

Community Health Connector

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The Foot Care Clinics

Will be held on March 1st and 2nd, and April 5th and 6th, 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

Spread Kindness

Everyone can benefit from small acts of kindness. Think about how you have felt after someone held a door open for you, or helped you reach an item on a high shelf in the grocery store, made you soup when you weren't feeling well or just gave you a smile and said hello when you were out for a walk! It doesn't take much to spread kindness and yet it makes both the giver and recipient feel better.

This month we celebrate Random Acts of Kindness Day on Friday February 17th. Think of the impact on Kennebunkport if we each offered one small random act of kindness on that day.

Acts of Kindness can be done by individuals of all ages, it can be a friendly wave, a phone call or text to a friend, meeting



someone for coffee, or offering someone a suggestion for a new book to read or TV show to watch.

Check out some of the resources listed and identify one or two things you (and every member of your family) might do. Set a goal to follow through on your act of kindness on the 17th or during that weekend.

For Kindness Ideas for Adults visit: <http://bit.ly/3l3a7jV>

To access 24 weekly lessons for Random Acts of Kindness at Home visit: <https://bit.ly/3Zr8hij>

To learn more about Random Acts of Kindness Day 2023 visit: <http://bit.ly/3DNHEvX>

Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

— SCOTT ADAMS

Covid-19 Updates

Confused yet? The news is informing us that the pandemic is ending, yet you may know family, friends or neighbors recently diagnosed with Covid-19.

It is still cold and flu season, is that cough or

congestion from the common cold, flu, or Covid-19?

A great resource is a blog by Dr. Katelyn Jetelina, an Epidemiologist who publishes a regular blog post.

To read more from Your Local Epidemiologist on this topic visit: <https://bit.ly/3HEBcsI>

To order more free home Covid-19 tests visit: <https://bit.ly/3jDIIvo>



Braving the Maine Outdoors-Safely

by Madison O'Brien, UNE '23

When enjoying the snow remember to practice outdoor safety!

Wearing a helmet that fits right is an important safety precaution for all skiers and snowboarders. Head injuries account for more hospital admittances than any other injury in skiers and snowboarders of all ages. Helmets work to absorb the shock of falling or a collision which helps

reduce the severity of a head injury.

When choosing the right helmet follow these quick steps:

- Look for certification sticker on the back of the helmet.

- A helmet should cover from forehead to the back of their head and sit 1 inch above your eyebrows.

- The helmet should cover from forehead to the back of their head and sit 1 inch above your eyebrows.

- You should be able to fit one or two fingers between your chin and the strap.

Practice safety while skiing this winter.

To learn more on ski helmet safety visit: <https://bit.ly/3Xj4cfQ>

Safe Media Resources:

Common Sense Media:
<http://bit.ly/3kW5Eq9>

Connect Safely:
<http://bit.ly/40jsCHI>



What Do You Know about Media Safety

by Madison O'Brien, UNE '23

Tuesday February 7th is Safer Media Day. A day dedicated to creating a safer internet empowering people of all ages to utilize technology critically, respectfully, creatively, and responsibly. Today's technology doesn't always come with a tutorial on how to keep yourself and your family protected. Media is an important tool for education and finding age-appropriate media

can be difficult. Check out these resources to help create safer technology for everyone.

Since 2003, Common Sense Media has worked to create safe and healthy internet access for learners everywhere. Their website includes a section titled For Parents, to search thousands of age-based reviews for movies, TV shows, books,

apps, games, and podcasts. They also offer Parent Tips and FAQs for a variety of topics. Another section available is labeled For Educators, to help expand teaching practice and the importance of digital citizenship.

Check out the side bar for great resources to help your family stay media safe.

It's Always Sun Safety Season

by Madison O'Brien, UNE '23

Stay protected from the sun when traveling to warm or cold climates. Remember UV rays can bounce back from water, sand, snow, and concrete. Wear sunscreen with SPF 30 or higher that is water resistant.

The recommended amount for optimal coverage is 1 ounce. Don't forget to reapply every two hours or immediately after swimming or sweating.

For more information visit: <http://bit.ly/3wbu3dw>



Food for Thought

Have fun in February-cooking together brings everyone closer, focus on a few healthy new options and celebrate Heart Health Month.

