

# Community Health Connector

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### The Foot Care Clinics

will be held on  
December 7<sup>th</sup> & 8<sup>th</sup>, 2022,  
and January 4<sup>th</sup> & 5<sup>th</sup>, 2023,  
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

## Holiday Support in Our Community



Our three-town community really shines during the holiday season. The generosity of neighbors will first be on display on Tuesday November 8<sup>th</sup> when each community will be actively asking residents to help "Stuff the Bus" for Community Outreach Services (COS) Food Pantry on election day. Please consider shelf stable food items or a monetary donation.

Any family or individual who might benefit from COS Food Pantry or their Holiday Basket Delivery for Thanksgiving or Christmas should contact their Town's General Assistance Office. In Kennebunkport, please call 967-4401.

For more information on Community Outreach Services visit:  
<https://bit.ly/3sxXpAU>

Community Harvest is hosting the 24th annual Project Pilgrim Thanksgiving Meal on Thursday, November 24, 2022. Due to the ongoing impacts of the COVID-19 pandemic, food distribution will once again be offered as curbside pick-up and delivery options only. All meal reservations **MUST** be made in advance by Sunday November 13, 2022.

For information and online sign up, visit Community Harvest:  
<https://bit.ly/3D7lfbD>

Secret Santa is a local organization which has been providing Christmas gifts to children ages 18 years and younger, for over 30 years. If you are a Kennebunk, Kennebunkport or Arundel family in need this year, you may complete the online Secret Santa Application or contact your town's General Assistance Office by Nov. 4, 2022.

To link to application:  
<https://bit.ly/3UfSAZO>

## Covid-19 & other updates

The fall and winter months challenge us all. As we enter the season of "fall allergies, flu, colds, & R.S.V.," layered over the ongoing concerns of Covid-19; it is no wonder when a cough or runny nose starts, one has no clue

what it might be! Check these links for useful information.

Fall allergies:  
<https://wb.md/3f9k5og>

Seasonal Flu:  
<https://bit.ly/3TWFe3B>

R.S.V.-Respiratory Syncytial Virus-learn more from the US CDC at: <https://bit.ly/3W6cyqY>

To find a covid vaccination location near you visit:  
<https://bit.ly/3dLW1of>

## It's that time-Sand for Seniors

For the second year the Kennebunkport Public Works Department and the Kennebunkport Public Health Office are partnering to help local senior citizens in need, obtain sand this winter to help keep their icy walkways safe to navigate.

Upon request, buckets of sand will be delivered to residents who are 65 and older or disabled; and are

unable to come directly to the Public Works Department to pick up sand for their personal use this winter.

If you participated last year and still have your bucket, simply call us to request that it be refilled!

To request a bucket please call Kennebunkport Public Health at 207-967-4401.

Thank you to The Pilot House Restaurant, Alisson's Restaurant and Kennebunkport Health Council, for bucket donations this year.



## Community CPR/AED Class

On Tuesday, November 29, 2022, at The Village Fire Station, 32 North St., Kennebunkport from 6-8 pm the Kennebunkport Public Health Department will host a community CPR/AED (automated external defibrillator) educational event for residents ages 18 and over.

Join us for a CPR/AED refresher or to learn for the first time. CPR

classes will equip you with the tools and the confidence you need to transform yourself from the role of bystander to lifesaver.

This program is **FREE** to residents, however if you require a certification card there is a small fee for card and course book, please call 967-4401 for more information.

Join us for this fun and interactive program and learn a skill that can help save lives!



## Positive Aging Resources

Positive Aging Community is an organization in the Mid Atlantic States that provides many free webinars on a regular basis. These programs are also typically recorded and posted for access promptly after a session is held, so there is a large

library of prior presentation content available.

Some of the past content offerings are:

- The Future of Medicine for Older Adults,
- Author of Women Wise: The Essential Guide to

Financial & Lifestyle Decisions as we age,

- Safe & Accessible Homes: Stairs and Entryways.

