

Community Health Connector

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The Foot Care Clinics

will be held on
January 4th, 5th & 31st,
2023 and
February 1, 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

Being Present IS the Gift

Gatherings of family and friends seem different this year. It feels like we are reconnecting and reengaging after multi-year hibernation.

Many of us have missed out on gathering and celebrating family life milestones, birthdays, weddings, anniversaries, births, deaths, and traditional family holiday gatherings. There truly is much for us all to catch up on.

The challenge now is not to go at “warp speed” to make up for lost time, however, really to do the opposite and slow the connections with a focus on being present in the moment.

Amid boisterous holiday gatherings, take the time, move to a quiet space, and engage in meaningful conversation with one or two people at



the gathering. Savor the messy moments of baking and cooking with younger family members, share family recipes, capture the moment in photos and sample the results of your efforts together.

The importance of these special times together is heightened when we consider-if we gather as a group twice a year, how many more in person time we might have together?

This concept is highlighted in this 4-minute video from Global Consulting (subtitled video):
<http://bit.ly/3i8oJ6S> and showcases why gathering and being present is so important.

During the holiday, take time to slow down and cherish the small moments together.

Suggestions from Hygge Zone on How to be more present for Your Family and Friends:
<http://bit.ly/3VxkIO>

Covid-19 Updates & More

A gentle reminder that holiday gatherings and crowded indoor events have the potential for being locations to spread respiratory viruses. This includes Seasonal flu, Covid-19 and RSV (Respiratory syncytial virus.)

Awareness and preparation can help keep people healthy over the holidays.

- Be up to date on vaccinations.
- Avoid groups and gatherings if you are feeling ill.

- Obtain and use home Covid Antigen test kits.

- If ongoing symptoms, contact your M.D.

Current U.S. data trends winter illnesses from Katelyn Jetelina MPH, PhD.: <https://bit.ly/3h7YzBi>



Gift Toys Safely this Season

Prevent Blindness
America has declared December as Safe Toys and Gifts Awareness Month. This is an important safety reminder for everyone. With so many children's toy and gift options we sometimes overlook safety considerations.

One of the easiest ones to be aware of is to check the suggested age recommendations for the

item. This guidance is not there only based on a child's developmental ability. The recommended age also considers the size of the item's components. For children under the age of 3 years, the biggest safety concern is related to choking, so it is very important to double check recommended age when purchasing for a young child.

When gifting sports equipment, always consider gifting the appropriate safety gear. Think ice skates and helmets.

Tips from the American Public Health Association: <http://bit.ly/3gHWRGs>

For this year's list of the Top 10 Worst Toys, from World Against Toys Causing Harm: <http://bit.ly/3EUP7Jw>



Celebrating Books

December is a busy month for books! The top three reasons to celebrate books this month are:

December is Read a New Book Month! Yes, there is a LOT of tasks to get done for the holidays, however, pausing to spend time each day to sit in a quiet cozy location and read a book is a wonderful stress reliever.

December is Read a New Book Month: <http://bit.ly/3VyBoi2>

Celebrate as a family with a Christmas Book Advent. Yes, this takes 24 books! Enhance the fun and wrap each book. Then each night in December pick one wrapped book and read it together.

To help reduce costs check out this link: <http://bit.ly/3uaSC9K>

For book suggestions: <http://bit.ly/3OLIsWt>

Share the gift of books with family and friends by participating in the Icelandic tradition of Jolabokaflod, or "Christmas Book Flood."

To learn more about Jolabokaflod visit: <http://bit.ly/3UcvxOd>

Books and reading, enhance our knowledge, stretch our imagination, reduce our stress, and improve our mental health.



Winter Coat Drive

Our community is filled with so many wonderful "helpers!" Currently, Dock Square Coffee House at 18 Dock Square, Kennebunkport is hosting a winter coat drive through December 18, 2022.

Do you have gently used winter gear for adults or children? Coats, jackets, snow pants, hats, or mittens? (Newly purchased items also accepted)

If so, feel free to drop them off at the Dock Square Coffee House.

Once collected they will be distributed to local organizations to help keep members of our community warm this winter season.

Food for Thought

The final holiday season of this year has arrived! Many of us are just recovering from the cooking and baking spree of Thanksgiving and now it is time to begin thinking about food items to include in our various holiday festivities. Here are a few suggestions to get you started!

