

# Community Health Connector

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## Upcoming Blood Drives

On 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/3d7Y2Z> y 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

## Noel Dinner

Community Harvest will offer a Noel Dinner on Christmas Day, pick up or delivery by reservation only. For **more information** call: 207-967-1911

## Celebrating Differently in 2020

Every aspect of our lives has been different this past year. The upcoming holiday's in December are no different. As we have reimagined with most celebrations this year, the December holidays will be no different for us all.

While the joy of boisterous large family gatherings filled with laughter, storytelling, food, songs and games may not occur, we can creatively design new fun for family members of all ages.

The question is how to include family members from afar in a shared experience? Some things to consider:

**Family Zoom Sessions:** As an alternative to the large group single session, consider setting up scheduled times (possibly even over two

or more days.) Family members could choose to virtually open gifts together. Parents might help younger children present a "show and share," with a new gift or toy.

**Cookie Decorating Contest:** Bake or Pick up undecorated cookies and share pictures of the final masterpieces, through texts, social media or video conferencing. Then letting the voting begin-

funniest, most elegant, most colorful, best use of candy toppings, the list is endless.

**Storytime:** Pick out a favorite family chapter book. Check to see who else in the family have the same book. Then determine who will read which chapter on which date. Determine if it will be an audio-call or video-call. Then enjoy the shared storytime.

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## Holiday Baskets

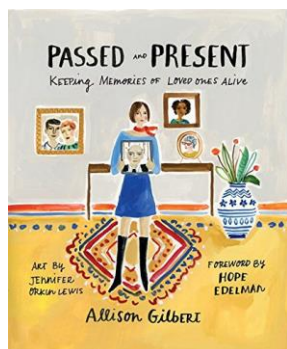
**Holiday food baskets** are available upon request for the residents of Kennebunk, Kennebunkport and Arundel in need.

This service is offered by COS (Community

Outreach Services) of the Kennebunks. COS delivers food boxes containing ham, turkey, or chicken and other ingredients for a complete festive holiday dinner to be enjoyed in

the comfort of your home.

To request a **Holiday Basket** please call the Public Health Office by Friday Dec. 11, 2020 at 967-4401.



This book by Allison Gilbert lists many ways for us to help keep and cherish the memories of loved ones.

### Stay Up-to-Date on Maine CDC Covid-19 Guidelines

Looking for the most recent Covid-19 State of Maine information, policies, travel information, testing locations and more? Visit the State of Maine Covid-19 Response page for the most recent updates and resource links, at the bottom of the page.

**Link to the full website** at:  
<https://www.maine.gov/covid19/>

**To receive text update** alerts on Maine's response to COVID-19, text MECOVID to 898-211 to sign up.

## Grief and the Holidays

Grief is difficult at any time of the year. Each holiday season challenges us once again with the realization that a loved one is missing from our life.

There are a few things that one can do to help during holiday season. Kenneth J. Doka, Ph.D., author of *"Grief is a Journey: Finding Your Path Through Loss,"* highlights "The Three C's

of Coping with the Holidays" as one framework to assist families. The three C's mean to choose, communicate and compromise.

We can choose how to remember or recognize the individual in some manner. Communicate with others about how much of the usual holiday traditions you want to occur. Compromise;

acknowledge things may be different. Instead of a fully decorated outdoor space, you might opt for an illuminated large wreath, scale down the elaborate holiday meal or start a new tradition.

**To access** a 12-page resource from Family Hospice & Palliative Care of PA visit:  
<https://bit.ly/398fk8Z>

## Celebrating Differently in 2020 *(continued)*

**Holiday Movie Night:** Is there a favorite movie your family likes to watch? Plan for a distanced "viewing party." Pick the movie. Send an electronic invite to family and/or friends, with viewing movie title viewing date, time and possibly the link to a movie specific bingo game. (check on Pinterest or create your own!) For guests who might need assistance with the bingo

game email or mail print copy so they can join in. Whoever gets bingo can call the host or post on an event created social media post. This event can certainly encourage involvement of teens to help with social media.

The season can still be festive and help us connect. True it will look unusual but can still help create new memories.

