

# Community Health Connector

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## Upcoming Blood Drive

On Tuesday January 26, 2021 from 10-3 the American Red Cross will hold its monthly Blood Drive at the American Legion Hall, Post 159, 102 Main St., Kennebunkport.

**To schedule an appointment** visit: <http://rcblood.org/3pkpyrA> enter your zip code and select the date/location or call the Kennebunkport Public Health Office 207-967-4401

Interested in volunteering? Call: 207-967-4401

## Self-Care & Wellness during a Pandemic

The cold and dark days of winter are here. This is typically a time of the year when some struggle with their mental wellness. It may be more of a challenge for many this winter as we enter month ten of the pandemic and continue to manage the drastic change this has brought to all of our lives.

There are some things that we can each do to enhance our overall health. Eat balanced meals, stay hydrated, maintain good sleep hygiene, some form of exercise on a regular basis. For various tips see below!

**To read more** on enhancing your mental health and view an interactive image visit: <http://bit.ly/3aUNyO4>



To watch a 2 ½ minute **video for children on four square breathing** visit:

<https://bit.ly/3o0F2AJ>

For **sleep hygiene** tips: <http://bit.ly/2X5KZ3G>

Check out a variety of **movement and yoga videos for children** and families at: <http://bit.ly/34VmTwG>

For a 4 minute **chair yoga** video visit: <http://bit.ly/2KZhmP8>

If you, a family member or friend are struggling with mental health there is help:

**Crisis Text Line:** To reach a counselor text Home to 741741 Learn more at: <http://bit.ly/34XLdy5>

**National Suicide Prevention Helpline:** 1-800-273-8255

## Curbside Recycling Resumes!

Kennebunkport curbside recycling begins the week of January 11<sup>th</sup>! On Saturday January 9<sup>th</sup> from 9:30 AM-3:30 PM there will be an informational event at the Public Works Facility, 105 Beachwood Ave.

**For general overview information** visit: <http://bit.ly/34LxLNB>

For information on the **event January 9<sup>th</sup>** visit: <http://bit.ly/3aMQ74N>

To view and download the **yearly collection schedule** visit: <http://bit.ly/2WSimqK>

For a **list of items** that can be recycled visit: <http://bit.ly/2Kym4TX>

## Covid-19 Vaccine in Maine

The question on just about everyone's mind is "When can I receive a Covid-19 vaccine?" There is a Maine CDC website to help answer this question-it is updated frequently and contains information on number of vaccines administered to date, overviews who is included in Phases 1 & 2 and answers questions about the vaccine.

For now, wear a mask, wash hands frequently and help stop the spread.

**To learn more visit:**

<http://bit.ly/38gX3Wg>

## Switch Up Your Chicken Soup!

Cold winter days are perfect for making and eating chicken soup. Most of us have a favorite "go-to recipe" for a typical chicken noodle or chicken and rice soup. These are great, but maybe it is time for a change!

A few different ingredients can mix up the flavor profile of that leftover chicken. Make 2021 the year that you experiment with a new recipe!

For the **Chicken Marsala Soup** Recipe visit:

<http://bit.ly/3ofcGDc>

**Chicken and Broccoli Soup:**

<http://bit.ly/396dVOO>

**Chicken and Lentil Soup:**

<https://bit.ly/2L0ely2>

**Chicken Tortilla Soup:**

<http://bit.ly/3pGglVs>



## Winter Driving Safety

So far this winter we have experienced a pretty mild season. However, we know there will be future winter storms and messy road conditions to come.

With the first signs of impending snow we typically locate our ice scraper and make sure it is in our car. We might even add a shovel and possibly check the level of wiper fluid. All great ways to prepare!

A few other things to consider are:

Check tire pressure.

Ensure all lights are functioning-headlights, brake lights, turn signals, hazards.

Make sure to have at least a half tank of gas.

Store a blanket in the car and if able add in an extra hat and gloves as well as a phone charger.

**To learn more visit:**

<http://bit.ly/2KYveca> and

<http://bit.ly/2JoKJth>

**To link to tips for teens**

**& winter driving visit:**  
<http://bit.ly/2MfSCT1>



## What is Glaucoma?

It is estimated that over 3 million Americans have glaucoma but only half of those know they have it. Glaucoma is one of the leading causes of blindness in the world.

Glaucoma is a condition of increased pressure within

the eye with few symptoms but eventually may lead to damage of the optic nerve which causes vision loss or complete blindness. The best way to protect your vision is to have a regular comprehensive eye exam.

