



Eastport Health Care Newsletter

*Providing
Comprehensive
Care in
Washington County*

PLEASE WELCOME DR. SIMMONS, DPM TO EHC!

Q: What does a podiatrist do?

A: They provide routine foot care, diabetic foot care, and podiatric procedures in addition to sports medicine.

Q: Where can I have my podiatry appointment?

A: Dr. Simmons will be at Calais on Mondays, Eastport on Tuesdays, and Machias on Thursdays and Fridays. He will be visiting other facilities on Wednesdays.

Q: How do I obtain a podiatry referral?

A: Talk with your PCP about a referral. We will then call you to make an appointment.

Q: What is Dr. Simmons' favorite thing about Washington County?

A: "The pace of life here!"

CHECK IT OUT!

The New Brochure

The Eastport Health Care brochure has been redesigned to match the new look of the newsletter and showcase all of EHC's programs and services. Please let us know what you think so we can continue to improve the brochure!

Star Awards

Please join us in celebrating all of our Star Award Nominees for the month of July! Beth Cosman, Brenda Voisine, Cindy Light, Crystal Atkinson, Diane Bell, Elaine Abbott, Erin Cox, Greg Lingley, Jodi Buskirk, Jordyn Turner, Lillian Cox, Lori Huckins, Mary Stubbs, Megan Andrews, Phyllis Seeley, Robin Bickart, Roxy Woodworth, Tammy Carr, Tiffany Hilderbrand, and Wanda Matthews.

Jordyn Turner, CMA, was the lucky winner this month and took home a special star award gift basket!

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Check out our newsletter every other month for EHC news and upcoming community events! We also want to hear about your experiences at our health centers in Eastport, Machias and Calais.

If you would like info added to this newsletter or would like to send in a Letter to the Editor, please email:

Brandy Argir, RN at
newsletter@
eastporthealth.org

SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Dental Decay and Childhood Obesity

Obesity and dental caries, also called cavities, are global public health problems. Both problems effect children as well as adults. Childhood dental caries and body weight are linked via the common risk factor of diet.

Although the causes for obesity and cavities vary, many of the contributing factors are rooted in evolving changes in lifestyle and environment, including changes in

physical activity and healthy food choices.

Parents and caregivers can reduce a child's risk for both obesity and dental caries! Ask your family dentist about:

- Good nutrition for both oral health and overall general health
- Tips for healthy snacking
- A balanced diet
- Good dental care at home

About **1 in 8 women** born today in the United States will get breast cancer at some point. The good news is that **most women can survive breast cancer** if it's found and treated early.

SPOTLIGHT!

Lillian Cox, our Referrals Specialist, manages the Maine Breast and Cervical Health Program. This program is available for qualified patients to receive annual gynecologic services.

Lillian can also assist you in signing up for the Patient Drug Assistance program if you have difficulty affording your medications.

Call her directly at 853.0187 for more information.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Maine Breast and Cervical Health Program

You may qualify for free annual gynecologic services, including mammograms, if you are a Maine woman, age 40+, you have no health insurance or you have a high deductible, and you meet income guidelines at or below 250% of the Federal Poverty Level. Certain exceptions apply so please ask for more information if you are interested.

Mammogram Recommendations

Breast cancer is the most common kind of cancer in women after skin cancer. If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them. If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms

EASTPORT HEALTH CARE NEWS



Free Emergency Food Bags

No income requirement and they are available to all who may need them. Ask any staff member for more information. Please help spread the word!

Community Health Center Week

Along with 1200 other community health centers across the US, we celebrated Community Health Center Week (August 4th-10th) by recognizing our staff who work together serving our community, our volunteer Board who support the programs and services at EHC, and our patients, who entrust their health care to us. Pictured above is Elaine, Outreach and Enrollment Coordinator, with Bryan Wyatt from the Maine Primary Care Association, during fresh produce day in August. Pictured below is our a team of helpers transporting fresh produce to EHC.

Fresh Produce at EHC every first Monday of the Month!

Good Shepherd Food Bank supplies a variety of produce to EHC every month. No income requirement and they are available to all, not just patients. 185 people took home 200 pounds of produce last August!

Summer Photo Scavenger Hunt

EHC staff have been searching for the best summer photo. Patients now have the opportunity to make the final vote! Finalist photos will be posted in the waiting room. Be sure to come check out the gallery wall at your next visit to view all of the great photos!



SUPPORT GROUPS

Senior Needs-Age Friendly Community Circle:

Next meeting is 9/10 at 1:30pm in the EHC boardroom.

The Butterfly Effect:

Formerly known as the Circle of Hope, this group now meets every 2nd and 4th Thur. at 6pm in the Downeast Recovery Support Center in Machias.

Downeast Rainbow Alliance:

Next meeting is 8/27 at 6:30pm at UMM.

Way to Wellness:

Classes are Tue. in Machias and Thur. in Eastport. Topics vary, please contact Barb at 322.0960 for more information or talk to your provider for a referral!

The Senior Center :

Lunch Wed. @ 12 and
Exercise Class Tue./
Thur. @ 10.

Eastport Arts

Center: Yoga Sat. @
10, Ecstatic Dance Tue.
@ 5, and International
Dance Thur. @ 4:30.

Labor of Love Food

Pantry: Fri. 2:30 -
6:30 pm, 2nd Tue. 9 - 11
a.m. Emergency Rations
on 3rd, 4th and 5th Tue.
9 - 11.



Eastport Health Care, Inc.

Eastport: 853.6001

Machias: 255.8290

Calais: 454.3022

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COMMUNITY ENGAGEMENT

Senior Center: Durable medical equipment and incontinence supplies are available Wed. 8-3 and Tue./Thus. 10-11.

Call for Volunteers: Through collaborative efforts at the Senior Needs-Age Friendly Community Circle, the City of Eastport has purchased a vehicle for free transportation around the city. Interested in volunteering to help drive? Please call City Hall.

Caregiver Bracelets: This new free service for caregivers in Eastport alerts emergency responders that you are a caregiver to ensure your loved one is cared for in your absence. 911 dispatchers keep all of your information. Please call City Hall to sign-up.

DIABETES INFORMATION

Programs

Diabetes Prevention Training (DPT):

Our Certified Diabetic Educator, Debbie Pottle, RN, leads a CDC recognized diabetes prevention group classes.

Diabetes Self-Management Education and Support Services (DSMES):

Debbie also co-leads this program along with Mona VanWort, a Registered Dietician. This program is offered in individual or group sessions.

For more information about participating in either program, please call 207.853.6001.

Impact

Debbie's efforts and leadership have helped many community members and families. After officially launching in 2016 with accreditation through American Association of Diabetic Educators and Center for Medicare/Medicaid, the program has decreased program participants' HgbA1c from an average of 9 to 7.6 in Year 1 and from 8.7 to 7.5 in Year 2. EHC is the only health center in Maine to achieve recognition for our accredited diabetes programs.