

# Community Health Connector

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### Blood Drive

On February 22, 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**

## What Does Public Health Do?

Ever wonder what the Public Health Nurses do every week? The Public Health Nurses work Monday-Friday from 8 AM-4 PM, with open drop-in office hours from 8-9:30 AM each of these days.

During Office Hours the nurses can monitor someone's blood pressure, administer medication (injectable-with an MD order,) provide wound care, offer general health counseling and guidance, provide cardiac and pulmonary screening, assist in identifying health resources that might be needed and help with General Assistance and Social Service needs.

The Public Health Nurses then shift their focus to providing direct home care visits for residents who have requested the services for such things

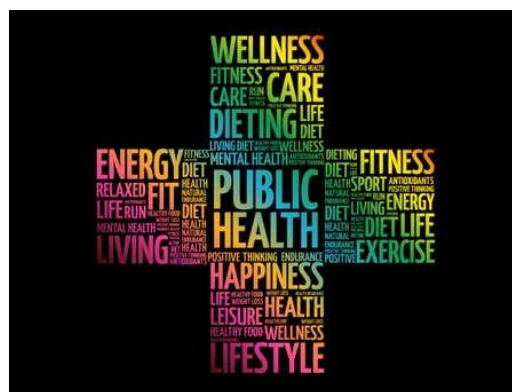
are medication box refills, vital sign monitoring for individuals who are homebound, wound care, and overall health and well-being checks.

The nurses also oversee the free loaning of medical equipment, such as wheelchairs, walkers, canes, crutches, commodes, shower chairs and other adaptive devices. These are all

available for free loan as equipment is available.

For the past two years, the nurses have also been providing covid testing for town residents, businesses in town and town employees. There is a small fee for this service that is offered by appointment.

**(To be continued next month.)**



## Covid-19 Updates

The pandemic continues to impact us all in many ways. More resources are being made available from State and Federal Government to keep us safe.

- To locate a Covid-19 vaccine location visit: <https://bit.ly/3dLW1of>

- To find a Covid-19 testing location in Maine & to register for a PCR test at the new testing location in Biddeford visit: <https://bit.ly/3mCtDbO>

- 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/>

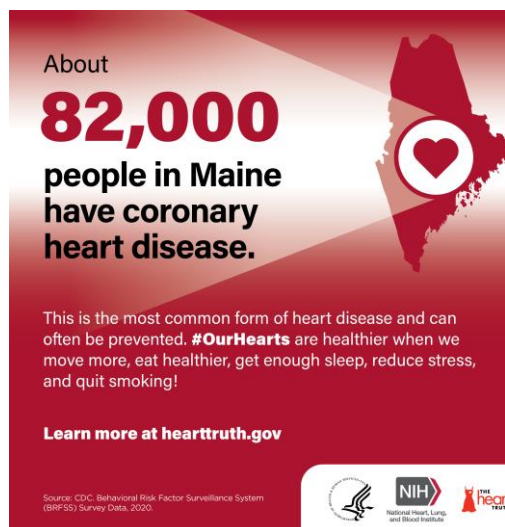
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## Healthy Hearts

February is heart month. This is an annual reminder for us all to practice some self-care for our heart health. It could be to eat a more balanced diet, physically move more or integrate mindfulness practices and meditation into our daily life.

Choosing to make one change can help your heart health!

Learn more at:  
<https://bit.ly/3seGtPl>



## Covid Update (continued)

### Decrease The Stigma

Education program and Naloxone Training Event (Free Naloxone available)

February 10, 2022

4-5 PM

Louis T. Graves Memorial  
Public Library

### Learn about the risks of e-cigarettes and vape pens

Presentation by:

Kim Noble RN, MBA;  
Public Health Nurse,  
Kennebunkport Public  
Health Department

**Sponsored by: Project  
Alliance Coalition in  
collaboration with  
Kennebunkport Public Health  
Department, Kennebunk  
Police Department, Louis T.  
Graves Public Memorial  
Library and Portland Public  
Health**

- The Moderna Covid-19 Vaccine has received U.S. FDA approval on January 31, 2022; and will be marketed as Spikevax. This vaccine is for individuals aged 18 and older. For more information visit:  
<https://bit.ly/3lVunBr>
- For information on how to obtain reimbursement for home tests:  
<https://bit.ly/3mCtDbO>
- Free N95 Masks for adults will be available soon at local stores. Three free masks per person will be available, for additional information visit:  
<https://bit.ly/35vFS4c>
- How to help "clean" your N95 or KN95 masks:  
<https://bit.ly/3Hpxf9o>
- For information on the Covid Vaccine for children under age 5 visit:  
<https://n.pr/349XOBb>
- For Stress Management tips from the American Psychological Association visit:  
<https://bit.ly/3rmVLm2>



## New: Monthly Education Series

The Kennebunkport Public Health Department in collaboration with Louis T. Graves Public Memorial Library has planned a series of monthly programs for this spring.