**To learn more:**

<https://bit.ly/3qmcEuz>

Learn more about  
**Glaucoma Awareness Month** at:  
<http://bit.ly/3qmcEuz>

## Family Meetings-Time to Connect

Meetings that occur with a purpose among people who live together can be insightful, a relationship builder and an amazing communication tool. This type of meeting might be called a Family Meeting, Monthly Meeting, Calendar Sharing or other creative name.

Like any meeting it is best to hold them on a regular schedule, possibly the first Sunday of every month. Meetings should have a

set time frame and basic agenda.

Consider posting the agenda in a central location so that any meeting member can add topics to the agenda leading up to the meeting date.

Families might consider rotating the meeting "leader", "timekeeper" and "scribe" roles or for younger family members possibly pairing them up

with an adult to co-facilitate various positions a meeting.

**To read the blog** about Family Meetings by Roots of Action visit:

<http://bit.ly/3mLwE70>

For tips on holding a **successful family meeting** visit:

<http://bit.ly/38xSTlm>

To link to draft agenda ideas visit:

<https://bit.ly/2L73Usg>



## Being Prepared for an Emergency

Last month we had windstorms and one larger snow event, just enough to remind us all about the need to prepare for winter emergencies.

Inside your home be prepared in advance of a storm by gathering flashlights and candles (please use safely,) keep phones charged and if you have a portable charger/battery make sure that is fully charged as well, try and have food

and water for every member of your family, including pets for three days.

For your car at a minimum ensure you have filled your wiper fluid, have an ice scraper, shovel and blanket available.

**Learn more from Ready.gov** at: <http://bit.ly/397P3pO>

For tips on safe use of home generators visit:

<http://bit.ly/2JS4SZ6>

Link **to safe shoveling tips** at:

<http://mayoclinic.org/35aW1ZZ>

For a **winter car care checklist** from AAA visit:

<https://bit.ly/3okRg7E>

## Staying Safe-Support is Close By

Are you, a loved one or friend in town on oxygen or any medical equipment requiring electricity or have difficulty getting out of your home to seek alternate shelter in the event of a long-term power outage?

If so, please contact the Public Health Department so we can add you to our call of concern list, if there is a significant event; individuals on this list will be contacted by town-employees.

Call 967-4401 to have your name added to the list.



### Center for Excellence Aging & Health (CEAH) at University of New England (UNE)

The Peer Connection Program, offer by CEAH at UNE offers hour long zoom sessions providing peer-support and connection. The sessions are hosted by Molly Spadone, MSW Student at UNE. Some of the upcoming discussion topics will be: Taking Care of Yourself During Winter, Eating to Sustain Yourself & the Environment, Victorian Hairwork Jewelry: Mourning, Friendship & Hair and Protest Music: Now & Then. Dates and times of programs.

**To register** for online participation here:

<https://forms.gle/WumNUS9zGWgnN2W36>

**Kennebunkport-Public Health Office**  
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Kennebunkport, ME 04046

**Phone** 207-967-4401  
**E-mail**  
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)



**Web site address**

<https://www.kennebunkportme.gov/public-health-department>

The mission of the Kennebunkport Public Health Department is to assist the residents and guests of Kennebunkport with meeting their health and social service needs. The Public Health Department staff strives to improve the quality of life.

Services provided include:

Skilled nursing care in the home  
Well-being checks/health supervisory visits  
General health counseling and guidance  
Disease prevention & health promotion  
Medical Loan Closet  
General Assistance & Social Service needs  
Maine Healthy Beach program  
Office Hours: M-F 8-9:30 AM and by appointment

Staff: Alison Kenneway BSN, RN  
Stacey Corsie BSN, RN  
Kim Noble BSN, MBA, RN

## Focus Word 2021

Welcoming in a new year, one most of us are very happy to enter! A new year brings about time for reflections, renewed energy, new goals and endless possibilities. In the December edition I wrote about the concept of having a focus word for the year in lieu of a resolution. Throughout last month I worked to settle on my focus word for 2021.

In past years I have chosen the follow words to focus on: Try, Read, and Embrace. This year I considered Focus as I have noticed with all the time on devices it is

harder for me to concentrate, I also considered Simplify, as with so much time at home one notices truly what is important in life and it certainly is not "things," as when you really look around you can notice you have too much stuff. Finally, I settled on Nourish as I feel it will assist me in many aspects of life over the next year, it is a word with some flexibility.

This will be a journey. I may set a path and yet I know that the travels will be ones that are unexpected. Along the

way I will set monthly goals or expectations for my word and every few months I will share with you how I am doing, what I have learned and experienced.

Through the action of setting small monthly goals with a focus word an individual can create a new year full of exploration.

Consider choosing a personal focus word and enter 2021 with intention and purpose!

**For a list of word** of the year ideas choices visit: <https://bit.ly/2UD4BuX>