

EASTPORT HEALTH CARE, INC.

GET UP AND GO GO GO

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OCTOBER IS NATIONAL DENTAL HYGIENE MONTH!

According to the American Dental Association, "it is an effort to celebrate the work dental hygienists do and to help raise awareness on the importance of good oral health."

This year the ADA is focused on four things that you can do to improve your oral hygiene. These include brushing for two minutes twice a day with a soft-bristled toothbrush, flossing between your teeth at least once a day, rinsing your mouth with an appropriate mouthwash (talk to your dental hygienist about which product might be best for you!), and chewing sugarless gum.

Brushing, flossing, and rinsing, helps to remove the plaque from your teeth that contains harmful bacteria that can contribute to tooth decay and periodontal disease (gum disease) and are a common part of most people's homecare routine. Chewing sugarless gum may not be quite as commonplace. Chewing sugarless gum helps promote saliva production, which in turn helps to cleanse the mouth of debris. It also can help balance out the pH in your mouth (which is especially important if you like acid beverages, such as coffee or soda) and contain antibacterial properties.

Some sugarless gums now contain xylitol, which is a natural sweetener extracted from a plant. Bacteria cannot digest it like they can with sugar. Xylitol disrupts bacteria's ability to adhere to teeth and form plaque. Therefore, it's actually anti-cavity! It also increases salivary pH which helps to decrease acidity of the saliva. Examples of chewing gum containing xylitol include Spry, Xyla Gum, Xylichew Gum, and Zellies. Some ice cubes and some trident include xylitol as well. Xylitol gum can be found in healthfood stores, dental offices, or online. Please be aware that it can be very harmful to dogs.

Your oral health is extremely important as your mouth is the gateway to the rest of your body and good oral health has been proven to contribute to good overall health. Remember the four routines listed above and to visit your dental hygienist regularly.

Kathleen Dunbar, RDH

Eastport Health Care
Celebrates 40 Years of Service
to the Community

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.



News Worthy!!



*Goodbye Dear Friend
from Eastport Health Care*

We are saying goodbye to an outstanding member of the Behavioral Health Team. Patient Care Coordinator, Libby Bryant will be leaving us at the end of November. She has worked in the BH Department for 8 years at all 3 locations. She and her husband Dennis are looking forward to warmer weather for the winter months, and we expect them back in the area next spring. Jennifer Cushing will be stepping into Libby's role as Libby leaves in November. All of us at Eastport Health Care wish you and Dennis a long and wonderful retirement with lots of fun adventures! We will miss you!



Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.
J. Lubbock

From Cynthia Light, CMA (AAMA) Information Management and Regulatory Compliance Coordinator



American Cancer Society Recommendations for the Early Detection of Breast Cancer
Guideline for women at *average risk* for breast cancer

| Age Group | Recommendation |
|-------------------------|---|
| Ages 40 – 44 | Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so. |
| Ages 45 – 54 | Woman should get mammograms every year. |
| Age 55 and older | Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer. |

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From the American Diabetes Association and Deb Pottle, RN, CDE:

The Burden of Diabetes in MAINE

Approximately 142,000 people in Maine have diabetes. Of these, an estimated 36,000 have diabetes but don't know it, greatly increasing their health risk. 386,000 people in Maine have prediabetes with blood glucose levels higher than normal. Every year an estimated 8,000 people in Maine are diagnosed with diabetes.

In 2016—Washington County had the highest rate of diabetes in the state.

In 2017—Washington County is ranked 4th at 11.4%

Aroostook County is 1st at 13.3%

Piscataquis County is 2nd at 12.3%

Somerset County is 3rd at 11.5%

Diabetes is expensive:

People with diabetes have medical expense approximately 2.3 times higher than people without.

Get up and Go-Go!

Administrative News: Oct/Nov 2018 Holly Gartmayer-DeYoung, CEO

News and Announcements:

EHC began FY2019 and is showing a surplus. We are readying for a major change in reimbursement methodology reflected in a federal



intuitive called Payment Reform. Staff and Board will be receiving information about what changes in reimbursement and covered services EHC can expect. Payment Reform is best described as a work in progress. What we know today is that reimbursement for services will change from a flat prospective payment rate to a rate based on clinical outcomes. All staff will be invited to contribute to EHC's plan to ensure high quality health care continues with a focus on outcomes so we can maintain a balanced budget. Our focused Performance Improvement effort: Targets vs Actual (Pts and Visits) will continue in the fiscal year.

EHC's Service Area Competition application was submitted to HRSA in mid-October. It will be reviewed in a comprehensive review process and we anticipate the application will result in a 3 year grant award commencing April 1, 2019. Targets and Benchmarks will be shared with staff upon notification of a grant award.

