Dance Thursdays at 4:30.

Visit eastport-me.gov for more information about various open-to-the-public committee meetings, a list of attractions in Eastport, and a calendar of community events.

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LETTERS TO THE EDITOR

Eastport Health Care wants to hear what you have to say so we can celebrate our achievements and identify areas in need of improvement. Tell us about your experiences. Stop in to leave a comment card at any of our three locations in Eastport, Machias or Calais.

Letters to the editor can be sent directly to:
newsletter@eastporthealth.org.

