

Eastport Health Care, Inc.

# GET UP AND GO GO

MAY JUNE 2018  
VOLUME 4 ISSUE 3

## Mental Health Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are bringing awareness to mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care.

In 2018, NAMI will promote the theme of "**CureStigma**" throughout all awareness events, including Mental Health Month.

**Why this cause is important:** One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it.

**Campaign manifesto:** There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.



"The world's favorite season is the spring. All things seem possible in May."  
- Edwin Way Teale

### EHC Wellness Team

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

## Older Americans and Hygiene Month

Elderly is considered chronological age of 65 years or older.

Years ago it was assumed losing teeth was a natural consequence of the aging process, now due to people living into their 80's or 90's, we have proof we do not lose our teeth due to nature, but due to factors such as gum and bone disease, stress, poor oral habits, and financial reasons.

We get the majority of our permanent teeth at approximately 6 -12 years of age. According to USA Today 2014 the average female life span is 81.2 years and male is 76.4 years of age. Therefore, add 60 years of eating, clenching, brushing, flossing, maybe poor food choices or poor oral habits for the same tooth structure you had in your mouth at age 6-12 and these teeth have definitely experienced some issues. Now at age 60 also add changes to one's dexterity and muscle tone that happen due to age. Our cheeks and tongue once were cleansers for our teeth, but as we age they lose this function and begin to harbor food against our teeth. As we age, there can be a natural or forced recession of the gum line due to zealous brushing, biting, clenching, or tooth positioning. When the root is exposed the rate of decay can be accelerated due to dentin (the root tissue) being porous versus the top of the tooth (crown) being the hardest substance in our body. Compound the root exposure with food lying against this and decay can happen rapidly.

A life time of good oral habits needs to begin as a child. Having fluoride and a healthy diet form a stronger tooth to last the many years ahead.

Submitted, Sue Drew, RDH/IP



### Upcoming Events:

- **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
- **Eastern Maine Images Gallery Season Opening & Book Release –The Adventures of Murph the Happy Snail.** Kathleen & Don Dunbar are looking forward to seeing everybody at the gallery at the season opening and book release on **May 19, 12:00-6:00 pm.** Come on down and meet the celebrity himself, Murph! 60 Water Street, Eastport, ME 04631
- **International Dance May 22 @ 4:30 pm - 6:00 pm,** Eastport Arts Center (EAC), 36 Washington Street Eastport, ME 04631 Eastport Arts Center's International Dance group will hail the new year with the addition of a second weekly meeting, and starting January 2 will meet both Tuesdays and Thursdays from 4:30-6 pm at the center. The group is open to everyone, including beginners, and features traditional dance from Bulgaria, Romania, Greece and Israel.

**Eastport Health Care is an equal opportunity employer & provider**

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# News Worthy!!

Congratulations!

Newly-Appointed 2018 National Academy of Osteopathic Medical Educators (NAOME) Fellow

Ryan M. Smith, DO, MS UNECOM Teaching and Evaluation

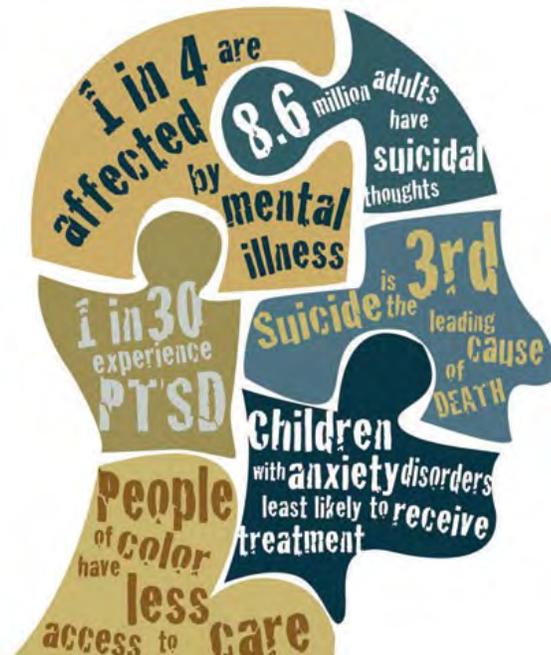
## BRING CHANGE TO MIND

Actress & activist Glenn Close co-founded Bring Change to Mind

Her mission: To end the stigma and discrimination surrounding mental illness

Her web site: <https://bringchange2mind.org>

“Every individual who speaks out inspires another. And another. That’s how we’ll end the stigma around mental illness. That’s how we’ll bring change to mind.



# Sun Safety (Tips from the CDC)

## Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

## Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

## Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage

## Barley Pilaf

- 1 Tbsp. vegetable oil
- 1 cup onion (chopped)
- ½ cup celery (chopped)
- ½ cup red or green bell pepper (chopped)
- 1 cup mushrooms (sliced)
- 2 cups water or chicken broth
- 1 tsp. low-sodium vegetable bouillon
- 1 cup pearl quick-cooking barley

### PREPARATIONS

Heat medium-sized pan over medium heat. Add vegetable oil, onion and celery. Cook, stirring often until onion is soft.

Add bell pepper, mushrooms and pearl barley. Stir well. Add water and bouillon and stir to dissolve bouillon. Bring to a boil. Lower heat and cover pan. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Makes: 8 servings Source USDA



## Get up and Go-Go!

### Administrative News: June 2018

Holly Gartmayer-DeYoung, CEO



Spring hearkens change and growth. After a long winter, we are very ready to welcome forsythia and daffodils and singing birds.

EHC is experiencing change this Spring. Respected providers are moving on: Pam Koenig FNP (retiring 6-30-2018), Jenie Smith MD (independent contract specialty provider transitioning from EHC July 1, 2018); and providers are joining our practice: Susan Luthin MD (full-time primary care in Eastport-6-11-2018) and Christine Bubar LCSW (full time counselor in Eastport-7-30-2018). We wish Pam and Dr. Smith well and welcome Dr. Luthin and Christine. Board changes: Jon Calame, Secretary, is stepping down from the Board on 6-30-2018. We wish Jon and his family well on their adventure and will miss his voice and perspectives on the Board.

EHC is celebrating Forty Years of Service this summer. We are planning a Community Celebration during Community Health Center Week in August. On 8-18-2018, EHC will lead a **5K Community Walk and a free Community Picnic. We'll recognize the visionary community members who created our health center and comprised the first Board of Directors. We'll celebrate the 92 community members including the current Board who have served as Board volunteers over the last forty years. We'll honor our first providers and administrators who established the framework of who we are today.** There will be more information about the 40th Anniversary Celebration in the coming weeks.

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Community Circles-dates for reconvening are pending. Please check our website and Facebook page for dates which will be posted in June. Offering deep gratitude for the community members who have been convening the Circles in my absence.

Dates will be posted for the following Community Circles: Integrated Behavioral Health Community Circle; Circle of Hope; GSTA Community Circle; Care Giver-Palliative Care Community Circle.

EHC is having a federal site survey in May. We offer gratitude to the community and patients who seek their comprehensive health care services here and to the compassionate, competent staff who comprise the EHC family.

**Take care of your health because it is your warranty seal”  
— Válgame, Poemas y canciones para el mal de amores Volumen1**