



The Eastport Health Care Newsletter

*Providing
Comprehensive
Care in
Washington County*

FLU SEASON IS FAST APPROACHING!

Flu Shots are available

Eastport location: Call to schedule an appointment **207-853-6001**

Machias location: Flu Shot Clinic will be held all day on October 13th



COVID-19 RESPONSE

The EHC Vaccine line is **207-853-0190**. We are planning to hold booster clinics in the near future and will announce them on our Vaccine line when they are scheduled. Until then, please call Walgreens or Walmart to schedule an appointment.

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.

To schedule an appointment, please call **(207) 454-0864**, leave your name and contact information. Someone will contact you back within 24hrs.

IMPORTANT:

On the day of your appointment, please stay in your vehicle and an EHC employee will come to you.

Testing dates and times for October 2021 are as follows:

Saturday Oct 2nd 8:30am - 12:30pm

Tuesday Oct 5th 8:30am - 12:30pm

Wednesday Oct 6th 12:30pm – 4:30pm

Saturday Oct 9th 8:30am – 12:30pm

Wednesday Oct 13th 12:30pm – 4:30pm

Saturday Oct 16th 8:30am – 12:30pm

Wednesday Oct 20th 8:30am – 4:30pm

Saturday Oct 23rd 8:30am – 12:30pm

Wednesday Oct 27th 8:30am – 4:30pm

Saturday Oct 30th 8:30am – 12:30pm

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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

SEPTEMBER IS WORLD ALZHEIMER'S MONTH

- Currently 5.5 million Americans are living with Alzheimer's.
- Alzheimer's is a **degenerative brain disease** that slowly destroys memory and thinking skills.
- Symptoms may appear around **60 years old** as forgetfulness or cognition problems, like being able to find the right word.
- If you are a caregiver for a loved one with dementia or Alzheimer's, it is extremely important you take time for yourself. If you cannot care for yourself, how can you care for anyone else?
- **According to the Alzheimer's Association, research is still evolving, but evidence shows that people can improve cognitive decline by making lifestyle changes, such as regular physical activity, staying socially engaged and maintaining good heart habits.**

Alzheimer's is the 6th leading cause of death in the US.—Alzheimer's Association

SELF-CARE MATTERS

BEING MINDFUL OF OUR PERSONAL WELLNESS IS KEY TO SUSTAINING A HEALTHY LIVING

Healthy Habits...

Did you know on average, it takes a person more than 60 days to incorporate a new healthy habit into their lives...mind blowing right? Have you thought about drinking more water or maybe eating more veggies? Whatever it is, the steps to form a healthy habit are pretty straight forward.

- ⇒ Focus on ONE healthy habit you want to form.
- ⇒ Make a plan
- ⇒ Identify obstacles
- ⇒ Keep yourself accountable and stay on track
- ⇒ Set reminders for yourself (use your phone or sticky-notes)
- ⇒ Know that this takes time, so be patient with yourself.
- ⇒ Be kind—reward yourself!



To learn more about healthy habits visit:

[newsinahealth.nih.gov](https://www.newsinahealth.nih.gov)

Mindful tip 101: Choose one task every day to do mindfully.

Quote of the month: “You can’t pour from an empty cup.” —Joseph Fleming

Positive affirmation: I easily embrace change and I’m developing new positive habits.

EASTPORT HEALTH CARE NEWS

Biggest Loser Challenge

EHC staff are taking on the Biggest Loser Challenge from August to December 2021. If you happen to see the staff doing push-ups in the hallway, you know why!

Happy National Health Center Week!

National Health Center week was from August 8-14. EHC celebrated their patients by putting together a basket full of goodies to raffle off at the end of the week. Great job to everyone who put this together!

EHC also celebrated their staff by hosting a staff luncheon that was catered by Jess Francis and her mobile food kitchen, known as Jess' Mobile Kitchen. Thank you Jess!!

A Message from the CEO

While there are a few promising signs nationally that the pandemic maybe winding down, here in Washington County we are still in the red zone with new COVID-19 cases and exposures every day. In these times of pandemic stress, anxiety, and fatigue, self-care and prevention strategies are reliable tools for avoiding physical and mental burnout. Basic prevention includes getting your flu and COVID-19 vaccinations, and practicing good health behaviors, such as getting enough rest, movement, and healthy nutrition. Keeping up with health maintenance visits and health screenings is important active prevention as well.

Here at Eastport Health Care, we can assist you with all of this. We have Community Health Workers helping patients and facilitating access to needed community resources, such as nutrition, fresh food, transportation and healthy living classes. Our CHWs assist patients with navigating the world of health care. They offer insurance outreach and enrollment support to patients and community members who may need it. Open enrollment is underway, a time when those covered by insurance marketplace products, Medicare, and MaineCare, need to enroll or re-enroll. Insurance information can be confusing and difficult to wade through, and EHC staff are trained to help people make important insurance decisions.

Please reach out to us if we can be of assistance as you make healthy choices for yourself. Taking care of our communities is our mission and it is what we do, and that means you.

Stay Safe and Well,

Ellen

Ellen Krajewski, MPH, CEO

SUPPORT GROUPS

Downeast Recovery Support Center:

Machias: 207-259-6238

Calais: 207-952-9279

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.

Eastport Arts Center:

Virtual Yoga—Contact anchorandbalanceyoga@gmail.com

Labor of Love Food

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



Eastport Health Care, Inc.

Eastport: 853.6001

Machias: 255.8290

Calais: 454.3022

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



COMMUNITY NEWS AND EVENTS

Downeast Rainbow Alliance: Next meeting will be on, Thursday, November 4th 2021 via Zoom. Check the Downeast Rainbow Alliance Facebook page or email downeastrainbowalliance@gmail.com for zoom link and updates.

Website: www.downeastrainbowalliance.com

Eastport Arts Center: Moose Island Mischief, EAC’s original podcast program, is set to premiere this October. The podcast includes interviews and performances by Maine artists as well as satirical advertisements and news segments. The program will be available to stream on SoundCloud and YouTube starting October 8th.

Family Craft Time: Saturday, October 16 at Eastport Art Center, from 1:30-3:30pm. Halloween-themed shadow boxes or vignette trays. The event is planned for all ages; participants are asked to wear masks.

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.

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. 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.

Monday, October 4th is the date to save! Please arrive after 11:00AM at our EHC parking lot.

If you have any questions, comments, or concerns, please call: 207-853-6001 and ask to speak with Kristina.

