

GET UP AND GO GO

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Eating Healthy Doesn't Have to Be Expensive

Eating a well-balanced diet is a key component in living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

- **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you'll have to run back to the store later in the week.
- **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store. When you get to the store, don't buy anything besides what's on the list.
- **Plan where you're going to shop.** Many grocery stores run sales or offer coupons on various healthy foods. Check out the ads and plan your grocery list around what's on sale.
- **Shop seasonally.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive.
- **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.

"In the spring, at the end of the day, you should smell like dirt."
— [Margaret Atwood, Bluebeard's Egg](#)

EHC Wellness Team

Libby Bryant
Kathleen Dunbar
Sue Drew
Holly Gartmayer -
DeYoung
Deb Kelly
Wanda Matthews
Deb Pottle
Deb Shields

Mary
Stubbs

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

Sleep and Your Health

The National Sleep Foundation sponsors Sleep Awareness Week every March to educate Americans on the importance of sleep to their overall health and well-being. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. In honor of Sleep Awareness Week occurring this March 11-17, try adopting the following five healthy sleep habits:

- Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.
- Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
- Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
- Avoid caffeine and nicotine three to four hours before going to bed.
- Limit alcohol before bed, as it can reduce sleep quality. © 2018 Zywave, Inc. All rights reserved.

One Pan Potatoes & Chicken

4 medium potatoes
1 pound chicken breast (boned and skinned)
2 Tbsp. oil
1 cup salsa
1 15-ounce can whole kernel corn (drained)

PREPARATIONS

Cut potatoes into $\frac{3}{4}$ -inch cubes.
Cook potatoes over medium-high heat until fork-tender. Remove from pan.
Heat the oil in a skillet over high heat. Brown the chicken for 5 minutes.
Add the potatoes back into the pan and cook until lightly browned.
Add salsa and corn. Cook until heated through.
Serve warm.
Makes: 6 servings

Nutritional Information (per serving) calories 285, Fat 7g, Protein 21g, Carbohydrates 35g, Sodium 316 mg,



Dental Awareness for March 2018

Oral Health in relation to Kidney Disease, by Sue Drew, RDH/IP

Oral issues that are impacted by kidney disease are; Dry Mouth, Bad Breath, Loss of Jaw Bone, Problems with chewing (due to tooth loss or loose teeth), an increase in plaque and gum disease, inflammation of the mouth and salivary glands, and tooth loss.

People with kidney disease often have other health issues: Compromised Immune systems leading to infections.

People with renal (kidney) problems may have a bad taste in their mouths and bad breath (halitosis). The kidneys fail to remove urea from the blood, urea breaks down to ammonia=a foul smell. Because the ability to absorb calcium properly is compromised, losing bone from the jaw and around teeth (periodontal disease) can lead to teeth being lost.

One study suggests that periodontal disease increases the likelihood to have renal insufficiency—a slow progression in reduction of kidney function, this study had similar risk factors as patients with heart disease.

A study conducted at Case Western Reserve University and published in the Journal of Periodontology stated one out of nine Americans suffer from chronic kidney disease, which can affect blood pressure and bone health. Adults who have NO teeth may be more likely to suffer chronic kidney disease. The destructive nature of chronic inflammation has a strong correlation to periodontal disease an inflammatory condition in the mouth resulting in tooth loss if not treated.

Dental contraindications:

If Patient is on dialysis-dental treatments should be scheduled on the day after a dialysis treatment.

If Patient has a shunt and is on blood thinners they need to advise their dentist for risk of bleeding.

If Patient has a shunt, risk of infection may necessitate Premedication Antibiotics before dental treatment.

Key Message: Inflammation in the mouth can exacerbate other systemic diseases. Preventive Oral care can lessen oral inflammation thus decreasing the potential risk .

Upcoming Events:

- IBH Community Circle – April 5, 2018 @ 6p at DECH Board Room; AIM: Improve the System of Care in Washington County for those effected by Mental Illness / Substance Abuse.
- GSTA Community Circle: April 3, 2018 @ 6p Torrey Hall Rm 221; AIM: Support GSTA's in our local community.
- Circle of Hope: May 3, 2018 @ 6pm EHC Machias Medical Waiting Room; AIM: Provide support to parents and loved ones affected by SUD.
- **Way to Wellness with Barb Vittum.** Weekly every Thursday, noon -1pm at Eastport Health Care, in conference room, , nutrition & wellness class. Free and open to public
- **Cancer Support Group,** Meets the Second Tuesday of Every Month, 5:00–6:00pm at Eastport Health Care, in conference room, Cancer Support Group is for anyone living with cancer, for the patient, survivor, family member caregiver or anyone touched by cancer, for details about this group call Cancer Support Center of Maine CSCOM 207-322-0960, Free

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News Worthy!!

