

Community Health Connector

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The Foot Care Clinics

Will be held on April 5th and 6th, & May 3rd and 4th, 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

Brain Injuries Can Happen to Anyone by Madison O'Brien, UNE '23

Do you know someone with a diagnosed brain injury? March is **Brain Injury Awareness Month** and aims to rally communities together in raising awareness and advocating for brain injuries.

There are two different types of brain injuries. Acquired brain injury (ABI) occurs after birth and is classified as traumatic or non-traumatic. Traumatic Brain injuries (TBI) affect how the brain works and can be caused by bumps, blows, jolts, or penetrating injuries to the head.

Currently in the United States there are more than 5.3 million people living with a permanent brain injury-related disability. That means every 1 in 60 Americans have a diagnosed brain

injury in the United States.

People most commonly acquire TBIs from a fall, firearm related injury, motor vehicle crash, or an assault. TBI's can lead to short- or long-term health problems. The Centers for Disease Control and Prevention (CDC) reports there are many ways to reduce your chances of sustaining a TBI.

Some important safety tips to utilize to prevent a TBI include:

Buckle up whenever in a motor vehicle.

Do not drive under the influence of alcohol or other substances.

Wear helmets for cycling, snowmobiling, skateboarding or when on a scooter or ATV.

Wear a proper helmet for all contact sports.

Prevent older adult falls by talking to your doctor about your risk and getting your eyes checked annually.

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Covid-19 Updates

It is unbelievable to realize that three years ago this month our lives and the world changed for all of us. Children were released from school on March 13, 2020 and did not return to any form of in-person learning until August

2020. Many businesses closed, air travel halted, and people stayed home. We started wearing masks when outside our homes, increased our frequency of handwashing and wiping down surfaces.

Things have improved; we have vaccines and both

home and lab testing available, there is wastewater monitoring for virus and antiviral medications for those at high risk. We are learning to live with Covid.

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



To learn about **Sleep Awareness Week** visit:
<http://bit.ly/3ZgWCmR>

Getting Enough Z's? by Madison O'Brien, UNE '23

Do you wake up feeling well rested and ready for your day?

The National Sleep Foundation's **Sleep Awareness Week®** aims to emphasize the importance of sleep for one's health starting on Daylight saving March 13th to March 19th.

Daylight Savings can be a hard adjustment for children and cause sleep issues. Regulating their

circadian rhythm can make for a smoother adjustment.

The circadian rhythm is the body's 24-hour clock that regulates your sleep and wake schedule. Some important factors that play a role in this rhythm for healthy sleep include:

For All Ages:

- Limit light exposure to bright light during the day and dim light at night.

- Limit screen usage two hours before bedtime.

- Practice mealtime consistency throughout your day and week.

- Participate in at least 30 minutes of physical activity daily.

For strategies to help children adjust to time changes visit:
<http://bit.ly/3ITDJzl>

March Community Education Programs

This month there will be two community education events at The Louis T. Graves Library.

On Wednesday March 15th from 9-10 AM **"Living with Hearing Loss,"** presented by Margaret Myatt, Vice President, Hearing Loss Association of America-DownEast Chapter for the State of Maine, and an individual living with hearing loss.

On Wednesday March 29th at 9 AM Sydney Springer, Pharm, D, MS, BCPS, BCGP; Associate Professor at the University of New England School of Pharmacy will present, **"Be an Informed Health Consumer- Understanding the Risk of Polypharmacy."**

Join in the discussion to learn ways to prevent the risks of medications

consequences and learn how to become a more informed health consumer.

If you or someone you care about takes more than 5 medications daily, this includes both prescribed, supplement and over the counter medications, that individual is at risk of unintentional medication consequences.

Pesticides in Your Yard

On Thursday March 23, 2023, The Kennebunk Conservation Commission will host an informative community program for residents to learn about ways to reduce the impact of pesticides in your yard and your community.

This FREE program will be held at the Kennebunk Town Hall, Rm 300 from 6-7:30 PM.

