

# Community Health Connector

## INSIDE THIS ISSUE:

What is Your Focus?	2
Covid Update (continued)	2
Walk Like a Penguin	2
Food For Thought	3
Vapes & Juuls	3
Gas Monitors	3
Your Health Matters	4

**Our apologies for a late publication this month, however circumstances beyond our control impacted publication. Watch for the February edition on 2/2/2022!**

## Blood Drive

On January 25, 2022; 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.**

## Kennebunkport Public Health 75 Years!

In May 2022 the Kennebunkport Public Health Department will celebrate 75 years of service to the community. Planning for events and celebrations to be held throughout the year have been in process for quite some time. We had certainly hoped that by now we would be able to easily schedule full in person events, however we know that currently that is not possible. For now, we are planning events with the hope to hold them in person, but with the option to proceed in a remote manner as needed. We hope that you will participate as you are able in whatever format our events end up being held to help us celebrate! Watch for event listings and updates in future editions of this newsletter as well as posts on the town website.



**KENNEBUNKPORT  
PUBLIC HEALTH**

*Celebrating 75 Years of Service*

A Kick-Off Zoom Event was held on Wednesday January 12, 2022; with Officer Candice Simeoni, Kennebunk Police Department, ***"How to Recognize and Protect Yourself from Scams."*** Officer Simeoni is also the President and Founder of York County

Elder Abuse Task Force (<https://bit.ly/3fBLg7G>)

We plan on hosting a follow up continuation of this program on February 23, 2022 at 9:30 AM, to reserve your seat call Graves Library at 967-2778.

To help us understand community interest and specific content for this program on Recognizing and Protecting Yourself from Scams, please send your questions on this topic to:  
[knoble@kennebunkportme.gov](mailto:knoble@kennebunkportme.gov)



## Covid-19 Updates

In December the US CDC endorsed a clinical preference for individuals over the age of 18 to receive mRNA vaccine (Pfizer or Moderna) over the Johnson & Johnson vaccine. To learn more visit:  
<https://bit.ly/3pfGd2i>

The Federal Government website to order free covid home tests is now live. These will be sent via USPS and each home can receive four kits. **To order** for your home visit:  
<https://www.covidtests.gov/>

For quick and up-to-date information check out the "Covid Information" banner/tab on the Town of Kennebunkport website:  
<https://bit.ly/39Hayz1>

**Continued on page 2.**



## 2022 What is Your Focus?

The New Year's celebrations are over, many have already given up on their "resolutions." A somewhat easier way to make changes in your life is to choose a "word of the year to focus on over all of 2022!"

I will fully admit that choosing a word to focus on this year was quite a challenge for me. In past years it has been a simple process of looking at word

lists and narrowing it down. This year I have found it hard to settle on a word. Choosing one and then second guessing myself and changing the word. I considered: Connect, Focus, Plan and Play; then finally settled on Create.

I think after such a lengthy time of focusing on issues related to the pandemic, it is time to settle in and allow myself to enjoy

being creative again. I look forward to making messes as I journey to create fun things at home.

Learn more about this idea and suggested lists of words for your own focus word at:

Mountain Modern Life:  
<https://bit.ly/2IR5EVw>

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



## Covid Update (continued)

The White House has announced that N95 masks will be made available to citizens beginning next week. These masks will be taken from the government's Strategic National Stockpile. Watch for more information on how to order these N95 masks over the next week.

For more information on N95 masks visit News

Center Maine at:  
<https://bit.ly/3KnKqK2>

At home rapid Covid Tests are now also reimbursable through your insurance company (as of January 15, 2022,) this will allow for eight tests per person per month. Insurance companies are required to cover these at home tests at the cost of \$12/test. Consumers may need to keep receipts and submit

for reimbursement through their insurance company.

At this time, Original Medicare does not cover to reimburse for these over-the-counter home tests. Some Medicare Advantage Plans may cover for these tests, it is best to check with your individual plan to determine if they will reimburse you for these purchases.



