

# Community Health Connector

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### The Foot Care Clinics

will be held on  
October 6, 2022, and  
November 2, 2022, by  
appointment  
from  
9:30 AM-3 PM.

Care is provided by a  
Nurse Foot Care  
Provider, a specialist  
who has training in the  
care of "routine" foot care  
problems.

Treatment provided  
usually includes nail  
filing, trimming nails,  
reducing thick nails if  
needed, callouses/corn  
reduced or removed.

Cost is \$35, payable in  
cash or check to the  
Town of  
Kennebunkport.

**Schedule an  
appointment**  
at: 207-967-4401

## Community Education Event

On Wednesday October 19, 2022, we are pleased to host Marilyn R. Gugliucci MA, Ph.D., AGHEF, GSAF, AGSF, NAOMEF; Professor & Director Geriatric Education and Research at the University of New England, College of Osteopathic Medicine at the Louis T. Graves Memorial Public Library.

Dr. Gugliucci will present on **Communication and Action: Empowerment for End-of-Life Preparation**.

The topic of death is one that many of us shy away from discussing with loved ones or consider reflecting about for our own personal life. By gaining an understanding of end-of-life preparations we become empowered in our care.

Join us to learn more about:

- Aging, dying and death and how they are blanketed by misconceptions socially constructed within our society.

- How these misconceptions, often viewed as truth or reality, tend to limit our access to opportunities and create barriers that affect our thinking, communication, and action.

- Gain understanding to help pave a path for effective communication to support action in aging and end of life.

Reserve your seat today for this important discussion. Space is limited!

Please call Graves Library at: 207-967-2778. Event will be in the community room please use the large side door off the parking lot to enter the building for the event.



A limited number of print copies of "Five Wishes" a program of Aging with Dignity will be available. Learn more at:

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

To access Maine Health Advanced Directive Form visit: <https://bit.ly/3zf6Juy>

To learn more on this topic watch this 56-minute video "What I Wish I Knew" about elder care, by Positive Aging SourceBook: <https://bit.ly/3UD0Mnd>

## Covid-19 & Monkey Pox Updates

Yes, we would all love to say we have seen the end of Covid-19, however currently Europe is beginning to see an increase in cases and hospitalizations.

It is a reminder to us all to continue to practice good hand hygiene, test

for covid if we have symptoms (if testing negative with continued symptoms, please seek medical care to check for flu, RSV or other health concerns.)

The good news is that it appears this case increase is due to the BA

5 strain, which the new bivalent vaccine is designed to cover. (See pg. 2 for vaccine clinics)

Monkey Pox cases in the U.S. continue to fall. For more information visit the U.S. CDC: <https://bit.ly/3n3mEbM>



This clinic is sponsored by the Kennebunkport Public Health Department with support by Walgreen's Kennebunk and York County Emergency Management Agency. (YCEMA.)

## Flu and Covid Vaccine Clinic

On Friday October 14, 2022, from 9 AM-2 PM there will be a vaccine clinic at the Village Fire Station, 32 North St. Kennebunkport.

This clinic will have **BOTH** Seasonal Flu Vaccine **AND** Covid Vaccine. This clinic is open to ALL local residents. (Not Kennebunkport only)

The Flu Vaccine will be given by staff from

Walgreens. Those attending will need to bring insurance cards and wear a mask.

Seasonal Flu Vaccine: Both the standard and high dose options will be available.

Covid Vaccine will be given by YCEMA and the new Bivalent vaccine will be available. Please bring your covid vaccine card.

We want to thank the Kennebunkport Health Council for assistance at this clinic.

**To learn more** about the clinic and to access the form for the Flu Vaccine and complete prior to arriving visit:

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

### National Drug Take Back Day is October 29, 2022.

If you have expired or unused medications at home, take a few minutes to clean out your cabinets and properly dispose of medications.

To locate a location near you visit:

<https://bit.ly/3Czjy5R>

## Preventing Falls at Home

A recent newsletter from the National Institute on Aging highlighted a few tips to help prevent falls.

- Have your eyes and ears tested. Even small changes in vision and hearing may contribute to a fall. If you receive new eyewear or hearing aids, take time to get used to them.
- Exercise and stay physically active. Regular

exercise can help strengthen muscles and bones. Plan an exercise program that is right for you.

- Tell your doctor if you've had any falls. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can help them identify steps that may help prevent future accidents.

To learn more visit:

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



## Supporting Our Community

**C.A.R.E.S.** meets the second Thursday of each month for a guest speaker presentation, open discussion and overdose first aid training.

(free naloxone available)

Join us on Thursday October 13, 2022, from 4-5 pm at Louis T. Graves Library, Community Room to learn about The Family Restored organization.

The presenter will be Eric Girard, Co-Founder of The Family Restored and the presentation is "Understanding and Coping with a Loved

One's Substance Use." The program will overview The Family Restored's roots, mission & services, and provide information to help understand and cope with a loved one misusing substances.

Program is hosted by **3 Towns: 1 Community C.A.R.E.S.** (Conversation,

Advocacy, Resources, Education, Support)

Sponsored by Project Alliance Coalition in collaboration with Kennebunkport Public Health, Kennebunk & Kennebunkport Police Departments, Louis T. Graves Library and Portland Public Health.

