

Community Health Connector

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Upcoming Blood Drives

On Tuesday November 24, 2020 and Tuesday December 29, 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

Holiday Help-Baskets, Gifts and Trees

On Thursday, November 26th, 2020, Community Harvest, a local nonprofit organization, will host the **22nd Annual Project Pilgrim** at St. Martha's Church on Route 1 in Kennebunk. Traditionally, Project Pilgrim is a complimentary Thanksgiving Day dinner for community members to come together and share in delicious food and wonderful company. This year, due to the spread of COVID-19, the organization is pivoting to curbside pick-up and delivery options rather than a gathered meal.

To reserve a meal call (207) 967-1911 or visit www.communityharvestonline.org. All meal reservations must be made in advance by **November 13, 2020**. Both curbside pick-up and delivery methods will



adhere to CDC guidelines for social distancing, sanitizing, and other safety measures. Meals will be ready for pick-up or be delivered locally on Thanksgiving Day from 12:00 – 1:30 pm.

The **SECRET SANTA** program, with the generosity of our communities, would like to provide gifts to families in need from the towns of Kennebunk, Kennebunkport and Arundel. If you have, or

are the guardian of, a child, 18 or under, living with you, and you need some help this Christmas, please fill out the form below. **SECRET SANTA** will do its best to provide gifts from those that you have suggested.

Submit requests by **November 6, 2020**.

Questions? E-mail secretsantakka@gmail.com.

Plan Holiday Gatherings with Caution

Over the past seven months we have had massive changes to our daily lives. Masks on, staying socially distanced, not gathering in large groups and remote work and school schedules.

In Maine, New England, the U.S. and across the globe there are increases in the numbers of new positive individuals with Covid-19. Now is the time for us all to renew our commitment to helping keep our family,

friends and community safe.

For Holiday Gathering recommendations from the US Centers for Disease Control visit: <https://bit.ly/2TvAeWr>

“Caregiving has no second agendas or hidden motives. The care is given from love for the joy of giving without expectations, no strings attached.”

*Gary Zukav
b. 1942
American writer, public speaker*

National Caregiver Month

A caregiver is defined as a person who provides direct care, this can be for children, elderly or those with a chronic illness. This caring role can be challenging under any circumstance, however when a global pandemic is layered on there are other unique situations that arise, and caregivers may need some resources.

November is **National Caregiver Month** and the

Caregiver Action Network organization has a resource entitled “*Caregiving in Crisis*.”

The **Family Caregiver Alliance** has a list of caregiver Fact Sheets for various caregiver topics. Some of these are: Caregiving with your Siblings, Digital Technology for the Family Caregiver, Alzheimer’s Disease and Caregiving, Mild Cognitive Impairment

and many more. A number of these Fact Sheets are available in a variety of languages.

To link to the Caregiver Action Network resource visit: <https://bit.ly/3kDzn1V>

To access the Fact Sheets from the Family Caregiver Alliance visit: <https://bit.ly/32703Rr>

National Family Health History Day

There are TV shows and commercial test kits that encourage us to learn more about our genealogy and family history. Where was our great, great, great grandparent from? How did they arrive in the US? What does my family tree really look like?

These are all interesting parts of one’s family history and fun to share with siblings, cousins and children. The information

provides us with an historical framework about our family. We can see dates of birth, marriages and deaths. However, we can’t always know what illnesses someone had or what was the cause of death.

Knowing these pieces of family health information can have a direct impact on our own health. Did your great grandparent have heart disease? Is

there a family history of kidney disease, diabetes, high blood pressure or cancer?

As family’s gather over the upcoming holidays; either virtually or in small groups, take some time to complete the “**My Family Health Portrait**,” on the Center for Disease Control (CDC) website.

Visit the CDC site at: <https://bit.ly/31nPVn1>

Tips to Calm for all Ages

The season of giving and joy is beginning, a season of fun, traditions and food; that also may bring stress for some of us. This year it is overshadowed by a pandemic, which has created some level of stress for everyone.