Breakfast twice baked sweet potato:
<https://bit.ly/3ICrMQ6>

Whole Wheat Cranberry Muffin:
<http://bit.ly/3Ju9qkJ>

Tomato and Roasted Red Bell Pepper Soup:
<http://bit.ly/3Ricy5a>

Winter Spa Salad with Lemon Chicken:
<https://bit.ly/3GRhmLb>

Oven-Baked Grilled Cheese with Brussel Sprouts and Mushrooms:
<https://bit.ly/3W2z1DP>

Winter Squash Carbonara with Broccoli Rabe and Sage:
<https://bit.ly/3VTPJW1>

Kid Friendly Light King Ranch Chicken Casserole:
<http://bit.ly/3DpJ4ML>

Easy Chicken Pot Pie Potato Skins:
<http://bit.ly/3H7kLof>

Tahini Chocolate Chip Protein Balls:
<https://bit.ly/3QqEGCJ>

BlackBerry Cobbler:
<http://bit.ly/3Rj0vEL>



Practice Self-Care for a Healthy Heart by Madison O'Brien, UNE '23

February is American Heart month dedicated to focusing on cardiovascular health. Heart disease is the leading cause of death in the US and can occur in people of all ages.

Living a healthier lifestyle can keep your blood pressure, cholesterol, and blood sugar levels normal and help lower your risk for heart disease.

The National Heart, Lung, and Blood Institute (NHLBI) works to raise awareness of heart disease by encouraging Americans to reduce their own risk for developing heart disease.

Some ways to participate in heart health month include participating in **7 Days of Self-Care**, some of which are:

#MindfulMonday know your blood pressure numbers and other heart statistics including heart rate.

#TreatYourselfThursday treat your heart to some relaxation and fun.

For more resources and to access the full 7 Day Self-Care List (scroll to bottom of page) visit:
<http://bit.ly/3kR5K29>



A Local Helper-Community Gourmet

We are fortunate to have many community helpers in our three-town region. One that is relatively new, making an amazing impact and growing is The Community Gourmet.

This local 501(c)3 is a grass-roots effort to address food insecurity in

Southern Maine. Their meal kits are distributed at Community Outreach Services (COS), The Little Pantry and many other food pantries throughout York County.

If you know of a family or individual in need, please share this local resource.

To read an article about Community Gourmet from Seacoastonline visit:
<http://bit.ly/3Xedxob>

To learn more about Community Gourmet visit their website at:
<http://bit.ly/3YsnjnC>



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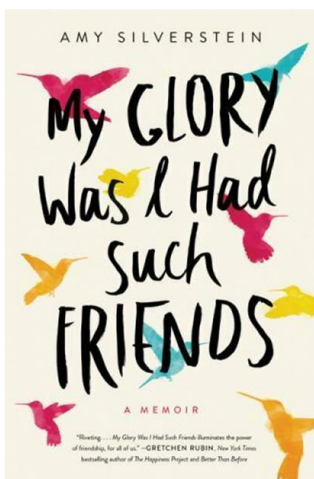


Web site address

<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
Kristen Garvin BSN, MS, 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

Pack your lunch, invite a friend, and join us on Tuesday February 21, 2023, from Noon to 1 PM at the Louis T. Graves Memorial Public Library in the Community Room as we discuss *"My Glory was I had Such Friends,"* by Amy Silverstein.

While this book overviews the author's need for a second heart transplant, having originally undergone heart transplant surgery in her 20's, at the center of the content is the power and importance of friendship.

Think back to any stressful or uncertain time in your life and consider the impact of your friends. Yes, family can be the most important in our lives, however friends know us differently and provide us with support in many ways that family members are not able to. This is especially true with family spread across the country and the globe, while friends surround us locally.

Graves Library has copies of the book available to loan. Feel free to join us even if you haven't had the time to

read the book. All of us can participate in the conversation of friendship!

Visit the author's page at: <http://bit.ly/3HihCSj>

In March we will discuss the book *"Life is in the Transitions: Mastering Change at Any Age,"* by Bruce Feiler.

To learn more about Mr. Feiler visit the author's page at: <http://bit.ly/3jGNg4o>

