

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,
calluses/corn reduced or
removed.

Cost is \$35, payable in
cash or check to the
Town of
Kennebunkport.

Schedule an appointment
at: 207-967-4401

It's Official!

Kennebunkport will host Death Café for 2023

In late November 2022 the first Death Café in Kennebunkport was hosted at the Louis T. Graves Public Memorial Library. This event was facilitated by Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF, Professor & Director, Geriatrics Education & Research Director, U-ExCEL Older Adult Fitness Program Division of Geriatrics, University of New England College of Osteopathic Medicine and sponsored by the Kennebunkport Public Health Department and Graves Library.

Twenty people gathered that day to learn more about what a Death Café was all about and their willingness to share open, honest, and respectful conversation surrounding a multitude of topics related to death



and dying, left a positive impact on each person who attended. And yes, there was cake!

As attendees left everyone asked when the next Death Café would be held in town. With this overwhelmingly positive community response the request to be a recognized Death Café in Kennebunkport has been submitted to www.deathcafe.com.

The plan is to meet 3-4 times annually with the next Kennebunkport

Death Café being held on February 15, 2023, at 9 AM at Louis T. Graves Library in the Community Room. Once again Dr. Gugliucci will facilitate the group, Kennebunkport Public Health Department and Graves Library are sponsoring and there will be cake! **Please call 207-967-2778 to reserve your seat, space is limited**

To read the December Seacoastonline article of our first Death Café visit: <https://bit.ly/3PS4Ldx>

Covid-19 Updates

It is hard to believe that we are entering our third year with Covid-19. Yes, this virus is continuing to circulate and cause infection within our community.

The upcoming weeks may show higher number

of cases and hospitalizations post-holiday gatherings and travel.

What to do? Use a home antigen test if you experience cold like symptoms, if negative

and symptoms worsen contact your Primary Care Provider. To order home tests:

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

To read more about Long Haul Covid visit: <https://bit.ly/3WrGhty>

Dempsey Center Resources

There are many services offered by the Dempsey Center for people impacted by cancer. With a new Dempsey Center opened in South Portland and several programs available virtually, access to this wonderful resource has never been easier.

To view the 31-page booklet and learn more about classes, programs, and support visit: <https://bit.ly/3YENAjC>



Healthy Aging

There are age related health and safety challenges for every age. Eating a balanced diet, staying hydrated, using sunscreen, regular physical exercise or movement, activities that challenge our minds and interpersonal connection and relationships are all needed for us to experience healthy aging.

Finding resources for these forms of health engagement can take

time, so this edition includes several resources to assist individuals.

For more information and resources from the National Institute of Health visit: <https://bit.ly/3GjC6ts>

To access last year's on-demand program offerings and be informed of upcoming programs by the Positive Aging

Community visit: <https://bit.ly/3SUHZS5>

Looking for local activities, programs, and events? Check out the local libraries, Park and Recreation Departments in the local three towns, events posted on the town website, religious institutions, local garden clubs, historical societies, and fraternal organizations.

Walking in a Winter Helps Your Health

So far, our late fall and early winter weather has been quite mild. Yes, minus that one extremely rainy and blustery day! We have enjoyed unseasonably high temperatures and sunny days.

Whatever the next few weeks have in store for us weather wise, for one's mental health and physical well-being the

benefits of winter walks is undeniable.

Dress for the weather, including safe footwear, alternate your walking routes or trails to engage your mind. Set your intention to move more in 2023!

To learn more visit: <https://bit.ly/3UT6cZY>

Overview of the new study with link to full research from the *International Journal of Environmental*

Research and Public Health:

<https://bit.ly/3FKUE6M>

To read "9 Benefits of Winter Walking" visit: <https://bit.ly/3CmZuW1>

Walk like a penguin for safety, learn more: <https://bit.ly/3Qfqc8r>

For a list of local trails from the Kennebunkport Conservation Trust visit: <https://bit.ly/3PoSZA4>



What does it mean to be Sober Curious?

A recent article from **healthnews** (12/16/2022) provides information and insight on the "Dry January" movement that started in the U.K. in 2013. This movement challenged individuals to refrain from drinking any alcohol as a personal challenge during the month of January.

During the pandemic adult U.S. consumption of alcohol has risen. For information on alcohol use during the pandemic visit: <https://bit.ly/3ie6oG4>

At this month's **3 Towns: 1 Community C.A.R.E.S.** (Communication, Advocacy, Resources, Education, Support)

meeting we will discuss being sober curious. The meeting will be at Graves Library on January 12, 2023, from 6-7 PM

To read the full article from Health News visit: <https://bit.ly/3PLzDfU>

Food for Thought

A new year has begun, a time for reflection and setting individual resolutions. Typically, these resolutions are health related, so to help you jump start healthy meal planning for 2023 here are a few options to try out.

