



The Eastport Health Care Newsletter

Providing Comprehensive Care in Washington County

THERE IS STILL TIME!

Q: Where can I get a flu shot?

A: Regular, high-dose, and egg-free flu shots are available at EHC. You may also get a flu shot at your local pharmacy.

Q: When can I get a flu shot?

A: Vaccines can be given at your next appointment or on our Friday "Injection Schedule". Just call for an appointment ahead of time.

Q: Who should get a flu shot?

A: Everyone 6 months of age and older should get a flu shot every season with rare exception.



STAR AWARDS: NOVEMBER NOMINEES

Ann O'Brien, Bridgette Holmes, Cindy Light, Dr. Ektare, Ed Farrell, Elaine Abbott, Elaine Trainor, Erin Cox, Greg Lingley, Helen Merchant, Jessica Andrews, Jodi Buskirk, Jordyn Turner, Kathleen Dunbar, Kristina Allen, Krystin Smith, Lillian Cox, Mary George, MaryEllen Boone, Megan Andrews, Melinda Batchelder, Patricia Todd-Lewis, Paula O'Dell, Roxy Woodworth, Sue Drew, Tiffany Hilderbrand.



Megan Andrews 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!

If you would like info added to this newsletter, please email us at

newsletter@eastporthealth.org

JANUARY IS CERIVICAL CANCER AWARENESS MONTH

Eastport Health Care wants you to know that there's a lot you can do to prevent cervical cancer!

HPV (human papillomavirus) is a very common infection that spreads through sexual activity and causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many don't know they are infected.

The good news? The HPV vaccine can prevent HPV. Additionally, cervical cancer can often be prevented with regular screening tests and follow-up care. Thanks to the healthcare reform law,

these services may be free of charge. Check with your insurance company to learn more. If under-insured, the Maine Breast and Cervical Cancer Program can help! Ask to speak with Lillian, our referrals specialist, for more information.

Current recommendations:

Regular cervical cancer screenings at age 21 for all women.

HPV vaccination for pre-teens at age 11. HPV vaccination for women up to age 26 and men up to age 21 if not already received.

Over 11,000 women in the US get cervical cancer each year.

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

The Center for Disease Control and Prevention named water fluoridation as 1 of the 10 greatest public health achievements of the 20th century. Here are some things you need to know:

Fluoride is a naturally occurring mineral that helps to strengthen the enamel of your teeth. Tooth decay occurs when specific bacteria in your mouth feed on carbohydrates that you eat and produce acid. Over time, this acid can wear the enamel away, causing decay. If decay is left untreated, it can lead to pain, infection, and even tooth loss. Fluoride helps to make enamel more resistant to decay but can also help re-mineralize and strengthen weak enamel. It also helps make developing teeth stronger in children before the teeth even erupt! This is especially important because, according to the ADA, tooth decay is 5 times more common in children than asthma and 7 times more common than hay fever.

Almost all water has some level of fluoride in it naturally, but rarely enough to help prevent tooth decay. Water fluoridation occurs when a city adds the optimal level of fluoride to be safe but also effective. Grand Rapids became the first city in the world to add fluoride to its public drinking water in 1945. Since that time, 70 years of research and over 3,200 scientific papers have shown water fluoridation to a safe, efficient, and cost effective way to reduce the incidence of tooth decay. We know from decades of scientific research that drinking fluoridated water reduces cavities by up to 25% in children and adults.

Water fluoridation is very inexpensive for communities and is currently being utilized by about 75% of the US population. The cost per person ranges from 50 cents to \$3.00, according to the ADA. The savings in dental care equates to up to \$20.00 per dollar invested! Additionally, the fluoride usually reaches everyone regardless of income, access to dental care, or personal homecare habits. One in four children in the US are living with untreated tooth decay and 100 million Americans live without dental insurance. It helps to balance out health disparities in areas of low socioeconomic status because it reaches everyone. As people are living longer, water fluoridation will benefit seniors who often suffer from dry mouth or have exposed root surface. Both of those conditions put them at a higher risk for tooth decay.

Eastport is a fluoridated community. But if you live in a community outside of town that may not be fluoridated, or you have well water with lower than optimum levels, your dentist or pediatrician could prescribe fluoride supplements to your child.

EASTPORT HEALTH CARE NEWS

Welcome Ellen Krajewski, MPH, EHC's new CEO!

Ellen brings a background in and a passion for community health centers and rural health. Before coming to Maine, where both she and her husband have familial ties and fond memories, Ellen served in community health center leadership roles in Vermont and rural north central Pennsylvania, including founding and growing a large community health center. She has been a rural health advocacy leader and champion of health centers throughout her career, and is eager to serve EHC patients, staff, and communities. She and her husband, Philip, have purchased a home in Eastport and are enjoying discovering Down East Maine.

Staff Certifications and Changes

EHC is pleased to announce that Kathleen Dunbar, RDH, has received her Independent Practice Dental Hygienist authority as an add-on to her current license. Roxanne Woodworth has also completed her Human Resources Certificate.

Caitlyn Stellrecht has joined the Dental Department as a per diem dental assistant. Shayleigh Curtis, CMA has joined the Medical Department in Machias full-time.

Brenda Voisine, RN, will be transitioning into a new role. She will be back in the Medical Department in Eastport as a full time Chronic Care Manager. She is looking forward to working directly with patients to improve health outcomes.

Competition Winners!

Mary Stubbs won the EHC 4th QTR Challenge! Staff competed for the most "activity points" from October to December 13th. Mary won by a landslide with 135 points!

Brandy Argir won third place in the Maine Department for Health and Human Service's National Rural Health Day Photo Contest. The winning photo features a sunrise over Quoddy Bay.



SUPPORT GROUPS

Senior Needs-Age Friendly Community Circle:

Next meeting is January 10th, 1pm in the Eastport Clinic board room.

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 January 10th, at 5:30 in the EHC board room. Snow date is January 24th.

Way to Wellness:

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

All support groups meet at variable times and locations. It is best to call us ahead of time for the most up to date information.

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.

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COMMUNITY NEWS

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 on-demand transportation to certain community assets. Interested in volunteering to help drive? Need a ride? Please call City Hall.

In Case of Emergency Bands: Eastport residents are invited to join this program developed by the Senior Needs-Age Friendly Community Circle! Obtain a free I.C.E. band to alert emergency responders that 911 dispatchers have your emergency contact information securely stored. Please call City Hall to sign-up.

DID YOU KNOW?

Eastport Health Care Helps Address Food Insecurity

Good Shepherd Food Bank supplies Free Emergency Food Bags to EHC. Simply ask any staff member for more information if you have an urgent need for food.

Good Shepherd Food Bank also supplies fresh produce to be distributed on the first Monday of every month. A couple hundred pounds of fresh produce of all varieties are available. Get here early as doors open at 11 AM and they go quickly!

There is NO income requirement for either of these programs and neither is limited to EHC patients. Food is available to all community members who express a need, there will be no questions asked. We do ask how many people are in the household simply to provide information to Good Shepherd Food Bank so that they can track their impact.

Both programs are coordinated by Elaine Abbott, EHC's Outreach and Enrollment Coordinator. If you have any questions, comments, or concerns, please call 853-6001 and ask to speak with her.

