



The Eastport Health Care Newsletter

Providing Comprehensive Care in Washington County

BOOSTERS FOR AGES 12—17

Booster shots are now recommended for everyone, age 12 and older. Please get boosted to make yourself, your loved ones and your community safer.

Individuals who are 12 through 17 years old are only eligible for the Pfizer booster shot.

For more information on the Covid-19 Vaccine Booster please check out the CDC website: www.CDC.gov

EHC encourages patients to call 207-853-0190, leave contact information and what booster you want.



AT-HOME TESTING KITS

EHC is participating in HRSA’s COVID-19 Individual at-home testing kit distribution program. Please watch the EHC website or Facebook page for distribution information. We anticipate receiving more kits for distribution in the near future.

COVID-19 VACCINATION AND TESTING

The EHC Vaccine line is **207-853-0190**.

Starting Monday, January 31st, Alf Wakeman, C-PA, and Downeast Public Health Nurses will be offering pediatric COVID-19 vaccinations at 116 O’Brien Ave., Machias once a week, on Mondays, 12 PM to 6 PM.

EHC is only testing patients who are symptomatic or have been exposed.

Please check our Facebook page or website for vaccination and testing updates, as well as test kit distribution, and share the information with those who may need it.

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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

HEALTH CARE JUST GOT MORE AFFORDABLE

Open Enrollment for 2022 health coverage is here and better than ever. The enrollment period is between November 1, 2021 and January 15, 2022. However, if you have a qualifying event throughout the year, you qualify for a special enrollment. 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.

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 also find a dental plan.

**For free help, contact Eunice Francis
207-853-0189**

According to American Red Cross, each year, an estimated 6.8 million people in the U.S. donate blood.

JANUARY IS NATIONAL BLOOD DONOR MONTH

Donating Blood is Essential

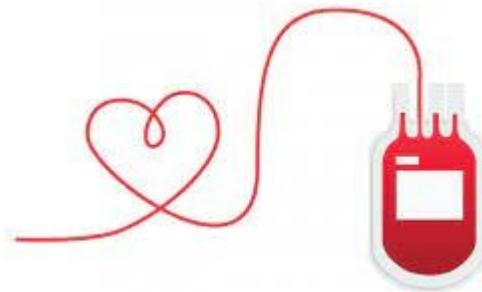
About 328 million people currently live in the U.S. Each year, approximately 6.8 million people in the U.S donate blood. Annually, this adds up to about 13.6 million units of whole blood collected for donation in the U.S. The Red Cross provides about 40% of our nation's blood and blood cell components to donors. Your blood donations are used for patients in need of surgery, cancer treatment and transfusions for blood loss from traumatic injuries.

Want to know more about the blood supply in the U.S.? Visit www.redcrossblood.org

Where can I donate blood?

Wednesday, January 19th
Calais Knights of Columbus
2 Park Street in Calais
1:00pm—6:00pm

Thursday, January 20th
E.L. Hennessey Training Center
1 Colonial Way in Machias
1:00pm—6:00pm



Appointments are needed. Schedule online, www.redcrossblood.org or call:

1-800-RED CROSS.

EASTPORT HEALTH CARE NEWS

Welcome Alf Wakeman, PA-C, EHC's new Pediatric Provider!



Photo by: Greta Rybus

Eastport Health Care is pleased to announce Alf Wakeman, Certified Physician Assistant, has joined our care team and will be seeing pediatric patients in Machias starting February 28, 2021, located at 116 O'Brien Ave Sennett Hall at UMM.

Please call (207) 255-0980 to schedule an appointment with Alf.



A MESSAGE FROM THE CEO

The region, and indeed the country, is heading into a new pandemic phase now that individual at-home testing is becoming much more widely available. Individuals are able to make informed decisions about actions and behaviors. EHC has been distributing free in-home tests to individuals and families, and to organizations serving vulnerable populations. These tests are meant to be in the hands of those who will use them and those who need them. Please share any tests you may not use in the immediate future, while tests are not yet available to all.

EHC continues to vaccinate against and test for COVID-19 at our primary care sites in Eastport and Machias. Sending a shout out to staff who do the testing and the vaccination, and all who support this entire process, from the phone calls to the data entry!

Meanwhile, EHC continues to address community primary care needs by increasing access to care. Terri Mumme, FNP, is seeing patients in Eastport, and Kelly Leslie, FNP, has relocated to our Machias location. Alf Wakeman, C-PA, is joining EHC in late February, and will be seeing patients at EHC's new pediatric clinic at University of Maine at Machias.

Here's to a Healthy 2022!

Ellen

SUPPORT GROUPS

Downeast Recovery Support Centers:

Machias: 259-6238

Calais: 952-9279

AA Meeting

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

Women's Healing Circle

Tuesday nights 6—7 PM at Pleasant Point Elderly Mealsite. Contact Eunice 214-7788 or Annette 904-9961

Wellbriety

Thursday nights, 6:30-7:30 at the Pleasant Point Elderly Mealsite. Contact: Ambrose 423-8351

COVID Support:

Have questions about COVID-19 testing or vaccination? Call our Vaccine Line 853-0190 or Testing Line 454-0864.

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.

Cornerstone Baptist

Serving supper every
Wednesday at 6:00pm.

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

Pediatrics: 255-0980

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



Find us on
Facebook

COMMUNITY NEWS

Eastport Health Care

Healthy Living For Me—Living Well for Better Health

This class is being offered by EHC, it focuses on helping participant manage their chronic diseases and symptoms. You will receive the tools and tips you need to manage your chronic condition, live a healthier life, and to take back control.

This is a 6-week FREE class offered on Zoom, Wednesdays 1–3 PM expected to start January 19th. Please call Deb Pottle or Kristina Schaeffer at 853-6001 to sign up!

Gentle Flow Yoga with Katie

Katie Wilson, leader of EAC's Gentle Flow Yoga — Every Saturday from 8:30-9:30 am. Please contact Katie—anchorandbalanceyoga@gmail.com—for information about how to participate.

DID YOU KNOW?

NEED HELP PAYING FOR RENT OR UTILITIES?

Downeast Community Partners administers Maine Housing's Rental Assistance Program in Washington and Hancock counties. Applicants must apply on the MaineHousing website.

To apply for benefits, please visit MaineHousing's website, www.mainehousing.org

The program was designed to assist tenants who cannot afford to pay their rent or utilities due to circumstances related to the coronavirus pandemic.

You can apply for this program even if you applied and received funds under the other previous programs.

Under the expansion, renters can apply for up to 18-months of rent and utility aid. This includes retroactive payments spanning from April 2020 to current, plus three-months.

If you or someone you know may need assistance with the application process, please call our Community Health Worker, Eunice Francis, 207-853-0189