## Stay Safe in Winter-Walk Like a Penguin!

Icy and snowy walkway, driveway and parking lots are potential fall hazard areas for all of us in the winter. How best to stay safe? Learn how to walk like a penguin by practicing the following:

- Go slow.

- Walk flat footed.
- Concentrate on your balance.
- Keep your weight over your feet. Keep your arms out of your pockets and out at your sides.

- Point your feet out slightly-yes like a penguin.
- Shuffle your feet and take short steps.
- Watch where you are stepping

To learn more, watch this short video:  
<https://bit.ly/3IO5CIm>

## Food For Thought & Table Talk

January finds most of us in New England inside our homes in cozy spaces and preparing comfort food for dinner. It is a slower time of the year, so pause and enjoy trying a new recipe or challenge yourself this month with meatless Monday meals.

Looking for some interesting conversation starters? They may have been designed with children and teens in

mind, however they are thought provoking and should provide you with interesting conversations.

Swedish Meatballs:  
<https://bit.ly/3dBBeco>

Creamy Chicken & Vegetable Soup:  
<https://bit.ly/3y4oYUs>

Hearty sweet potato kale soup:  
<https://bit.ly/3efx9UT>

Citrus and Herb Roasted Whole Chicken:  
<https://bit.ly/3ezllyd>

Vegetarian Quesadillas with black beans and sweet potato:  
<https://bit.ly/3pj25di>

Loaded mashed cauliflower:  
<https://bit.ly/3plQJol>

Conversation starters:  
<https://bit.ly/327IWBK>



## What are Vapes and Juuls?

You may have seen either in person or on TV or the movies, people using small handheld electronic cigarettes. These come in many shapes and styles and use various different cartridges to deliver a liquid form of nicotine. (or marijuana/THC/CBD)

These devices are called Vapes and one popular brand is the JUUL. The JUUL is small and easily

hidden in the palm of the hand.

Each of these devices have a battery to heat the liquid into an aerosol that is inhaled. These aerosols contain over 30 chemicals including: nicotine, nicotyrine, formaldehyde, acetaldehyde, acrolein, and acetol.

Take the time and learn the health risks of these devices.



**Check out** the Stanford Medicine Tobacco Prevention Toolkit:  
<https://stan.md/3tqOosC>

The Pod Based Device Crash Course on:  
<https://stan.md/3eiOLiW>

## 2022 New Law-Gas Detectors

A new Maine State law went into effect on January 1, 2022, for certain commercial and rental properties. Starting January 1, many commercial businesses, hotels, non-profit organizations, shelters and rental properties must

install a gas detector in any room where there's a gas or propane fueled appliance.

These detectors differ from smoke and carbon monoxide monitors, although there are some combination detectors available.

To link to the Maine State Law visit:  
<https://bit.ly/3FFkuXu>

To link to the WGME 13 News Update visit:  
<https://bit.ly/3sBOtfi>

Questions about the detectors or if you need them? Reach out the your local Fire Department.



**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
- 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](mailto:kemsemschief@gmail.com) or leave message: 207-967-9704.

## Your Health Matters: Book Discussion

On February 16, 2022; we will discuss ***"Your Heart, My Hands: An Immigrant's Remarkable Journey to Become One of America's Preeminent Cardiac Surgeons,"*** by Arun K. Singh, MD. The discussion will be at Louis T. Graves Memorial Public Library starting at 9:30 AM.

Dr. Singh is a nationally known cardiac surgeon who has performed more than 15,000 open-heart surgeries on adults and children. He is Clinical Professor Emeritus of Surgery at Brown University.

He grew up in India and as a child suffered two bone-shattering hand injuries. After years of care and treatment her regained use of his hands and was accepted to Medical School. He was a persistent student and succeeded while managing his studies with undiagnosed dyslexia.

In 1967 this young physician moved to the U.S. to begin his amazing career as a heart surgeon, starting out in Worcester MA.

Told through personal stories of his life and memorable patients Dr.

Singh reflects on his outstanding career in which he has impacted thousands of lives.

**To learn more** about Dr. Singh and this book visit: <https://bit.ly/3KruiLy>

**To reserve your seat** at this discussion group please call Graves Library at 207-967-2778.

