

Community Health Connector

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Blood Drive: Upcoming

On Tuesday October 27, 2020 from 10-3 and Tuesday November 24, 2020 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 go to <https://rcblood.org/3d7Y2Zy> 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

Clean Out Your Medicine Cabinet

A fall chill is in the air and with that many New Englanders begin looking at their fall “to-do” list. This might include: yard clean-up, closing up storm windows & doors, cleaning closets & switching over to cool weather clothing, changing the batteries in smoke detectors and locating shovels and ice-scrappers in preparation for winter weather.

Another item to consider is to look through and clean out your medicine cabinet to remove any medications that are no longer needed.

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning,



misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment.

Nationally, the Drug Enforcement Agency (DEA) sponsors a National Takeback Day in collaboration with local police departments. One will be held on Saturday Oct. 24, 2020.

Kennebunkport: Please bring any medications you do not need to the lobby of the

Police Station, NO SHARPS ARE ALLOWED. Please wear a mask when entering the lobby.

Kennebunk: The Kennebunk Police Department will be at Hannaford’s in Kennebunk from 10-2 pm. Please wear a mask.

For more information and to locate a DEA National Takeback location across the US visit: <https://bit.ly/2GFqDsW>

A Source of Health News for You!

The **Kennebunkport Public Health Office** welcomes you to this first edition of its monthly newsletter. It is our goal to share health related information applicable for all ages with you in this newsletter.

Feel free to reach out and let us know what health topics are of interest to you!

Reach out to Kim at:
knoble@kennebunkportme.gov





Mental Health Awareness Week

Mental Health Awareness Week is October 4-10, 2020, it is a week to help raise awareness of mental health concerns, reduce the stigma and provide support. During this unprecedented year, filled with uncertainty, changes in social interactions, work environments and education for our youth, awareness of mental health concerns and resources is even more important.

A few available on-line supports that can help you learn more are National Alliance on Mental Illness (NAMI,) check out the support & education tab at the top of the page. Families for Depression Awareness has sections on offering help to someone-even a section on helping during Covid plus webinars & videos. The Yellow Tulip Project is a Maine based program

focused reducing stigma and building a community filled with help and hope.

To find out more about

NAMI visit:
<https://bit.ly/3d0bVch>

NAMI Maine visit:
<https://bit.ly/3nnzhxg>

Families Aware visit:
<https://bit.ly/2GzCadF>

The Yellow Tulip Project visit: <https://bit.ly/3jDj052>

Savor the Season

The abundance of the fall season can be seen in roadside vegetable stands, as well as in the "locally grown" sections at grocery stores. With the weather slowly becoming cooler we settle into the start of "soup season!"

The comfort of home cooked soup, fills the house with amazing aromas, our bodies with nutrition and our meal

table with family connections.

Meals bring families to the table, it allows for a reflection on the events of the day, sharing of family stories, updates to calendars for future events and connects us all.

Pumpkins are also in season. While fun to carve and decorate with, it is also easy to make your

own pumpkin puree to use in fall recipes.

Link to one Butternut Squash Soup here:
<https://bit.ly/3lrcNK7>

Link to recipe for Fresh Pumpkin Puree:
<https://bit.ly/34tW0PA>



Osteoporosis Prevention

There are an estimated 10 million American's with Osteoporosis, with more than 8 million (80%) of those being women. Osteoporosis is a disease of the bones that causes the bones to become weak and break easily.

While the effects of Osteoporosis can mainly be seen in older individuals, awareness and prevention should be part of all of our lives.

World Osteoporosis Day takes place every year on October 20, launching a year-long campaign

dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. (content taken from Office on Women's Health-DHHS)

To learn more visit:
<https://bit.ly/3jDI2SI>

Is Your Mind Full or are You Being Mindful?

We have entered the fourth quarter of 2020 and it has certainly been quite a different year than any of us anticipated when we rang in the new year back in January.

Social isolation, Zoom Fatigue and creating your social pod were not even in most of our vocabulary in January.

Now many of us are feeling “sluggish,” stressed and unable to

concentrate. All signs of brain fatigue, which for many of us is caused by more remote connections with work and school.

Molly Callahan wrote about this concept in *News@ Northeastern* in May 2020 in her article **“Zoom Fatigue is Real.”** Her article contains tips on reducing brain fatigue.

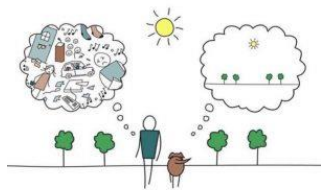
To help our brains and our bodies we can all practice some mindful minutes

daily. It is all about helping us be in the present moment, relax our body and brain for a brief time, so that we can continue on effectively in our daily life.

To learn steps to practice your own Mindful Minutes visit: <https://bit.ly/3izLefN>

To access the full article on Zoom Fatigue visit: <https://bit.ly/3iF4XdK>

Mind full vs Mindful



Learn to be present and enjoy the moment.

Get to Know the Public Health Office

Alison Kenneway BSN, RN, graduated from Northeastern University with her Bachelor of Science in Nursing.

She began her career focusing on Neonatal & Pediatric Intensive Care at Tuft’s Floating Hospital in Boston. Then with an interest in Emergency Nursing she went to work at UMASS Medical center in Worcester MA in both

the Pediatric and Adult Emergency Room.

She was then recruited to work on New England Life Flight as a flight nurse.

After a move to Maine she began working at York Hospital Emergency Department and crossed over into work at Wells Urgent Care Center.

In 2015 looking for a change, Alison began

working at the Public Health Office in Kennebunkport as a staff nurse. She was appointed Public Health Director in June 2017 after the retirement of Judy Barrett RN.

Alison lives here in town with her husband, son and daughter.

(article continued at bottom of page 4)



Flu Season within a Pandemic

Seasonal flu time is upon us. There are flu vaccines available at MD offices, community clinics and pharmacies. This year, the tools we have all learned to help prevent the spread of Covid-19, will also assist in preventing the spread of seasonal flu. It is up to us all: Wear, Wash and Watch!



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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

Get to Know the Public Health Office Staff

(continued)

Stacey Corsie BSN, RN; graduated with her Associate’s Degree in Nursing from the University of New England and went on to obtain her Bachelor of Science in Nursing from the University of MA-Boston. While in college in MA, Stacey volunteered at the Arlington Public Health Department, after graduating from UMass she worked at Brigham and Women’s Hospital in Cardiology. On her return to Maine Stacey worked in Critical Care and in the Cardiac Catheter Lab at York Hospital. Deciding it was time for a change

and feeling a drive to serve her community Stacey is now a Kennebunkport Public Health Nurse. She lives in town with her husband and children.

Kim Noble MBA, BSN, RN, obtained her Bachelor of Science in Nursing degree from Boston University and her MBA in Health Care Administration from Western New England College. Kim worked at Boston City Hospital in Pediatrics, as a staff nurse on the infant/toddler floor, then as the Nurse Manager for

the Pediatric ICU/Pediatric Surgical Unit.

Kim then began her lengthy career in Community Health at South Shore VNA, part of South Shore Health in Weymouth MA. Kim created the Parent-Child Health team caring for complex pre-natal and post-partum women as well as health care issues of children of all ages and then became coordinator of the Youth Health Connection, a program supporting youth health and community education. Kim lives in town with her husband and son.