

Community Health Connector

INSIDE THIS ISSUE:

| | |
|---------------------------|---|
| Holiday Safety for Pets | 2 |
| Sand for Seniors | 2 |
| National Handwashing Week | 2 |
| Food For Thought | 3 |
| Focus Word 2021 | 3 |
| Celebrating 75 years | 3 |
| Your Health Matters | 4 |

Blood Drive

On December 28, 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.

Celebrate Safely at Home This Holiday

The holiday season is in full swing. Thanksgiving leftovers are winding down, Hanukkah is being celebrated Nov. 28-Dec. 6th, Christmas Prelude with all the 40th Anniversary Festivities is about to begin, and the month will close out with Christmas and New Year's Eve.

Truly a very busy time of the year. With all this celebration you may have guests visiting your home or you may travel to a friend or relatives' home yourself. There are several safety considerations for us all to remember at this time of year.

Some of the safety concerns are:

- winter travel concerns,
- accidental poisoning from medications,
- fire safety considerations with



candles, extension cords and lighted trees.

This is a good time to review safety practices with all family members.

For information on safe storage of medications visit:

<https://bit.ly/3wxmc9l>

For tips on safely celebrating during Covid-19 visit the CDC at:

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

Medication safety tips:

<https://bit.ly/3G89wJJ>

How to store medications up and away to prevent accidental poisoning in children:

<https://bit.ly/31dMTok>

For winter driving safety tips from AAA visit:

<https://bit.ly/3xK57K9>

Fire escape route planning:

<https://bit.ly/31jZgiy>

Northern New England Poison Control number: 1-800-222-1222

Covid-19 Updates

A few highlights:

Vaccines: For general information about Covid-19 vaccines, including clinics and scheduling appointments visit:

<https://bit.ly/38gX3Wg>

On November 26, 2021, the World Health Organization (WHO) classified a new variant, B.1.1.529, as a Variant of Concern, and has named it Omicron. (from US CDC) stay up-to-date at: <https://bit.ly/3xFAWnf>

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

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



A reminder that the winter and holiday season can be stressful for many. This national resource is available to offer support.



Technology Support

The Louise T. Graves Memorial Public Library offers technology support M-F from 2:30-4:30 PM. This is a drop in format, no appointment needed. Individuals seeking assistance will be helped by local RSU21 High School Students. Learn how to connect to MyChart®, create an Instacart account, a Hannaford to Go or Delivery account or bring your own specific need and questions.

Safe Holidays for Your Pets

The “Fur Babies” of your family deserve a fun, festive and safe holiday, just as much as every family member. There are seasonal safety concerns for pets due to holiday plants, decorations and food.

A few tips for a safe holiday for your pet are:

- Keep foods out of reach, ask your guests to do the same and clean up from

holiday celebrations before going to bed.

- Secure your Christmas tree to keep it from falling.

- Try Hanging lemon-scented air fresheners in the tree to deter cats from climbing.

- Are guests coming over? Consider, securing your pet in one room away from the noise and distractions while guests are in your home.

- Keep holiday game pieces (driedels), chocolate candies away from curious pets.

- Secure all lit candles up, away and out of reach.

For more information from the American Veterinary Medical Association visit: <https://bit.ly/3G3HSNZ>

Watch a quick holiday safety video at: <https://bit.ly/31e8rRN>

Sand For Seniors

Winter in all of it's cold and icy glory will soon be upon us. To help residents in our town The Kennebunkport Public Works Department and The Kennebunkport Public Health Department are partnering to help senior citizens in need, obtain sand to help keep icy

home sidewalks safe to navigate.

Upon request, buckets of sand will be delivered to residents who are 65 and older; and unable to come directly to the Public Works Department to pick up sand for their personal use this winter.

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



Thank you to The Pilot House for the donation of buckets for this community project.



National Handwashing Week

National Handwashing Week is December 5-11th, 2021. This is a great time for all of us to be reminded of the importance of how handwashing helps protect the health of individuals, families and communities.

For the past eighteen months we have

increased our diligence in hand washing practices. As we enter the winter cold and flu season, along with a continued concern for the Covid-19 pandemic, this is a perfect time to remind all family members about the importance of handwashing and the proper practice.