EHC Community Committee offers a warm invitation to the Community to join us for an open meeting on Wednesday, November 14, 2018 at 4:45p in EHC Board Room. We welcome open dialogue with the community and hope neighbors will come to share. The Committee is seeking feedback regarding how EHC can be more responsive to their needs. We'll share some news about projects, initiatives or offerings currently underway at EHC. For more information please contact Holly Gartmayer-DeYoung at 853-4045 or hdeyoung@eastporthealth.org

EHC is convening several Community Circles: Circle dates planned in November:

Senior Needs Age Friendly Community Circle – November 16, 2018 at 1:30 in Eastport: EHC Board Room

Circle of Hope – November 29, 2018 at 6pm in Machias: EHC Behavioral Health Group Room

LBGTQ Community Circle - December 6 at 6:30 in Machias: UMM Torey Hall Room #234

Staffing Changes:

Mary Ellen Boone MA-Accepted a Full time position in BH department

Jordyn Turner MA- Joining EHC Medical – Full time

Jen Cushing- Promoted to BH Dep't Patient Care Coordinator,

Elaine Abbott-Joining in EHC in the Spring-Full time Outreach and Enrollment Coordinator

Bobbie Jo Aguilar—departed October 17, 2018 and is moving out of state

Jason Green DPM – departed October 23, 2018 and is moving out of state

Ryan Smith DO – departed October 15, 2018 and is moving out of state

Board Member News: EHC is recruiting Board Members!

Current members:

Suzanne O'Connor President

Ann Skriletz Vice President

Stephanie Page Treasurer

Molly McDonald Secretary

Tammy Denning

Brian Frutchey

John Foster

John Hawkes

John Venskus

EHC offers gratitude to Samra Kuseybi for her service on the EHC Board. Samra stepped off the Board the end of October.

EHC welcomes Brian Frutchey, new Board member, appointed on October 22, 2018. Brian represents the Recovery Community and EHC's Machias Community.



A Beginner's Guide to Mindfulness

It's no secret that the holidays bring joy, but they can also bring stress. We all know that prolonged and chronic stress can wreak havoc on your overall health and wellness, so it's important to find healthy ways to manage it. One effective way to do so is to practice mindfulness.

The Basics

Mindfulness is the process of bringing your full attention to experiences in the present moment. Being mindful means being aware of where you are and what you're doing, as well as not being reactive or overwhelmed with what's going on around you. Many people achieve mindfulness through meditation and yoga.

Getting Started

Mastering meditation takes practice, but getting started can be easy and not time-consuming. Try the following two quick mindful meditation techniques next time you're feeling stressed.

One-minute relaxation breathing—Close your eyes and take a deep breath in for a count of four, and then exhale for a count of eight. Repeat five times.

Five-minute body scan meditation—Sit or lay down in a comfortable position and take a few moments to find a calm, steady breath. Bring your awareness to sensations in your body, where you will spend several slow breaths on each focal point beginning with the left toes and all the way through the left hip. Repeat on the right side. From there, follow the same process through your torso, arms and up through your head.

Makeover Your Holiday Recipes by Substituting Fats

Butter, oils and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

Will substituting the fats change how my food tastes?

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals and protein to your recipes.

How can I get started substituting?

To experiment, start by substituting one-third of the fat from the recipe and then increase or decrease to your desired likeness. For baking, use $\frac{1}{3}$ cup applesauce or fruit juice and $\frac{2}{3}$ cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, it's time for you to try it out. With the holidays right around the corner, now's the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

Healthy Baking Substitutes



$\frac{1}{2}$ cup applesauce plus $\frac{1}{2}$ cup fat
for 1 cup oil or butter



1 cup pureed avocado
for 1 cup butter



$\frac{3}{4}$ cup prunes plus $\frac{1}{4}$ cup boiling water (blended) for 1 cup butter



3 Tbsp. flax meal plus 1 Tbsp. water for 1 Tbsp. butter



Super Stuffed Squash

2 acorn squash

2 ½ cups water

1 cup brown rice

1 pound ground pork

1 medium onion (chopped)

3 garlic cloves (minced)

1 medium sweet apple (peeled, diced)

1 tsp. smoked paprika

4 tsp. olive oil

Fresh parsley (chopped)

Preparations

Heat oven to 350 F. On a large baking sheet, place the squash in the oven for 30 minutes. Then remove from oven, cut in half, and remove and discard the seeds. Cook for another 20 minutes or until soft. In a large stockpot, bring the water and the rice to a boil. Cover, reduce the heat to low, and simmer until the rice is tender and liquid has been absorbed. In a large nonstick skillet, warm 3 tsp. olive oil over medium heat and add the pork. Once the meat is browned, add onions, garlic, apples, smoked paprika, cayenne, salt and pepper. Cook until onion is soft. Add the brown rice. When squash is done, turn cut-side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half. Divide the meat and rice mixture amongst the four squashes. Return to the oven for 10 minutes. Garnish with fresh chopped parsley and serve.

Makes: 4 servings. Each serving provides 631 calories, 30 g of fat, 10 g of saturated fat, 125 mg of sodium, 26 g of protein, 66 g of carbohydrates, 5 g sugar and 8 g of fiber. Source USDA

Upcoming Events:

- November 11 @ 3:00 pm - 5:00 pm, Pianist Raja Rahman in Concert, Eastport Arts Center featuring beloved works such as Bach's Italian Concerto, Beethoven's Pathetique and Moonlight Sonatas, and the Bach-Busoni Chaconne.
- November 8 & 15 @ 9:30 am - 10:30 am, KinderArts presents Tiny Yogis, The Eastport Arts Center's will run weekly on Thursdays from 9:30-10:15 am, through November 15. Instructor Caroline DiLio will teach yoga through music, dance and storybooks, and young participants will even learn meditation. recurring event Free
- Recurring Event—Way to Wellness with Barb Vittum. Weekly every Thursday, noon -1pm at Eastport Health Care, In the conference room nutrition & wellness class. Free and open to public