

The Eastport Health Care Newsletter

*Providing
Comprehensive
Care in
Washington County*

IT'S NOT TOO LATE TO GET YOUR SEASONAL FLU SHOT!

Flu Shots are available

Eastport location: Call to schedule an appointment **207-853-6001**
Machias location: Call to schedule an appointment **207-255-8290**.
Pediatric, adult and >65 doses available.

HEP A WALK-IN CLINIC

Clinic will be held Saturday, December 4th, from 9:00am to 3:00pm at the Eastport Health care office.

COVID-19 VACCINE BOOSTERS

Booster shots have been approved and there is an ability to mix and match. For more information on the Covid-19 Vaccine Booster please check out the CDC website: www.CDC.gov

EHC is in the process of scheduling dates and times for all three Covid-19 Vaccine Boosters, we are encouraging patients to call **207-853-0190**, leave contact information and what booster you want.

COVID-19 VACCINE AND TESTING

The EHC Vaccine line is **207-853-0190**. EHC plans to hold weekly vaccination clinics at the Port Authority and community testing at our Calais location on Wednesday and Saturdays.

Testing:

Eastport Health Care is offering **ID NOW** COVID-19 testing at our Calais Office located at 55 Franklin Street Calais, ME.

ID NOW is a molecular COVID-19 test that is accepted at the Canadian Border and to detect COVID in people experiencing symptoms or for those who have had close contact.

The EHC Testing Line is **(207) 454-0864**, leave your name and contact information. Someone will contact you back within 24hrs.

EHC encourages patients to check EHC Facebook page for updated dates and times.



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Check out our newsletter every month for EHC news and upcoming community events!

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

newsletter@eastporthealth.org

HEALTH CARE JUST GOT MORE AFFORDABLE

Enroll in 2022 Health Coverage Now at Maine's New Marketplace , CoverME.gov

Open Enrollment for 2022 health coverage is here and better than ever. The time to enroll is between **November 1, 2021 and January 15, 2022**. This year, thanks to new federal funding, more than 80% of people shopping at CoverME.gov now qualify for financial assistance to help pay for health insurance. Even if you weren't eligible in the past because of your income, it's time to take a second look. All across the state people are finding their low-cost health plans at CoverME.gov, Maine's New Health Insurance Marketplace.



At CoverME.gov you can compare plans, apply for financial assistance, and get free help from your local experts to enroll.

Find a plan with low-monthly premiums and out-of-pocket costs that fits your needs and budget, and get covered for your medical appointments, prescriptions, emergency care, mental health care, substance use treatment and more

For free help, contact our Maine Enrollment Assister, Eunice Francis 207-853-0189

More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.—CDC

NOVEMBER IS DIABETES AWARENESS MONTH

5 Healthy Eating Tips for the Holidays:

1. Holiday-Proof Your Plan

Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.

If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.

Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.

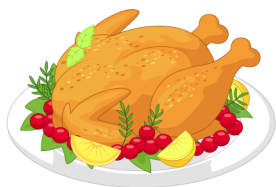
If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

Have a small plate of the foods you like best and then move away from the buffet table.

Start with vegetables to take the edge off your appetite.

Eat slowly. It takes at least 20 minutes for your



brain to realize you're full.

Avoid or limit alcohol. Alcohol can lower blood sugar and interact with diabetes medicines.

Check your blood sugar more often.

3. Fit in Favorites

If you plan for it, no food needs to be on the naughty list. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

Being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

For more information visit:

www.CDC.gov/diabetes

EASTPORT HEALTH CARE NEWS

EHC Lighthouse Award

EHC created a new employee recognition program that is taking the place of the Star Award. The new program is called the “Lighthouse Award” and will run on a quarterly basis.

The Lighthouse Award is to be used to recognize employee contributions that have exceeded expectations to shine their light. The employee contribution must be for an action that is beyond the scope of the employee’s regular day-to-day activities and assignments.

Kelsey Pike, Medical Assistant for the Eastport office received the Lighthouse Award this quarter, you are definitely a Beacon of Light for patients and colleagues. Congratulations!