There is still time to think creatively on ways to come together in a remote manner for the holidays this year. It may be different, but health and safety are the priorities for this year.

**To help children understand** the "different holidays" more visit:  
<https://on.bchil.org/3m027T8>

## What Do You Want to Know?

This is the third edition of the Kennebunkport Community Health Connector newsletter. We hope you are finding the content useful.

Now we want to ask-what do you think? Has this been useful? What

information would you like to know more about?

Help us enhance the content and provide you with health information that is of specific benefit and interest to you.

**Please email** Kim at [knoble@kennebunkportm.e.gov](mailto:knoble@kennebunkportm.e.gov) with health, nutrition and safety topics of interest as well as resources that would be of assistance.

## Holiday Safety in the Home

Our homes will soon be decorated for the holidays, brightening our home and lifting our spirits. With these festive and decorative changes in our homes, it is a good time to remember some holiday safety for both people and pets!

Fire risks can arise from holiday lights, candles and cooking. For safety tip sheets visit **National Fire**

**Protection Association** at: <https://bit.ly/3kXqJLg>

The holiday season may bring various plants and greenery into our homes. These plants help create a festive environment, fills our homes with wonderful aromas, but can be a safety concern for pets and children.

Accidental ingestion of some plants could cause nausea, vomiting or

diarrhea while parts of plants may pose a choking hazard for small children.

Learn more about **holiday plant safety** at: <https://bit.ly/2Hsjw86>

For specific information on **Pet Safety** during the holidays visit: <https://bit.ly/35Xchyx>

## Colorful & Healthy Holiday Foods

Be bold! Step out of your comfort zone this holiday season and consider trying at least one new, healthy food option on the menu!

Yes, family and friends always love and look forward to the "traditional" offerings of the holiday season, but challenge their taste buds, maybe there is a new favorite to be found.

There are so many flavorful, colorful and festive recipes for breakfast/brunch, appetizers and side-dishes. Here are a few for you to consider and maybe be adventurous enough to try!

**To link to the recipes:**

Pumpkin Oatmeal: <https://bit.ly/3nAmHKj>

Honeycrisp Salad: <https://bit.ly/2UGLwYJ>

Pumpkin Hummus: <https://bit.ly/3fbFKYi>

Mashed cauliflower: <https://armagazine.com/38SCtfp>

Crustless Caprese Quiche: <https://bit.ly/3nyNzdK>



## Keeping Our Community Warm

The Children's Room at The Louise T. Graves Library in Kennebunkport, in collaboration with the Kennebunkport Public Health Office will once again sponsor a Mitten Tree.

**The Mitten Tree** will be accepting donations from Nov. 30<sup>th</sup>-Dec. 18<sup>th</sup>. This year there will be a collection box located on the porch, or families can drop off in The Children's Room when library is open (one family allowed at a time.)

Items being collected are NEW mittens, gloves, hats, neck warmers and scarves for all ages. These items will be donated to community members in need this winter season. Please consider giving a gift of warmth.



**Kennebunkport-Public Health Office**

101A Main St.  
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>

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

## Word of the Year-Planning for 2021

By Kim Noble BSN, MBA, RN, Public Health Nurse

The start of any new year causes us to pause and consider a resolution for the upcoming twelve months. Some of the top annual resolutions are typically: to exercise more, eat healthier, meditate daily or stop smoking. All great and healthy choices. However, long term follow through tends to wane over time.

You can see this first-hand if you belong to a fitness center, all the various equipment stations are filled in January and become more easily accessible by early February. A few

years ago I stumbled upon another option, to have a focus word for the year.

This "word of the year," versus resolution really made a difference for me. It allowed me to have a guiding word for each calendar year, every month I could reset and focus on what the word meant to me in that moment.

The month of December is a wonderful time to consider what you want to focus on for the upcoming year. Consider carving out some reflection time this month

and choose your own guiding word for 2021!

For a **list of word** of the year ideas choices visit: <https://bit.ly/2UD4BuX>

Other **word choices** and more can be found at One Word 365: <https://bit.ly/35EpeNw>

**Tips for how to choose your word** from Mountain Modern Life Blog: <https://bit.ly/2IR5EVw>