Banana Oatmeal Muffin (gluten free):
<https://bit.ly/3YyPC4W>

Baked Egg Muffins:
<https://bit.ly/3HZ2ziF>

15 Chia Seed Pudding Recipes great for breakfast, lunch or snack:
<https://bit.ly/3VgLwLG>

Sausage and Lentil Soup:
<https://bit.ly/3ZdOJ1O>

Pomegranate Spinach Salad:
<https://bit.ly/3ZbGT8R>

Cheesy Spinach-&-Artichoke Stuffed

Spaghetti Squash:
<https://bit.ly/3j58IPC>

Gnocchi with Spinach and Chicken Sausage :
<https://bit.ly/3WIGUzy>

Veggie Packed Turkey Meatloaf:
<https://bit.ly/3Gg8zky>

Chocolate Bread Pudding:
<https://bit.ly/3Qm1ofi>

Maple Walnut Baked Pears:
<https://bit.ly/3X35wTA>



S.A.D? What is Seasonal Affective Disorder

You may have heard of Seasonal Affective Disorder or S.A.D., yet never known what it is. S.A.D. is a type of depression characterized by the cyclical and seasonal onset of symptoms that typically last for the winter months.

Possible seasonal specific symptoms that an individual may experience can be:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

These are in addition to symptoms of major depression, such as: trouble sleeping, difficulty concentrating, low energy,

change in appetite and more.

The good news is there are treatments available. If you or a loved one are experiencing these symptoms contact your Primary Care Provider.

To learn more from the National Institute of Mental Health visit:
<https://bit.ly/3X4LliB>

To view an infographic:
<https://bit.ly/3lkuFoF>



It's a Mystery

Are you up for a lunchtime adventure? Willing to meet new friends and be surprised?

Join the Kennebunkport Park & Recreation Department for a Mystery Lunch. Ride in their comfy Rec. Van and enjoy

a ride exploring the local area, ending up at a mystery lunch location!

Cost: \$7 with lunch at your own expense.

Lunch spots will be within 20 miles and lunch expenses will be \$15 or less. If finances are an issue, please let us know.

When: Thursdays, January 5th, Feb. 2nd, and March 2nd from 11:30-2:30 pm.

Reserve your seat at:
<https://bit.ly/3Yxki6p> or call the Park & Recreation Department at: 207-967-4304.



Kennebunkport-Public Health Office

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Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

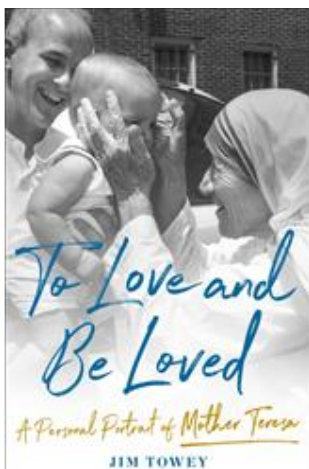
akenneway@kennebunkportme.gov

**Web site address**

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

Sign up to receive 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



**KENNEBUNKPORT
PUBLIC HEALTH**

Celebrating 75 Years of Service

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

Join us on Wednesday January 18, 2023, at 9:45 AM in the Community Room at Louis T. Graves Memorial Public Library to join in a discussion of *"To Love and Be Loved: A Personal Portrait of Mother Teresa,"* by Jim Towey. Please join us whether or not you have had a chance to read the book.

To Love and Be Loved is a firsthand account of Mother Teresa's last years, and the first book ever to detail her dealings with worldly matters. We see her gracefully navigate the opportunities and challenges of leadership, the perils of

celebrity, and the humiliations and triumphs of aging. We also catch her indulging in chocolate ice cream, making jokes about mini-skirts, and telling the President of the United States he's wrong. Above all, we see her extraordinary devotion to God and to the very poorest of His children. Mother Teresa taught Towey to be more prayerful, less selfish, more humble, less worldly, more in love with God, and less in love with himself. Her lessons are here for all to share. (from Amazon)

To watch a short video by the author about this book watch "5 Lessons from Mother Teresa": <https://bit.ly/3FPRX3O>

The book for February will be *"My Glory Was I had such Friends,"* by Amy Silverstein. In this memoir Ms. Silverstein not only shares the challenges of a heart transplant but also showcases the power of connection and importance of friendship.

To learn more, visit the author page at: <https://bit.ly/3jEJeZJ>