Grain Free Cranberry Orange Breakfast Cake:
<http://bit.ly/3OKOR3W>

Overnight Ham and Gruyère Breakfast Lasagna:
<https://bit.ly/3g5sg5w>

Soup: Cozy Autumn Wild Rice Soup:
<http://bit.ly/3VcDO68>

Cheesy Wild Rice Soup:
<http://bit.ly/3ARCF5k>

Leek Soup with Brie Toast:
<http://bit.ly/3U9E7xb>

Sausage Cheese Balls:
<http://bit.ly/3OH8wBY>

Brown Butter Garlic Honey Roasted Carrots:
<http://bit.ly/3XGw0el>

Julia Child's Boeuf Bourguignon:
<http://bit.ly/3VuiE3q>

Eggnog Cheese Cake:
<http://bit.ly/3VEIKBY>

Peppermint Chocolate Covered Snowmen:
<http://bit.ly/3OJ7cP3>



3 Towns: 1 Community: C.A.R.E.S.

There will not be an in-person meeting in December, however if you or someone you care about needs resources or support, please be aware of the following:

- Substance Abuse and Mental Health Services Administration Crisis Helpline: 1-800-662-HELP (4357)

- Maine 211: text your zip code to 898-211 or visit: <https://211maine.org/>

- Crisis Text Line: Text HOME, HELLO or START to 741741 to connect with a volunteer crisis counselor.
<https://www.crisistextline.org/>

- People Recover: Maegan Lambert-Irish, LCPC, LADC; office-207-571-1652 cell-207-710-1785.

- Holiday Alcañon, food fellowship and fun- December 24 & 25th from

2PM-8PM at Sahara Club, Portland, Central Service Office AA Maine:
<http://bit.ly/3AMT9IB>

The monthly meetings of C.A.R.E.S (Conversation, Advocacy, Resources, Education, Support) will resume on Thursday January 12, 2023, at the Louis T. Graves Public Memorial Library. Meetings will now be held from 6-7 PM include light snacks. Planned topic: "Are You Sober Curious?"



Sand for Seniors 2022-2023

Again, this year, buckets of sand are available to Kennebunkport Seniors for use to keep home walkways safe during the winter months.

This program is a collaboration between the Kennebunkport Public

Works and Kennebunkport Public Health Departments.

We are thankful to the following organizations and businesses for helping us make this community program possible: The

Kennebunkport Health Council, The Pilot House, Alisson's and Federal Jack's Restaurants.

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



Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

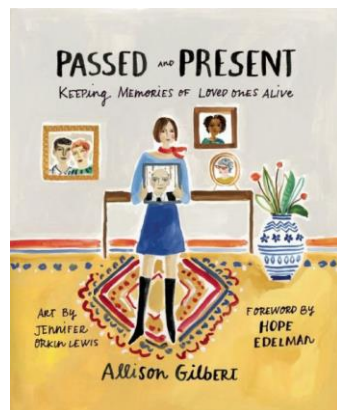
akenneway@kennebunkportme.gov

**Web site address**

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

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 or leave message: 207-967-9704.

Your Health Matters: Book Discussion Group

Switching things up just a bit for the month of December. There is a book recommendation, however **not** a monthly book discussion to give space to focus on family, friends and celebrating the holidays together.

The book suggestion is one that might assist in making the season more meaningful for anyone grieving the death of a loved one. *"Passed and Present: Keeping Memories of Loved Ones Alive,"* by Allison Gilbert, 2016. This is the first "how-to" book for remembering loved ones, offering 85 inspiring and

uplifting ways to celebrate the family and friends you never want to forget.
(<https://bit.ly/3Egvyfe>)

A few other ideas:

Angels made from Men's Tie's:
<http://bit.ly/3GDtekm>

Repurposed Shirt Ornaments:
<http://bit.ly/3OK1MmW>

Snowflake Bead Ornaments from a loved one's jewelry:
<http://bit.ly/3ExsgmS>

This month think creatively on ways that you and your family might keep the memories of

loved ones alive in your home. It may be through creating keepsakes or sharing stories, either way helps recognize and remember loved ones.

On Wednesday January 18, 2023, our book discussion group will resume as we meet to talk about ***"To Love and Be Loved: A Personal Portrait of Mother Teresa,"*** by Jim Towey, Sept. 2022. We hope you will join us. Copies of the book are available at Graves Library.

To learn more about the book and author visit:
<http://bit.ly/3AOUFnC>