

Community Health Connector

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Special Announcement

Blood Drives

The October 26, 2021, blood drive will NOT be held.

Blood Drives will resume on Nov.30, 2021 from 10 AM-3 PM the American Red Cross at the American Legion Hall, Post 159, 102 Main St., Kennebunkport.

To schedule a November 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

Please note-masks will be required.

Feeling the Stress: 18 Months of Covid

The recent surge in Covid-19 cases locally has caused us to once again be concerned for our health and the health of our families and friends. Questions arise; when will all the booster vaccines be available, when can children younger than 12 years be able to be vaccinated, should I wear a mask, how will this impact our family's holidays this year, or when will this all be over?

These are all valid questions of concern. In entering the nineteenth month of this pandemic we should acknowledge the mental strain this is having on each one of us. Throughout these months of uncertainty and isolation many of us may be feeling the impacts of chronic stress from health worries, isolation and fear of the unknown.



As an individual it may be easier to focus on the items you have personal control over. Focus on supporting your overall health, eat well, adequate hydration, good sleep habits, daily physical movement and contact with family and friends.

A few resources:

- How Covid is affecting the brain:
<https://bit.ly/39OMucl>
- How to practice 4-7-8 breathing:
<https://bit.ly/3laxVGV>

• Watch a 17-minute TED Talk by Richard J. Davis, Ph.D. "How Mindfulness Changes the Emotional Life of Our Brains," visit:

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

• For simple mindfulness practices visit:

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

• To read a FAQ sheet "I'm So Stressed Out," by the National Institute of Mental Health visit:

<https://bit.ly/3owbez1>

Covid-19 Updates: Questions about Boosters

Currently, only the Pfizer Covid-19 vaccine has been approved to provide booster vaccines to individuals who are 65 or older, residents of a long term care facility or aged 50-64 with and

underlying health condition.

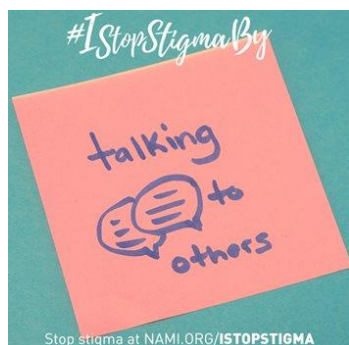
Moderna and Johnson & Johnson are still awaiting FDA approval for a booster dose. Vaccines for those 5-11 years, also still await approval.

For more from Maine CDC visit:

<https://bit.ly/300hkO8>

For quick and up-to-date information check out the "Covid Information" banner/tab on the Town of Kennebunkport website:

<https://bit.ly/39Hayz1>



Depression Awareness Week

We can all have occasional periods of sadness. However, if you, a loved one or a friend; have feelings of sadness that go on for more than 14 days, it is time to reach out for assistance and support.

In the U.S. 1 in 5 adults will experience mental health concerns. For youth ages 6-17 years, 17% will experience mental health concerns.

The good news is there is help and support available. Start by reaching out to your primary care provider.

For more information:

Learn more about symptoms of mental health concerns visit: <https://bit.ly/3aepaFz>

National Suicide Prevention Helpline 800-273-8255 or for more

information visit:

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

National Crisis Text Line text HOME to 741741 for more information visit:

<https://bit.ly/39Hhf48>

Meditations for adults on Youtube from Daily Calm: <https://bit.ly/3Bkbvxs>

Monster Meditations on YouTube, a collaboration by Sesame Street and HeadSpace:

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

Foot Care Services

Routine foot care services are now available for Kennebunkport residents.

Services provided are routine care of toenails, calluses, and corns. This is **not** a pedicure; there are no foot soaks, scrubs or polishes.

Basic foot care is not covered by Medicare or insurance, it is considered an out-of-pocket expense, cost for the service is \$35, payable in cash or a check made out to the Town of Kennebunkport.

Individuals will **be seen by appointment only**, call 207-967-4401 to schedule an appointment. Services are provided at the Public Health Office, 101 Main St. Kennebunkport.

UNE Legacy Scholars

The Center for Excellence in Aging & Health (CEAH), at the University of New England invites adults, aged 60+ years, from Maine and elsewhere, to join with our students, faculty and staff in shared scholarship and service in support of healthy, meaning-filled aging.

Legacy Scholars are willing to participate as subjects in research studies on

health and wellness in aging. What's asked will vary by study. One study might involve just a survey. Another might include an interview or clinical evaluation in an office. Scholars choose the studies they wish to support.

Membership is free. Scholars cover their own travel to classes and events.

Prospective Scholars complete the initial registration form (see link below.) A more detailed registration process follows 1-2 weeks later, and includes a consent form, study examples, and how privacy is protected.

To learn more and to register to be a UNE Legacy Scholar visit: <https://bit.ly/3hfpaJn>

(content from CEAH)

Flu Clinic in Kennebunkport

Save the Date! On Tuesday Oct. 12, 2021; a Seasonal Flu Clinic will be held at the Village Fire Station, 32 North St, Kennebunkport.

This will be a "drop in" clinic, hours for the clinic will be 9 AM-Noon and 3 PM-6 PM.

Vaccine will be available for ages 3 years and older. There will be senior vaccine available for those over 65 years.

Please wear a mask, bring your **insurance card** and if possible, download and complete your vaccine consent form

in advance! (it will help keep things moving quickly.)

We thank the Walgreen's Pharmacy staff for helping bring this clinic to our community.

