

Community Health Connector

INSIDE THIS ISSUE:

Supporting the Caregiver	2
Home Base-Veterans	2
Stress and the Holidays	2
Food For Thought	3
Are You Prepared?	3
Covid and the Holidays	3
Your Health Matters	4



Blood Drive

On November 30, 2021; from 10 AM-3 PM 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

Please note-masks will be required.

Community Help for the Holidays

With another turning of the calendar pages we welcome in the holiday season. Please be aware of and share information about these wonderful resources in our area. We are fortunate to live in a very generous community, these resources are here to help our residents.

Community Harvest is excited to announce plans for the 23rd annual *Project Pilgrim Thanksgiving Meal* on Thursday, November 25th. Due to the spread of COVID-19, meals will once again be offered as curbside pick-up and a delivery option only.

Meal reservation **MUST** be made in advance by Sunday November 14, 2021. Once signed up, you will be assigned a time to pick-up your meal on Thanksgiving Day from St. Martha's Church



on Route 1 in Kennebunk.

To reserve a meal call (207) 967-1911 or visit <https://bit.ly/3FXDhhh> to fill out an online form.

Holiday Food Baskets are available for individuals and families to be delivered just before Thanksgiving and Christmas. If you are in need, please contact Alison at: 967-4401.

Secret Santa: Are you the parent or guardian of a child, 18 years or under in need of some help this

Christmas, please fill out the form at: <https://bit.ly/3BY7dal>.

Secret Santa will do its best to provide gifts from those that you have suggested.

Please share this information with others within our three-town area.



Covid Updates-Boosters, plus vaccines for those 5-11 years

As of Nov. 1, 2021; booster doses are available for:

- Anyone who received the Janssen (J & J) vaccine at least 2 months ago.
- Anyone age 65 or older.

- 18-64-year-old at high risk for severe Covid-19.
- 18-64-year-old with frequent institutional or occupational exposure.

Vaccine for ages 5-11 years were just approved, RSU21 to hold clinics this month. <https://bit.ly/3BBKBeZ>

For upcoming **Covid Vaccine Clinic information** and other up-to-date information check out the "Covid Information" banner/tab on the Town of Kennebunkport website: <https://bit.ly/39Hayz1>

Ocean Relaxation:

Meditation Video from Monterey Bay Aquarium. Morning MeditOcean-A Guided Meditation with the Jellies. Watch the Pacific Sea Nettles while participating in a guided meditation practice.

To watch this 11 minute video visit:
<https://bit.ly/3nxRRn9>
 (search YouTube for other MeditOcean Meditation videos.



Supporting the Caregiver

November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."

Are you aware that 19% (nearly 1 in 5) people in the US are providing unpaid care to adults over 18 years, for health or functional needs? Within this Caregiver group, 61% are working individuals.

The caregiving role is usually one that is unexpected and unplanned for by extended family members. Stress from care giving is very real. If you know a caregiver, reach out to



them this month and let them know you are thinking of them and ask how you might assist them in some way.

Tips for Self-Care from The Family Caregiver Alliance:
<https://bit.ly/3BX8FtX>

Link to the **Caregiving in the US 2020 Report**, from National Alliance for Caregiving and AARP at:
<https://bit.ly/3AQO5Kt>

Home Base: Supporting Veterans & Military Families

Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for Veterans of all eras, current Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education and research.

As a National Center of Excellence, Home Base

operates the first and largest private-sector clinic in the nation devoted to providing life-saving clinical care and support for the treatment of the invisible wounds to include post-traumatic stress, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, family relationship challenges and other issues associated with

military service. (*from website*)

Home Base offers a variety of services and an adventure series.

There are also on-line training opportunities for Healthcare Providers and First Responders.

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

Also check out **Mission22** at: <https://bit.ly/3Exu7qa>

This event is sponsored by Coastal Healthy Community Coalition in collaboration with Kennebunkport Public Health Department, Kennebunk Police Department, Louis T. Graves Public Memorial Library and Portland Public Health.

Decrease the Stigma-Holidays and Stress

Join us on Thursday November 18th from 4-5 pm at Louis T. Graves Memorial Public Library for a free discussion on **Stress and the Holidays**.

Learn healthy coping strategies for dealing with the stress that comes from the holiday season.

The presenter will be Dana Ashy MA, MEd. from New England Mental Health Technology Transfer Center Network via Zoom.

This event is open to all! At the conclusion of the Stress and the Holidays event, there will be a brief

education presentation on Naloxone Training with free Naloxone will be available.