Find out how to communicate with professional applicators and landscape companies and ask the right

questions to protect your family, pets, and neighbors.

Presenters will be Alex Peacock of the Maine Board of Pesticides Control and Master Gardener Allan Amioka.



Food For Thought by Madison O'Brien,

With the recent snowy weather, we are anxiously awaiting increased temperatures, longer days, and the full bloom of spring. Try a few of these recipes to "jump start" your way to spring.

Cauliflower popcorn:
<http://bit.ly/3Y6w3za>

Cranberry whipped feta dip: <http://bit.ly/3m43161>

Tomato, Peach, and Basil Salad: <http://bit.ly/3IBdfT7>

Mark Delassandro's Cabbage Salad:
<http://bit.ly/3XZPgCM>

Creamy Chicken Noodle Soup with Rotisserie Chicken:
<http://bit.ly/3Zu6cm9>

Reuben Bowl:
<http://bit.ly/3kxojsp>

Gilled Shiitake and Asparagus Tacos:
<http://bit.ly/3Z7vFSq>

Thai Peanut Ramen:
<http://bit.ly/3ma9zjM>

Frozen Yogurt Bark:
<http://bit.ly/3ZgYICS>

Walnut Brownie Baked Oatmeal:
<http://bit.ly/3KJNF16>

Enjoy a few of these recipes while we await the changing of the season. We will soon enter "grilling" season and enjoy locally grown produce!



Your Health Matters: Book Discussion

The weather systems of the past few weeks have impacted our schedule and yes, even the publication of this edition of the newsletter. Due to this we will NOT hold a Your Health Matters Book Discussion for March 2023.

However, we are planning a fun and engaging time book title for April! National Nutrition Month was celebrated in March.

While we may have missed the celebration, we can still learn from this fun book for the entire family. *"Eat This, Not That (revised): The Best (& Worst) Foods in America!"* by David Zinczenko, published in 2019.

This book is colorful, easy to read and informative. Content helps the reader be reminded of how to

read a nutrition label, compare food choices made at the grocery store and at restaurants.

There are sections that also help identify healthy choices between foods. Learn how you can help you and your family fuel your body with healthy options.

To learn more visit:
<http://bit.ly/3IV6iMQ>

World Water Day by Madison O'Brien, UNE '23

World Water Day urges you and your family, communities, and schools to change the way we consume, manage, and use water to make a difference.

One way to help our community is to clean the

local rivers, lakes, and beaches! Maine has beautiful beaches and it's important to keep them clean.

Consider participating in a beach cleanup with friends and family this spring! Be the change you

want to see, no matter how small any commitment counts.

To learn more about the change you can make for World Water Day please visit: <http://bit.ly/3L126Oh>



Kennebunkport-Public Health Office

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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.

Brain Injuries & Youth by Madison O'Brien, UNE '23

Brain injuries can happen to anyone at any age. Brain injury is the leading cause of death and disability for children and adolescents in the United States. Children and adolescents aged 0-4 and 15-19 have the highest risk for brain injury. Children have higher risks for concussions with a higher likelihood of complicated recovery. This can be due to missed symptoms, downplayed symptoms, and prolonged diagnoses. There are many ways to reduce the chance of your child or adolescent sustaining a

brain injury. Make living and play areas safe by utilizing window guards, safety gates on the top and bottom of stairs for young children, and playgrounds with soft material under it including mulch or sand. Always wear a helmet or headgear when applicable. Follow car seat age requirements and always buckle up when in a motor vehicle. Stay cautious and be safe.

To learn more about Brain Injuries, concussions and

resources visit:

<http://bit.ly/3xXdtPC>

For more information on children and brain injuries visit: <http://bit.ly/3kuPBQ7>

For information and resources on brain injuries from the U.S. CDC visit:

<http://bit.ly/41wFTxy>

For information related to concussions visit:

<http://bit.ly/3lYTpm>

