

Community Health Connector

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Sunday, March 13, 2022

Blood Drive

On March 29, 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

The Importance of Self-Care

Sit back, pause, take a deep breath, and fully acknowledge how the past two years of this pandemic have impacted you. We have each had different and varied personal experiences over the past 24 months. In some manner we have all experienced some level of stress, whether from the general fear of the unknown (especially in the early months,) isolation from family and friends, to the inability to celebrate milestone events together. Some have experienced economic worries, personal health concerns or the death of a family member and friend.

We have adapted, reaching out to connect with family and friends via phone calls, text messages and social media; gathered in small groups, challenged ourselves to try "shopping

to-go" options, and possibly explored connecting to educational events on Zoom.

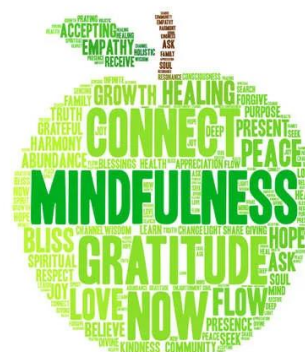
How much have you focused on caring for yourself? This month focus on you! To get started try some of the following ideas.

Learn: watch the TEDx talk "How Mindfulness Changes the Emotional Life of our Brain, by Richard J. Davidson, PhD;
<https://bit.ly/3uiUPyY>

Be: 4-7-8 Relaxation Breathing:
<https://bit.ly/3vzGPUl>

Do: Get outside! Being in nature helps relief stress, learn more from the American Psychological Association at:
<https://bit.ly/3aPfTVR>

Access free downloadable **mindfulness coloring** pages for adults & children visit:
<https://bit.ly/3lBeoJ7>



Covid-19 Updates

This month marks two years of the pandemic. The good news overall case numbers are declining.

Watch for updates from Maine CDC as they review the latest recommendations from US. CDC.

● For most recent updates from Maine CDC visit:
<https://bit.ly/2UTzmPL>

● To locate a Covid-19 vaccine location visit:
<https://bit.ly/3dLW1>

● 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>

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Senior St. Patrick's Day Celebration!

Kennebunkport Parks & Recreation Department with Kennebunk Center for Health & Rehabilitation is offering a luncheon on Monday March 14, 2022; from 11:30 AM-1:30 PM, the fee is \$12. Live Music by Travis Cote, lunch provided by Ryan's Corner House Irish Pub.

To register:

<https://bit.ly/3p65P1m>

Questions? Call 967-4304



What is Lasagna Love?

Love, joy, and hope. One lasagna at a time.



To request a *free* home-cooked lasagna with contactless delivery, scan the QR code or visit



www.lasagnalove.org/request

To learn more or request a meal visit:

<https://www.lasagnalove.org/>

Celebrating 75 Years-Upcoming Events

The Public Health celebration events continue-save the dates.

On **March 30, 2022**; from 9:30-10:30 AM at Louis T. Graves Memorial Public Library, there will be a presentation overviewing Wills, Guardianship and Power of Attorney. Kennebunk Police Officer Simeoni will be presenting. Officer Simeoni is the Elder Crimes/Community

Liaison Officer for Kennebunk and she is also the founder of the York County Elder Abuse Task Force.

On **April 21, 2022**; 9:00 AM join us for a presentation on "Ageism" by Marilyn R. Gugliucci, M.A., Ph.D.; Professor and Director of Geriatrics Research at the University of New England College of Osteopathic Medicine.

These are programs not to be missed!!



Center for Excellence in Aging & Health

The Center for Excellence in Aging & Health (CEAH) at the University of New England is offering several online events. These include:

March 9, 2022, at 5 PM; CEAH Winter Series: Brain Health = Great Wealth, Presented by: Regi Robnett, PhD, Professor Emeritus.

April 20, 2022, at 5 PM; CEAH Winter Series:

What Color is Your Life? Presented by: Sarah Gorham, M.F.A, M.F.T.

For more information about the CEAH in general visit:

<https://bit.ly/3C7rY4K>

To link directly to upcoming events provided by the CEAH, and to register for a program visit:

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



Covid-19 Updates (continued)

- The Federal Government website to order free covid home tests live. These will be sent via USPS and each home can receive four kits. **To order** for your home visit:

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

The anticipated approval for the Pfizer Covid-19 vaccine for those ages 6 months-4 years was placed on a temporary hold in the middle of February.

To learn more; watch this recent report from NBC News:

<https://nbcnews.to/3C7FRjZ>



Food For Thought

March means spring is right around the corner, something for us all to celebrate! Warmer weather, more daylight hours and watching for the first spring bulbs to bloom in our gardens. Consider this spring a time to try a few new recipes!