Some symptoms of stress in adults and children may

be insomnia, headaches, lack of energy, tense muscles and more. Children may also experience nightmares or bedwetting.

Knowledge, focused breathing and muscle activation can help with stress reduction.

To learn more visit:

Hand Model of the Brain: <https://bit.ly/3esdfVS>

To watch the 2 minute “push the wall” video visit: <https://bit.ly/2TTGIPi>

4-7-8 breathing visit: <https://bit.ly/2I03ouC>

Hospice or Palliative Care-Do You Know the Difference?

Many people have heard of hospice services, however there are a lot who are not familiar with Palliative Care Services. The National Hospice and Palliative Care Organization (NHPCO) is one great resource for individuals and their families, as they explore options.

Palliative care works together with the current treatment an individual is

receiving for their serious illness. It is not time limited, any individual with a serious illness can receive Palliative care regardless of life expectancy or prognosis.

Hospice care requires the individual to have a terminal prognosis. Both Palliative and Hospice Care assist to manage pain, symptoms and stress of a serious illness.

A local resource for individuals and families is Hospice of Southern Maine, which is a non-profit organization, which offers hospice services in the home, long term care facility, assisted living facility and at Gosnell Memorial Hospice House.

For national information from NHPCO visit:

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

For Hospice of Southern Maine visit:
<https://bit.ly/3mukqQd>

For a list of books to help youth children cope with the death of a family member, infant through miscarriage, pet and general loss issues visit:

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

Create a Thankfulness Jar

Many people are looking forward to ushering in 2021 for a variety of reasons. Instead of rushing the last few weeks of 2020 along what if we all paused and reflected on what we are grateful and thankful for?

A quick and easy way to do this is to gather a jar, box or any handy container; some small pieces of paper and a pen. Place these items in

a central place in your home. If you want to be creative feel free to decorate this container.

Then each day, every family member is welcome to pause and consider one thing they are thankful for and write it down.

Then choose a time to open the container and look at what is written down. You might choose Thanksgiving Day, New

Year's Eve or pick a day of the week to reflect more frequently. The small things in life truly do add up and impact every member of the family.

Learn to create your own Thankfulness Jar visit:

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



Resources for Dementia

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. (From Alzheimer's Association website)

Here are a few resources for families:

Sign up for the weekly update from the Alzheimer's Association at: <https://bit.ly/2l0WJfF>

To learn more about A Place To Start in

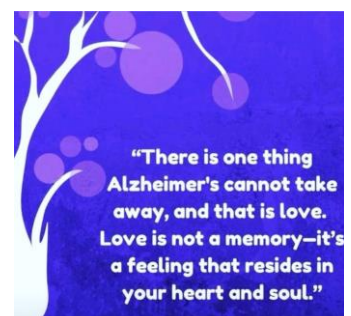
Kennebunk visit:

<https://bit.ly/2TUDI5i>

York County Virtual Support Group on Monday Nov. 9th from 3-4 PM, free but registration required.

Learn more at:

<https://bit.ly/37M7tgi>



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
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

Are You Prepared?

The leaves have fallen from most trees, the temperatures are cooler and daylight hours are shorter. This can only mean that winter and the uncertain weather conditions that the season brings will be upon us soon.

For those of us in New England it is time to pull out the shovels-for both home and vehicles, locate the vehicle window scrapers, set up the supply of ice melt/sand and top off the windshield wiper fluid in all vehicles.

It is also time to make sure that all your home heating units have been

cleaned and are fully functional for the season. Be sure that your home smoke detectors and CO Monitors have functional batteries installed.

Other things to consider are:

Making sure you have charge cords for cell phones for both home and vehicle use, in the event of a multiday power outage due to weather conditions.

Ensuring you have a working flashlight or lantern, plus the batteries or charge cords for these devices.

Gather supplies that might be needed for every family member, including pets! This may include easily prepared foods, foods for special dietary needs, medications, infant formula and diapers.

Winter is coming, take time now to be prepared.

To learn more visit:

<https://www.ready.gov/>