Food For Thought

It may only be the beginning of the month; however, you might already be thinking of how to creatively use any leftover turkey meat that you know will be in your refrigerator in a few weeks. Here are some suggestions:

Turkey, Brie and Cranberry Panini:
<https://bit.ly/3BOqR8Z>

Turkey Pot Pie:
<https://bit.ly/3AQV4mE>

Leftover Thanksgiving Turkey Shepard's Pie:
<https://bit.ly/3jfWaT0>

Turkey Avgelomano (lemon) Soup:
<https://bit.ly/3aUZP3L>

Turkey Salad:
<https://bit.ly/3DVoH7Z>

Turkey Stir Fry:
<https://bit.ly/3p8MFsu>

Leftover Turkey Corn Chowder:
<https://bit.ly/3aQG1P2>

Thanksgiving Pizza:
<https://bit.ly/3jdtJoE>

Harvest Turkey Cobb Salad: <https://bit.ly/3n9j7Ij>

This Thanksgiving season think creatively and give one of these recipes a try with some of your leftovers!



Are You Prepared? Talking about Substances

Parents of younger children-are you ready to talk to your children about drugs and alcohol?

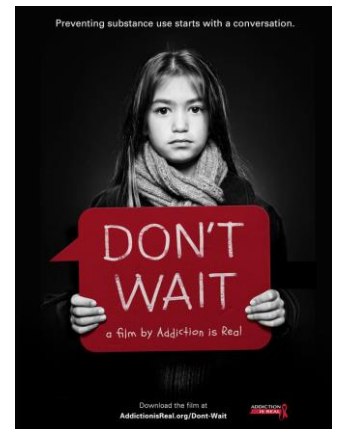
The Coastal Healthy Communities Coalition is offering the following link for you to watch the film **Don't Wait** for FREE!

The film is about teen substance use and what parents can do to help prevent addiction in your family. It will be available for free from Oct. 23rd-

Nov. 28th. Each download includes a printable handbook and discussion guide, as well as the link to the Addiction is Real "Hidden in Plain View" online experience where parents can explore a teen's bedroom and learn to identify the signs of drug and alcohol use.

[Instructions to access the film:](#)

- 1.) Go to <https://vimeo.com/ondemand/dontwaitpromo>
- 2.) Click on "Rent \$10.00"
- 3.) You will be asked to log in or to create a Vimeo account by entering your name, email and password.
- 4.) Enter the **Promo Code: CHCC21.**



Holiday Celebrations during Covid: Year 2

It is hard to imagine that we are entering a second year of holiday celebrations with continued concerns related to the Covid-19 Pandemic.

Traditions are important, however so is the health and safety of our loved ones. How do we create

meaningful gatherings while keeping everyone safe? These are the questions many families are seeking to answer. There is no one answer.

Each family will need to look at known health risks of their family members and possibly make

adaptions. Some simple strategies:

- Gather in small groups.
- Create indoor & outdoor gathering spaces.
- Stay in your known family/friend "pod."



For more information visit the U.S. CDC Holiday Recommendations:
<https://bit.ly/3AXVRCj>

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

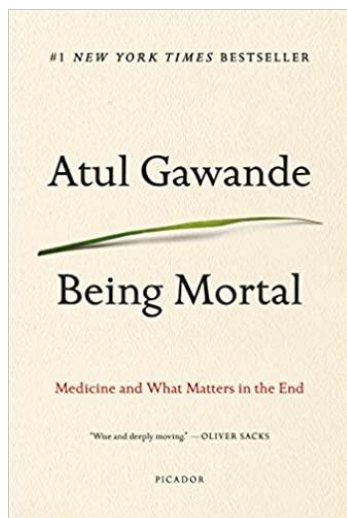
Phone 207-967-4401

E-mail

akenneway@kennebunkportme.gov

**Web site address**

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

**Book Discussion**

Wednesday Nov. 17, 2021; at 9:45 AM at Louis T. Graves Public Memorial Library.

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



**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 Group

The book title for this month is ***“Being Mortal: Illness, Medicine and What Matters Most in the End.”*** by Atul Gawande MD, MPH. This book was chosen to acknowledge that November is National Hospice and Palliative Care Month. This year's theme is "It's About How You Live."

“Being Mortal” is available in print, digital and audio versions. Additionally, there is a 1-hour PBS Frontline documentary based on the book available on YouTube at: <https://youtu.be/IQhI3Jb7vMg>

“Being Mortal” will challenge the reader to think about aging, quality of life, expectations at end-of-life and to reflect on how modern medicine has changed our expectations of the *“modern experience of mortality.”*

This book contains thought provoking content that will challenge the reader on their knowledge and understanding of how our society cares for and supports the elderly and those with illness at any age.

“Being Mortal” is truly a “must read” for everyone.

December is a busy holiday month so we will not hold a Your Health Matters: Book Discussion.

The Your Health Matters discussion group will resume on January 19, 2022; at 9:45 AM at the Louis T. Graves Public Memorial Library. The book to be discussed is ***“Life Glows on: Reconnecting with Your Creativity to Make the Rest of Your Life the Best of Your Life (It's Never Too Late to Shine On),”*** by Claire Cook, 2021. Consider joining us to start off 2022 with creativity and imagination!