Raspberry-Banana Breakfast Taco:
<https://bit.ly/360hw2X>

Cauliflower parmesan:
<https://bit.ly/35NSHHe>

Roasted Carrot Soup:
<https://bit.ly/3HFbiTS>

Springtime Basil Chicken Lettuce Wraps:
<https://bit.ly/3gNYwqF>

Chicken with olives and dates:
<https://bit.ly/34F5vPF>

Chicken Margarita (grilled or stove top):
<https://bit.ly/3gyrQkA>

Fruit, nut and feta chopped salad:
<https://bit.ly/3JaQLvE>

Seeing Green Potato Salad:
<https://bit.ly/34Dz11A>

St. Patrick's Day Fruit Salad:
<https://bit.ly/34JaP4p>

Movie Theatre Pretzel Rods:
<https://bit.ly/3B3Qq6t>



Will Your Phone Still Work?

Over the upcoming year phone companies will stop providing 3G (Third Generation) service. What does this mean for you? If you have an iPhone 5, introduced in 2012, the 2013 Samsung Galaxy S4 or prior models, these will no longer work.

ATT stopped service in February 2022; T-Mobile will stop Sprint's 3G service at the end of

March 2022 and the T-Mobile 3G in the middle of July 2022.

In addition to the impact on older phone systems, this change might impact older tablets, smart watches and home security systems that rely on the 3G network.

For more information from the Federal Communications

Commission visit:
<https://bit.ly/3H4hTWY>

For an update on 3G from AARP visit:
<https://bit.ly/3vOiwCf>



National Drug & Alcohol Facts Week®

March 21-27, 2022; is National Drug & Alcohol Facts Week®. Take the time to check out the available resources and learn the risk factors, especially in youth.

To learn more about this event and resources for your family visit:
<https://bit.ly/3K7ix85>

To watch this 23-minute video visit on Cannabis Use in Youth:
<https://bit.ly/3uz2dlx>

For more information on Maine resources and statistics related to teen substance use visit:
<https://bit.ly/3ssNaNR>

Decrease the Stigma a monthly education session will be held Thursday March 10th, from 4-5 PM at Graves Library. Join us for a discussion on *Teens, Vaping and Health*. Narcan training and free Narcan will be available. **RSVP:** 207-603-3555

April Foot Care Clinic Sign up now!

The Foot Care Clinic will be held on Monday April 18, 2022, 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.

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

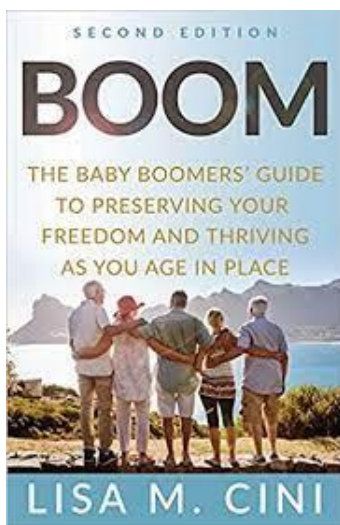
Phone 207-967-4401

E-mail

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 or leave message: 207-967-9704.

Your Health Matters: Book Discussion Group

There has been a change in book to be discussed in March. We will host a future book discussion on the topic of Dementia.

On **Wednesday March 16, 2022; from 9:45-11:00 AM** we will gather at the Louis T. Graves Memorial Public Library. We will discuss the book; ***"Boom: The Baby Boomers' Guide to Preserving Your Freedom and Thriving as You Age in Place,"*** by Lisa M. Cini, 2021.

This book contains a wealth of information for all of us. Whether you are helping aging family members thrive in their

own home or considering how to create your own best living environment.

There are chapters on technology, robots, mind-body wellbeing, pets, smart homes, unique house options and what will be possible in the near future.

This book is filled with information us all.

To see an interview with Lisa M. Cini; as she showcases some examples of new technology visit: <https://bit.ly/3Jd5h1d>

To listen to a podcast with the author visit: <https://bit.ly/366f5fn>

In April, get ready to shake off the cobwebs and move a bit, as we explore the book ***"Sit to Get Fit: Change the way you sit in 28 days for health, energy and longevity"*** by Suzy Reading, 2022.

For many of us the past two years of the pandemic have caused us to be more sedentary. There has been more "screen-time," causing strain on our neck.

Over twenty-eight days explore strategies to help you gain energy, openness and enhance your overall well-being.

(The April discussion is pending book publication.)