To learn more visit: <https://bit.ly/3r7MsH6>

For resources on handwashing from the U.S. CDC visit:

<https://bit.ly/3l5zx4o>

For video on proper handwashing technique visit:

<https://bit.ly/3D2epSZ>

Food For Thought

Looking to make this holiday season festive, fun and possibly a little easier, at least from the meal planning perspective? Check out some of these recipes to help with your planning.

Sheet Pan Pancakes- everyone can eat at same time, but you can still make a variety of flavors: <https://bit.ly/3bU4TGf>

Honey Roasted Brussel Sprouts with Butternut Squash and Cranberries: <https://bit.ly/3c0W0uo>

Christmas Salad with Citrus Champagne



Vinaigrette: <https://bit.ly/3qgAvvt>

Make Ahead Mashed Potato: <https://bit.ly/3wxWIJq>

Turkey, Cranberry and Brie Quesadilla: <https://bit.ly/3kjHJgY>

Rugelach cookies: <https://bit.ly/3daB1WU>

Glazed shallots with chili and thyme: <https://bit.ly/3xKq8UU>



Foot Care Clinic

The Kennebunkport Public Health Department will hold foot care clinics at the Public Health Office, 101A Maine St, Kennebunkport, ME.

The clinic will be held on the following Wednesdays by appointment only, cost is \$35, payable in cash or check to Town of Kennebunkport.

Dates:
December 8, 2021
January 5, 2022
February 2, 2022
March 2, 2002

To schedule an appointment call:

207-967-4401

Save the Date!

January 13, 2022; from 4-5 PM will be the next **Decrease The Stigma** event at Graves Library Kennebunkport. There will be a brief presentation and discussion on stigma and substance use.

Focus Word-Year in Review 2021

As is typical this year has flown by, the turmoil of this full year of dealing with a pandemic has taken a toll on my ability to fully embrace my annual Focus Word.

Over the past five months the biggest accomplishments I have made are: much more consistent reading (both print and audiobooks,) walking at least once a week, completing a

monthly plank challenge, hosting Thanksgiving and now fully prepared for the holiday season.

These things all fit with my annual focus word of Nourish. During this year I have not personally accomplished what I set out to, having a focus word still helped guide me as the months went by swiftly. I now find myself starting to consider what

my focus will be for 2022, yes it will be here before we know it!

To help look for your own focus word for 2022 check out these websites.

Elizabeth McKnight offers a list of 100 words: <https://bit.ly/3lkXiFV>

Happiness is Homemade: <https://bit.ly/2UD4BuX>

Coming Up...Celebrating 75 years!

In May 2022, The Kennebunkport Public Health Department will officially celebrate 75 years of service to our community.

We are planning a number of community health events and will be sharing more information in early 2022.

On January 12, 2022; at 9:30 AM we will host Officer Candice Simeoni, Elder Crimes/Community Liaison Officer, Kennebunk Police Department, at the Louise T. Graves Public Memorial Library.

Officer Simeoni will share common scams in the area, talk about the most common perpetrators of Elder Abuse, talk about the York County Elder Abuse Task Force she founded in 2005 and empower you with ways to help protect yourselves.

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

December is typically a busy month for everyone, so we will not be hosting a Your Health Matters: Book Discussion this month. We will resume on Wednesday January 19, 2022; at 9:45 AM at Louis T. Graves Memorial Public Library.

We may be on a "break" however this offers you a chance to get jump start on some reading for the upcoming Your Health Matters: Book Discussion Groups.

A preview of some of the upcoming book titles for 2022 discussion group:

January: *"Life Glows On: Reconnecting With Your Creativity to Make the Rest of Your Life the Best of Your Life,"* by Clair Cook.

February: *"Your Heart, My Hands: An Immigrant's Remarkable Journey to Become One of America's Preeminent Cardiac Surgeons"* by Arun K Singh MD, John Hanc.

March: *"The Long Hello: Memory, My Mother and Me,"* by Cathy Borrie.

To learn more about the author Claire Cook and to request a free pdf entitled

"41 Essential Quotes to Get Your Glow on," visit: <https://clairecook.com/>

To link to free and fun on-line mandala and kaleidoscope makers visit: <https://bit.ly/3lIEgzd>