To learn more and to access the consent form visit: <https://bit.ly/2XP34XD>

Food For Thought

The month is beginning with warm days and cool evenings, then by the end of the month we all start watching for the frost.

Truly, Fall is upon us. Time to pull out the warmer clothes, add extra blankets on the beds and maybe even locate a pair of gloves!

It is also time for slow cooking and comfort foods. To help you plan

some great fall meals, check out these interesting recipes:

Pumpkin French Toast:
<https://bit.ly/2X42bcX>

Fall Kale Salad:
<https://bit.ly/3heci6n>

Fall vegetable quinoa soup:
<https://bit.ly/3nf5dWQ>

Balsamic Pork Tenderloin with fall vegetables:
<https://bit.ly/3jQYksK>

Vegan Butternut Squash Risotto:
<https://bit.ly/3kYq3Hq>

Chicken Florentine:
<https://bit.ly/3zUZtp1>

Cranberry Walnut Chicken Salad:
<https://bit.ly/3tnJ8GV>

Acorn Squash with Apples:
<https://bit.ly/3obxjCY>

Apple Cake:
<https://bit.ly/2Wf0Fom>



What's Your Escape Plan?

Fire Safety Week is October 3-9, 2021. This is always a great time to review your home fire safety plans with all living in your home. Some things to consider:

Does everyone know what the smoke detector sounds like? Can everyone hear the alarm? Now is the time to change the batteries and test that smoke detectors are working.

Colder weather is upon us, has your home heating supplier inspected your heating system?

Do you have a fire escape plan for your home? In the event of an emergency, can each family member open their bedroom window? Are all exit ways clear of clutter? Does everyone know two ways out of every room in your home. Do you have designated outdoor

meeting space? Plan now and know your route!

- To read "Fire Safety for Older Adults," from the US Fire Administration visit:
<https://bit.ly/2YkKKWa>

- Fire alarm option for people who are hard of hearing or deaf:
<https://bit.ly/3uIGJHf>

- Information from Senior Living, including a checklist:
<https://bit.ly/3Fhh3GF>

Drug Take Back Day: October 23, 2021

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. (from DEA website)

Residents of Kennebunkport can come to the Kennebunkport Police Station at 101 Main St. from 10 AM - Noon on the 23rd to drop off unused medication. (this does NOT include: sharps, inhalers, batteries or vapes.) The Medication Return Box is

available in the lobby of the police station every day.

The Kennebunk Police Department will be at Hannaford's in Kennebunk from, 10AM-2 PM on the 23rd.

To locate a collection site across the country visit:
<https://bit.ly/3Fje3d2>

Decrease the Stigma: Of Substance Use Disorder

On Thursday Oct. 14, 2021; from 4-5 PM at Louis T. Graves Memorial Public Library; we will show a TEDx talk by Trevor Brown, followed by discussion and ending with Naloxone Training, with free Naloxone available. **RSVP required.**

This program is sponsored by the Project Alliance Coalition in collaboration with Kennebunkport Public Health Department, Kennebunk Police Department, Louis T. Graves Memorial Public Library and Portland Public Health.

To RSVP and for more information contact Morgan at:
mbates3@une.edu or 207-602-3555.

Future program dates: Nov. 18th and Dec. 9th, also from 4-5 PM.

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

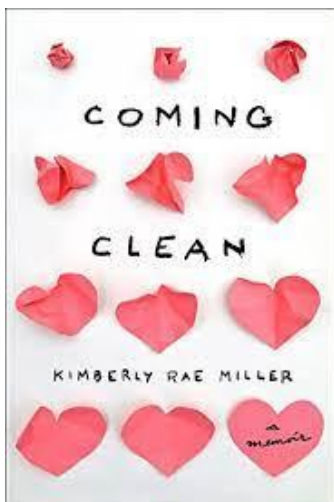
Phone 207-967-4401

E-mail

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 promotion
- General health counseling and guidance
- General Assistance & Social Service needs
- Medical Loan Closet
- Disease prevention & health
- 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



**KENNEBUNKPORT
PUBLIC HEALTH**

Kennebunkport Emergency Management Services (KEMS) offers an annual subscription service (\$100-300) 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 or leave message: 207-967-9704.

Your Health Matters: Book Discussion

Join us on Wednesday October 20, 2021; at 9:45 AM for the September "Your Health Matters," book discussion; at the Louis T. Graves Public Memorial Library to discuss, *"Coming Clean: A Memoir,"* by Kimberly Rae Miller, 2013.

This book discusses the impact hoarding has on the children growing up in the home. Please be aware that this book also includes discuss of a suicide attempt.

In this memoir, Miller brings to life her experience growing up in a rat-infested home, hiding her father's shameful secret from friends for years, and the

emotional burden that ultimately led to her suicide attempt. In beautiful prose, Miller sheds light on her complicated yet loving relationship with her parents, which has thrived in spite of the odds. (from Amazon)

"Coming Clean: A Memoir" is a story about recognizing where you come from and understanding the relationships that define you. It is also a powerful story of recovery and redemption.

To watch a 5-minute video clip by the author visit:
<https://bit.ly/3I5W9RF>

Save the date of Wednesday November 17, 2021; to join us at Graves Library for the November *"Your Health Matters,"* book discussion when we will focus on the book by Atul Gawande MD; entitled *"Being Mortal: Medicine and What Matters in the End."* Gawande explores how the experience of aging and dying has changed, and how it might be improved.

A challenging, yet important concept and discussion for all individuals and families.

This title was chosen to celebrate National Hospice & Palliative Care Month 2021.