## Food for Thought

The leaves are turning, our community is decorated for fall and Halloween fun will soon be upon us.

The cooler weather and shorter days provide us with the opportunities to practice some slow cooking methods to help warm our bodies and souls this season. And something new to your seasonal meal options.

Apple zucchini bread:  
<https://bit.ly/3RCwWfP>

Pumpkin Shepard's Pie:  
<https://bit.ly/3Byv8i2>

Pizza with Butternut Squash Sauce:  
<https://bit.ly/3fugZLv>

Creamy Roasted Butternut Squash Pasta with Sausage and Spinach :  
<https://bit.ly/3EhcC0C>

Pork Chops with apples and onions:  
<https://bit.ly/3V1rWnL>

Easy slow cooker Marry Me Chicken:  
<https://bit.ly/3RFjEPE>

German Chocolate Cheesecake:  
<https://bit.ly/3SCAT5I>

Pumpkin Snickerdoodles:  
<https://bit.ly/3M3fG29>



## Dyslexia Awareness Month

October is Dyslexia Awareness Month, a time for everyone to learn and understand more about Dyslexia and the many resources available.

As many as 1 in 5 people have dyslexia and it affects just as many boys as girls. Most individuals with dyslexia have an average IQ. Dyslexia is genetic. With supportive interventions, especially

when started early, most individuals with dyslexia will succeed in school, work and throughout their lives. (from Nessy.com)

During the month of October Nessy® advocates of individuals with dyslexia worldwide, are offering FREE resources for all educators and families to learn more about identifying &

supporting individuals with dyslexia. To learn more and access these free resources visit:  
<https://bit.ly/3RAjwB0>

For local support visit The Portland's Dyslexia Center at: <https://bit.ly/3M4PYKu>

To learn more about Dyslexia and advocacy visit the Yale Center for Dyslexia and Creativity:  
<https://bit.ly/3rsdCY0>



## Planning for Winter

The rapid change in temperature has ushered in fall, which only means that winter is fast approaching.

Window air conditioners are being stored away, storm windows are being closed and the heat is being turned on in many homes.

This winter heating season will be challenging for many individuals and families.

If you are concerned about your ability to afford keeping your home warm this winter, now is the time to research the programs available from York County Community

Action. These include- Home Energy Assistance Program (HEAP,) weatherization program, Electricity Lifeline Program (ELP) and more.

**To learn more** about York County Community Action programs visit:  
<https://bit.ly/3Malhni>





**Kennebunkport-Public Health Office**

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Kennebunkport, ME 04046

**Phone** 207-967-4401

**E-mail**

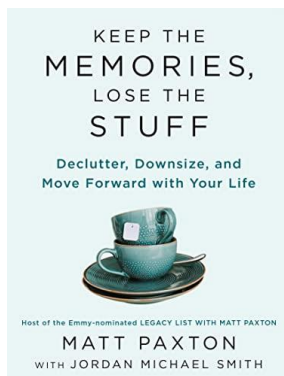
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**Web site address**

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

**Sign up to receive the e-newsletter at:**

<https://www.kennebunkportme.gov/subscribe>



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
- General Assistance & Social Service needs
- Medical Loan Closet
- Disease prevention & health promotion
- 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  
Kristen Garvin BSN, MS, RN



**KENNEBUNKPORT  
PUBLIC HEALTH**

*Celebrating 75 Years of Service*

**Kennebunkport Emergency Medical Services (KEMS)** offers an annual subscription service (\$100-400) that helps individuals, couples and families (both permanent and seasonal residents.) Those who participate in the subscription service will have the portion of their bill typically charged to the client waived, which offers residents a tremendous savings. (The KEMS subscription does not apply in the event that a neighboring EMS responds mutual aid to the subscriber's address. For more information: [kemsemschief@gmail.com](mailto:kemsemschief@gmail.com) or leave message: 207-967-9704.

## Your Health Matters: Book Discussion Group

This month we invite you to pause, breath and have some extra time to read our next chosen book title. With the Kennebunkport Public Health Office is hosting Dr. Marilyn Gugliucci at The Louis T. Graves Public Memorial Library on Oct. 19<sup>th</sup> (see page 1) we have made the decision to not hold a book discussion in October. This will allow everyone more time to read the next amazing book!

Please plan to join us on Wednesday November 16, 2022, at 9:45 AM in the Community Room at

Graves Library. We will discuss the book, *"Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life"* by Matt Paxton with Jordan Michael Smith, 2022.

Matt Paxton is a downsizing and cleaning expert, speaker, author, radio personality, and host of the 2-time Emmy nominated television show Legacy List with Matt Paxton. (Content from Mr. Paxton's website- <https://bit.ly/3frPMcf> )

This book will help you learn to uncover the stories behind the stuff, take the first baby steps to decluttering and downsizing, learn how to sort through pictures and documents, decide what to keep and create your Legacy List, decide what to give away and what to keep.

This book title is available at Graves Library.

**To learn more** about Matt and check out suggested resources visit his website at: <https://bit.ly/3frPMcf>