Welcome to Eastport Health Care

Jason Green, DPM

Podiatrist

Jason Green, DPM, is a former Major in the United States Army with seven years of Podiatric experience. He joined the Army in 2010 as an active duty Captain and completed his three year surgical residency at Fort Bragg, North Carolina with an emphasis on forefoot, rear foot and ankle trauma and reconstruction. He finished his tour in the Army as chief of Podiatry at Fort Riley, Kansas. He is experienced in general clinical and surgical cases of the forefoot, rear foot and ankle and is comfortable with all aspects of Podiatry from general palliative care to surgical intervention. Dr. Green obtained his BS Biology at the University of Alabama and Doctor of Podiatric Medicine at Barry University School of Podiatry in Miami Shores, Florida. Dr. Green and his wife, Melissa, relocated from Manhattan, Kansas to Eastport, Maine in October 2017. He and Melissa are looking forward to establishing roots in Washington County. Dr. Green is scheduled to see new and returning patients at all three EHC sites (Eastport, Machias and Calais).



What was it about Washington County that made you want to move here and open a Podiatry practice?

I believe there is a lack of Podiatrists in the area and the population is in need of my service. I'm more interested in being part of a close knit community to help in any way I can. My training in the military had a team emphasis which I believe relates well to the core principles here at EHC.

What part of your work at Eastport Health Care and throughout Washington County do you like the best?

I enjoy interacting with all of the clinics of EHC. I've always been adventurous and love to see new areas and new people. Rotating throughout the clinics of Eastport Health Care makes each day exciting and a new challenge for me. Each area is unique and I enjoy working with each individual.



Pam Koenig FNP-BC is Retiring

Eastport Health Care, Friday, March 13, 2018



Information for EHC Patients Regarding Pam Koenig FNP, Retiring in June 2018

Eastport Health Care has announced with sadness, Pamela J. Koenig FNP-BC is retiring from practice, effective 6-30-2018. Pam joined EHC in October 2011 and has provided high quality exemplary care to hundreds of patients. EHC offers Pam deep gratitude for her expertise and attentive manner in the management of her patients.

In order to ensure a smooth transition for patients who see Pam as their PCP, the following process has been established:

- If you are already a patient of Pam's and would like to transition your care to Dr. Luthin, you don't need to do anything. Pam's patients who do not state otherwise, will become patients of Dr. Luthin and scheduled.
- Patients wishing to transfer their care to another provider at EHC (Dr. Laurie Churchill or Chrys Landrigan PA-C), or another community primary care provider should contact the number below.
- Patients, who are not already patients of EHC, and would like to establish care with one of our providers, please contact our Medical Records Department to receive paperwork to do so.
- Dr. Susan Luthin will start her practice at EHC on 6-11-2018, allowing a 3week overlap with Pam. Pam and or the EHC Medical clinic support staff will personally introduce her patients to Dr. Luthin. EHC hopes to have as seamless a transition for patients as possible. Please feel free to contact EHC to speak with Brenda Voisine RN, Director of Patient Care – Nursing Supervisor (853-6001) if you have any questions regarding the transition process from Pam Koenig FNP to Susan Luthin MD.



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EHC Board Announcement:

March 1, 2018

EHC Welcomes a New Primary Care Provider



Susan Luthin MD

Eastport Health Care (EHC) is pleased to announce, Susan Luthin MD, will be joining the practice on June 11, 2018, to provide primary care services in the Eastport site. Dr. Luthin will be accepting all patients.

Dr. Luthin is Board Certified in Family Practice and has been providing primary health care including obstetrics and pediatrics for over twenty years in northern Maine. She has a home in Robbinston and for several years, has been planning her relocation to Washington County to be close to her daughter, son-in-law and two grandchildren. Her practice at EHC will include primary care services (excluding obstetrics) to all ages, but she has high hopes her panel includes many pediatric patients. The EHC Board and Staff are honored to welcome Dr. Luthin.

Please feel free to contact EHC to speak with Brenda Voisine RN, Director of Patient Care – Nursing Supervisor (853-6001) to learn more about Dr. Luthin and or to receive information about becoming her patient.



Barbara Richardson, PMHNP

Barbara Richardson has been a RN for 28 years serving patients in Washington County in various settings to include community health nursing, RN case management and psychiatric nursing. She recently completed her Masters of Science in Nursing graduating from Wilkes University in January of 2018. Previously working as a psychiatric nurse at Eastport Healthcare since 2017 she is pleased to now be working as a Family Psychiatric Nurse Practitioner as part of the behavioral health department at EHC. Aside from psychiatric nursing she enjoys spending time with her husband Steve, four children, three cats and their dog Lindy. She is proud to work and live in the community where she was born and raised.

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