The lead presenter for each program will be Candice Simeoni, Elder

Crimes/Community Liaison Officer, Kennebunk Police Department.

Programs will start at 9:30 AM; upcoming monthly topics are

February 23rd: Scam Prevention.

March 30th: Wills/Guardianship and Power of Attorneys. Bring your questions!

**Please RSVP** to Graves Library: 967-2778

Questions about event? Please call: 967-4401

## Food For Thought

After the past week of freezing cold temperatures, high winds, and lots of snow; many of us are staying warm inside our homes. This month might be time to try out some new recipes.

Maybe you are looking for some fun easy meals for school vacation week, or an upcoming gathering with friends, and possibly some fun ones for the Valentine's Day holiday.

Naked leaf Fig Salad:  
<https://bit.ly/3uaqkgJ>

Roasted Vegetable Salad:  
<https://bit.ly/3ub7dDf>

Shepard's Pie Soup:  
<https://bit.ly/3rcsjPG>

Creamy White Bean Soup with Kale:  
<https://bit.ly/3J7QyEX>

Honey Garlic Butter Shrimp with Broccoli:  
<https://bit.ly/3ueCuVD>

Parmesan Crusted Chicken Sheet Pan Dinner:  
<https://bit.ly/32PaSLI>

Sheet Pan Fajitas:  
<https://bit.ly/32L1kRM>

Pink Kiss Cookies:  
<https://bit.ly/3qVYHG2>

Rice Krispie Valentine Hearts:  
<https://bit.ly/3qUFYdQ>



## What Do You Know About Low Vision?

February is low vision awareness month. Low vision means having impaired vision that cannot be corrected by glasses, surgery, or medication. The most common cause of low vision is macular degeneration, an age-related disease that affects the central portion of the visual field. (from Mayo Clinic)

Other reasons for low vision are from: Cataracts, Diabetic Retinopathy, and Glaucoma.

For more information and resources visit:

Low Vision information and resources from National Institutes for Health (NIH):  
<https://bit.ly/3Hb9SAA>

Explore the "See What I See"-Virtual Reality App

experience from NIH:  
<https://bit.ly/3ofxVqp>

Watch Video Stories of living with low vision, includes assistive technology options:  
<https://bit.ly/3G9O1lk>

Department of Health and Human Services information on children and vision:  
<https://bit.ly/3IKo9Vf>



## Be Safe When Shoveling Snow

This last storm brought us light fluffy snow. Yes, there was a lot of it, the wind caused large drifting piles, however for the most part, removing the snow from driveways, walkways and steps was not too bad. It may have taken a while to clear, but it wasn't heavy.

The next snowstorm looks to be a bit different with rain, icy conditions, and snow. This may present us with heavier snow to move. Please remember the following tips to protect your back and heart when removing snow.



For more information: <https://abcn.ws/3ro1nMI>

**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 Group

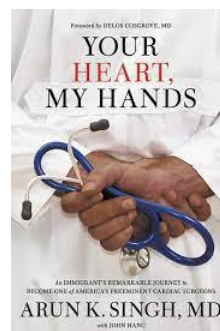
Join us on Wednesday February 16, 2022; at 9:45 AM for our monthly book discussion in collaboration with Louis T. Graves Memorial Public Library.

This month, in recognition of heart health month we will discuss the book *"Your Heart, My Hands: An Immigrant's Remarkable Journey to Become One of America's Preeminent Cardiac Surgeons"* by Arun K Singh MD, John Hanc.

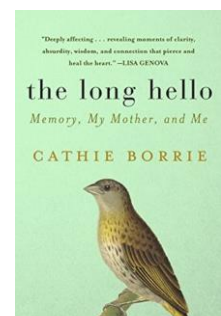
This award winning book is a wonderful memoir that discusses the

importance of family, learning differences, medical training in the 1960's, early cardiac surgery care and an immigrants' journey to success.

We hope you will join us for to share an engaging discussion about this memoir on one the preeminent surgeons in our county.



In March we will be discussing the book by Cathie Borrie, entitled "The Long Hello: Memory, My Mother and Me." 2015.



Books are available to borrow from the Louis T. Graves Memorial Public Library.