Indigenous People’s Day

The EHC Board of Directors approved adding Indigenous Peoples’ Day to the EHC holidays we close for. Indigenous People’s Day falls on the second Monday in October.



A Message from the CEO

I continue to be impressed by the hard working EHC staff during this pandemic. No one is exempt from the stresses, yet EHC employees show up and deliver day after day. This is because of commitment to patients, the community, to each other, and to their own goals in life. And even though COVID-19 continues to prevail in the news and in conversations – understandably! - there is so much more than COVID-19 happening at EHC. We are about primary care, dental care, behavioral health care, podiatric care, and yes, we are about pandemic care, too.

November is National Diabetes Awareness Month and we have a menu of services available to our patients with diabetes, thanks to Debbie Pottle, RN, CDCES (that’s Certified Diabetes Care and Education Specialist), and Kristina Schaeffer, Community Health Worker. Patient care has continued, using virtual appointments as needed. Educational classes have continued, thanks to our partnership with Eastport Arts Center and their large meeting room that allows people to gather in safe and socially distant ways. Continuous glucose monitoring using the latest technologies is available to patients.

This is what I’m talking about. Our care teams go the extra mile to engage patients and move the dial on our patients’ well-being. EHC clinicians use sound scientific information to drive treatment, while also listening to patients. That’s why, even during a pandemic, EHC is doing what we do best, and that is caring for our communities, patient by patient.

Thank you for choosing EHC!

Ellen

Ellen Krajewski, MPH, CEO

SUPPORT GROUPS

Downeast Recovery Support Center:

Machias: 207-259-6238

Calais: 207-952-9279

AA Meeting

Every Friday, 6:30pm-8:30pm at the Eastport Senior Center.

211 Maine:

For resources in your area please dial 211 or visit: www.211maine.org

COVID Support:

Have questions about COVID-19 testing or vaccination? Call our Vaccine Line 853-0190 or Testing Line 454-0864, or send a message through your patient portal.

Second Baptist Church

Thanksgiving Dinner,
November 25th. 12-2pm.
21 Church St. Calais
Pick-up only!

Labor of Love Food Pantry:

Fridays, 2:30 - 6:00PM.
For Emergency Rations
call 853-0812, leave a
message.

Eastport Senior Center:

Meals will be served every
Wednesday starting at
12pm.

Exercise class, 11am on
Tuesdays and Thursdays.



Eastport Health Care, Inc.

Eastport: 853.6001

Machias: 255.8290

Calais: 454.8300

30 Boynton St.
Eastport, ME 04631
www.eastporthealth.org



HOLIDAY NEWS AND EVENTS

Calais United Methodist Church

Shining Star: Calais United Methodist Church has started their Shining Star Christmas toy program. To donate or request assistance call (207)454-0203.

Thanksgiving Dinner will be held on November 24th at 5pm located at 849 Main Street in Calais.

Christmas Magic: Downeast Community Partners is starting their Christmas Magic for 2021! Please call Cherie at 610-5908 and ask about the upcoming toy drive or to request assistance.

Wednesday Night Meals: Cornerstone Baptist Church holds weekly dinners open to the community, every Wednesday, starting at 6pm. Donations are welcome but not mandatory.

Eastport Arts Center

Ornament Making Workshop, Sunday, November 21st from 1-4pm. Email: alison@eastportartscenter.org to register.



STAY SAFE DURING THE HOLIDAYS

Here are some safer ways to celebrate the holidays:

- ◆ Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- ◆ Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
- ◆ Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
- ◆ Outdoors is safer than indoors.
- ◆ Avoid crowded, poorly ventilated spaces.
- ◆ If you are sick or have symptoms, don't host or attend a gathering.
- ◆ If you are considering traveling for a holiday or event, visit CDC's Travel page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are fully vaccinated. If you are not fully vaccinated and must travel, follow CDC's domestic travel or international travel recommendations for unvaccinated people.

By working together, we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends !

For more Holiday Safety TIPS, go to www.CDC.gov