Upcoming: Understanding Hospital Discharge.

To learn more:  
<https://bit.ly/3SUHZS5>



### REMINDER:

Daylight savings time  
ends November 6,  
2022.

## Food for Thought

It is hard to believe that the holidays are just a few weeks away. This is a season when food is the star of any gathering!

To help you consider some new options to try check out a few of these suggestions.

Glazed Blueberry Rolls:  
<https://bit.ly/3MHCODK>

Sweet Potato Kale  
Frittata:  
<https://bit.ly/3TxZWGP>

Butternut Squash Fritters:  
<https://bit.ly/3zuXp8Y>

Green salad with roasted  
carrots and tarragon  
dressing:  
<https://bit.ly/3yT7e03>

Turkey and Dumpling  
Soup:  
<https://bit.ly/3NlqU2y>

Spaghetti Squash Au  
Gratin:  
<https://armagazine.com/3FtuUME>

Stuffed Butternut Squash  
with Wild Rice:  
<https://bit.ly/3UfSAZ0>

Leftover Turkey Stuffed  
Peppers:  
<https://bit.ly/3DTB8UI>

Pumpkin Dump Cake:  
<https://armagazine.com/3SYREag>

Every Flavor Thanksgiving  
Pie Bars:  
<https://bit.ly/3sP94eW>



## Community, Coffee & Conversation

On Wednesday November 30, 2022, we will host the first Kennebunkport Death Café at 9 AM at The Louis T. Graves Library in the Community Room.

What is a Death Café? A Death Café is a safe and relaxed space to gather with people to discuss topics related to death and dying.

The objective is to engage in interesting, thought

provoking and life-affirming conversations. Please join us at this community conversation!

This gathering will be facilitated by Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF; Professor & Director, Geriatrics Education & Research; Director, U-ExCEL Older Adult Fitness Program; Division of Geriatrics;

University of New England College of Osteopathic Medicine.

Learn more about Death Café's at:  
<https://bit.ly/3T1WN1r>



### New Option for Upcycling!

There are new textile collection bins at both the Kennebunkport Police Station (101 Main St.) and the North Street Fire Station (32 North St.) These bins are operated and maintained by Apparel Impact under a no-cost agreement with the town. All collected materials will be reused, up-cycled or recycled, with only a small percentage sent to incinerators or landfills.

For a list of items to donate visit: <https://bit.ly/3DVgwM3>

## National Family Health History Day

As your family gathers for Thanksgiving, in addition to spending time catching up on what everyone has been doing, watching the Macy's Day Parade, cooking, eating and sports consider setting aside some time to discuss your family health history. A family health

history is a record of the diseases and health conditions in your family. You and your family members share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter

similar things in the environment. Family history includes all these factors, any of which can affect your health. (US CDC)

To learn more and access the "My Family Health Portrait" site visit:  
<https://bit.ly/31nPVn1>



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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

On Wednesday November 16, 2022, join us at the Louis T. Graves Memorial Public Library at 9:45 AM for our monthly book discussion "Your Health Matters."

This month we will focus on a discussion of "stuff!" Our homes are filled with things, items we have purchased, been gifted, or inherited. These things can bring us joy and remind us of family members no longer with us; however, they can also overwhelm us and clutter our lives.

But where to begin? The challenge is very real and

can easily be the stopping point in the process for many of us.

The book we will discuss this month **"Keep the Memories, Lose the Stuff: Declutter, Downsize and Move Forward With Your Life,"** by Matt Paxton, is a wonderful starting point for everyone.

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.

(<https://bit.ly/3frPMcf>)

This small book is filled with engaging stories on how the author has helped people declutter and create their all important "Legacy List." In addition, there are fabulous resources included.

Copies of the book are available at Graves Library. Haven't had time to read the book? Feel free to join us for the discussion, everyone is welcome. If you have read the book and want to share one item from your legacy list, feel free to bring it with you!