

Eastport Health Care, Inc.

GET UP AND

GO GO

February/March
2017
Volume 3 Issue 2



Heart Disease

Heart Disease is a common term for coronary artery disease. It is the number one cause of death in both men & women over the age of 60 in the United States.

Causes—Heart Disease is caused by atherosclerosis—a build up of plaque in the inner walls of the arteries—which narrows, slows or blocks the flow of blood.

Risk Factors— High blood pressure, High LDL Cholesterol, Type 2 diabetes, smoking, being overweight, or obese, lack of physical activity and using illegal drugs, such as cocaine.

Warning Signs— The symptoms you experience depend on the type and severity of your heart condition. Common signs and symptoms include the following: shortness of breath, dizziness, chest pain or discomfort, heart palpitations, and weakness or fatigue.

Call your doctor if you begin to have new symptoms or if they become more frequent or severe.



EHC Wellness Team

Libby Bryant
Kathleen Dunbar
Sue Drew
Holly Gartmayer -DeYoung
Deb Kelly
Wanda Matthews
Deb Pottle
Deb Shields
Mary Stubbs
Jordyn Turner
Kevin Sample

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

Oral Health Implications of Stress

It's well documented that stress can have an effect on your overall health, but did you know your oral health might also be at risk? Stress can lead to jaw clenching and/or teeth-grinding at night. Grinding teeth – also called bruxism – can make teeth more sensitive and affect the appearance of your smile. Sleep disorders, an abnormal bite or teeth that are missing or crooked can also cause bruxism.

Symptoms include:

- Teeth grinding or clenching that could be loud enough to awaken your partner.
- Teeth that are worn down, flattened, fractured or chipped.
- Worn tooth enamel, exposing deeper layers of your tooth.
- Increased tooth sensitivity.
- Dull headaches.
- Jaw soreness or tooth pain.
- Neck and earaches.

Children can also experience teeth grinding, but it's not as damaging a habit because their teeth and jaws grow and change. Most children outgrow teeth grinding by adolescence.

During Stress Awareness Month, remember to care for your teeth; don't let your mouth take the brunt of your stress. Try positive stress-reducing techniques instead. Here are 4 strategies:

- *Change your outlook. Try to see other life events as positive challenges rather than stressors.*
- *Eat a nutritious, well-balanced diet and get enough sleep.*
- *Exercise regularly.*
- *Practice relaxation techniques, such as meditation, yoga, stretching and deep breathing.*

- ◆ If you have any of the above symptoms, make sure to visit your dentist as soon as possible.

Kale Chips

These are a low calorie nutritious snack. Like potato chips, you cannot stop at just one. They are great for parties and a good conversation topic.

1 Bunch of Kale

1 tablespoon olive oil

1 teaspoon seasoned salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes

Upcoming Events:

- Weekly every Thursday at Eastport Health Care, in conference room, Way to Wellness with Barb Vittum, nutrition & wellness class.
- March 4 @ 12:30 pm - 4:30 pm Line, Shape & Rhythm On Cloth: Traditional Starch Batik Methods at Eastport Arts Center (EAC) also on Saturday, March 18, from 12:30-4:30 pm.
- March 9 @ 6:00 pm - 8:00 pm at Lubec Brewing Company, Ceilidh featuring Richard Wood and Gordon Belsher in concert at the Brewing Company and will feature a special menu.
- March 11 @ 1:00 pm - 5:00 pm, at Lubec Memorial Library, 55 Water Street Lubec, ME 04652 Seed Exchange and Seed-Starting Soil Biology, Felicia Newman will explain how and why to save and start seeds. FREE



Message from Holly

EHC recognizes and offers gratitude to the Boyce, Vlosak and Holloway Families for their Duncan Donuts gift certificates provided in memory of Sue Lynn Boyce who began a tradition of 'handing out small tokens of her appreciation to the staff of Rush Hospital' during her breast cancer treatment journey. Her tradition, carried on by her family, deeply touched EHC staff. Their sentiment made us humbled and tearful, 'Thank-you for all you do. The care you give your patients, the smiles you share, and the time you take to listen does not go unnoticed. You are amazing and appreciated.' Love, the Boyce, Vlosak and Holloway families.

We shall never know all the good a simple smile can do. Mother Teresa



Community Circles:

IBH Community Circle 2-23-2017 6pm DECH

AIM: Improve the System of Care in Washington County for those affected by mental illness and or substance use disorder.

This will be a focused Circle bringing Law Enforcement, Crisis Response and EMS and others together to discern if we can expand collaborations and coordination of services.

GTSA Community Circle 3-13-2017 6pm Kay Parker Building

AIM: Raise awareness about the value of Gay Straight Transgender Alliances.

This Circle will be finalizing a full day workshop scheduled for 3-17-2017.

3-17-2017 8-4pm Full day workshop for providers and educators:

Creating a Community of Compassion / Manifesting Equity for LBGTQ Youth

Care-giver / Palliative Care Community Circle

AIM: Support Group for Caregivers

3-9-2017 10:30am Christ Church on Key Street in EP

Focusing on establishing resources for caregivers, raising awareness about POLST, providing bridge voice for Eastport's Age Friendly Community Project.

Other:

Cultural Immersion Downeast 2017

Sunrise Health Care Coalition is sponsoring 6-7 UNE Doctoral Students for a week of cultural immersion during the UNE's Spring break: 3-13-2017 - 3-17-2017

