

# Community Health Connector

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## Upcoming Blood Drive

On Tuesday March 30, 2021 from 10-3 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/3pkpyr>

**A** enter your zip code and select the date/location or call the Kennebunkport Public Health Office 207-967-4401

Interested in volunteering? Call: 207-967-4401

## National Nutrition Month® 2021

March is National Nutrition Month®. For the past year we have all been challenged with creating ways to stay physically and mentally healthy. As we reach the milestone of one year into this pandemic, it is a great time to pause and consider how our nutrition impacts our overall health and well-being.

It is also a time to remember that we first “eat with our eyes.” When plating a meal pause and ask- is the plate visually appealing, are the colors and texture varied? If so, great job! If not, consider how you might improve it? Ask family members what color could be added to the plate and then consider what fruit or vegetable is that color?

Looking for suggestions? The book “*Rainbow Foods: Exploring Fruits*



and Veggies Through Colors,” by Kathy Mansfield; book for young children that includes colorful photos and rhyming text about colorful fruits and vegetables, plus a section to write in your own colorful choices.

Fruits and vegetables can also be used to make infused water at home, a healthy drink option. This month strive to add some color with fruits and

vegetables while enhancing your health!

Link to nutrition resources, tips sheets, and more from visit:  
<https://bit.ly/3pQ7uFF>

Check out these 23 infused water ideas!  
<https://bit.ly/2Mm7mQL>

The Family Dinner Project, lists resources for families:  
<https://bit.ly/3urd9pb>

**For recipes to celebrate St. Patrick's Day-page 2.**

## Covid-19 Vaccine Updates

To help residents stay up-to-date on vaccine location sites, please look for information on the Town of Kennebunkport website visit: <http://bit.ly/39Hayz1>

Currently residents in the State of Maine who are

**age 60 and older** are eligible for vaccination, as of March 3, 2021. (See page 2 for more information)

The supply of --vaccine continues to be limited.

**For a list of vaccination locations visit:**  
<http://bit.ly/3dLW1of>

**Maine CDC Covid-19 website:**

<http://bit.ly/38gX3Wg>



## The Importance of Nature

The days are becoming longer, and spring will officially begin on March 20, 2021. Hopefully, we can all begin to enjoy being outside, without heavy winter gear and snow boots!

Being outside helps us be able to get our bodies moving and active, adding more physical movement to each day. Additionally, being in natural settings helps provide benefit to

our mental health. This spring take time to get outside for your health!

### Some resources to learn more:

Author Richard Louv's "*Last Child in the Woods*" website at: <http://bit.ly/3rYTQId>

Angela Hanscom OT, author of "*Balanced and Barefoot: Unrestricted Play*" watch a 8-minute video from TEDx

Portsmouth 2018: <http://bit.ly/2NgsPL9>

A recent article from Green Child Magazine- explores how nature can help us be happier-visit: <http://bit.ly/2ZptV9Z>

*Nurtured by Nature*, an article by the American Psychological Association discusses the benefits of nature. <https://bit.ly/3aPftVR>



## Recipes-Beyond Corned Beef

In March our minds shift to thinking of spring, watching for the first buds on the trees and searching for the first spring flowers to push forth from the ground.

Many of us also look forward to the "wearing of the green," and celebrating St. Patrick's Day. As with most holiday's there are the traditional meals, for this one many of us prepare a

meal of traditional Corned Beef and Cabbage.

After a year of being home and cooking more, many are possibly seeing new recipes! This month the focus is on recipes with an Irish flavor.

One classic with a twist is to make a Shepard's Pie, but instead of using mashed potatoes as the top layer, substitute mashed cauliflower.

The link below shares many recipes including a Fish Pie, Irish Stew, Leek and Potato Soup and Irish Apple Cake.

Try something new this month and celebrate the season!

**To link to a number of recipes from A View from Great Island visit:** <http://bit.ly/2O0SnME>

## AARP: Assistance to Locate Covid-19 Vaccine

Recently, the **Maine State Director of AARP** released a special message regarding the new age-based vaccine eligibility within the state.

This message contained information to inform older individuals if they need assistance getting vaccinated. Individuals

can call the Area Agencies on Aging toll-free at 1-877-353-3771. Once you reach this number, you will be directed to your local Area Agency office based on the county in which you live. In addition, if you are homebound, the Area Agencies will be able to refer you to a local service

so you can get vaccinated at home. If you have trouble reaching the Area Agency, please email AARP Maine at [me@aarp.org](mailto:me@aarp.org) and they will help you make this connection.

To read the full article visit: <http://bit.ly/3e2oSVp>

## Community Needs and Assets Survey Kick-Off!

One of the Public Health Interns from the University of New England is completing a Community Needs and Assets Survey as part of her internship.

The purpose of this survey is to determine programs or practices that the town residents use and enjoy, as well as ones they wish to see in the future. We encourage ideas of programs that would be beneficial to improving the

quality of life in Kennebunkport.

This survey will be open for 2 weeks starting today! We really appreciate everyone taking the time to answer these 10 important questions about the town you live in.

The survey link provided below will help to build our community needs and assets report by asking what the residents of the

community want or need to see in order to better Kennebunkport.

Survey link:  
<https://www.surveymonkey.com/r/TN3RTL8>



## Focus Word 2021 Update

by Kim Noble RN, BSN, MBA, Public Health Nurse

In January I introduced the concept of having an annual "focus word," verses a new year resolution. For my word I chose-Nourish.

For the past two months I have focused on getting back in a habit of reading for pleasure. It is something that had been lacking in my life during most of 2020. With the increased amount of time

spent on devices over the last year, I realized that I was having a more challenging time concentrating on the written word for long periods of time.

I did not set any specific goal of so many pages per day or week. Or even how many books per month. I wanted this to be for leisure and not analyze achievable data.

I have successfully been able to accomplish reading three books in January and February. Since this is an improvement over my reading during November and December I am pleased.

My next two-month goal is to get outside walking on a more regular basis, while still finding time to read. A balance of mind and body!

## Shatter the Myths 2021

National Drug and Alcohol Facts Week (NDAFW) will be held March 22-28, 2021, this week-long event helps teens gain insight about drugs and drug use.

However, it is also a great time for us all to consider

what facts we know about substance use disorders and take time to gain more insight.

**To learn more about NDAFW** and to take a brief National Drug and Alcohol Quiz Challenge visit: <http://bit.ly/3uQvHiY>

To watch a 4 ½ min. video by **Dr. Dan Seigel on Teen Brain Facts** visit: <https://bit.ly/3kKQZd5>

To access the resources from **"Talk They Hear You"** visit: <http://bit.ly/3bV9Uhv>



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**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  
Disease prevention & health promotion  
Medical Loan Closet  
General Assistance & Social Service needs  
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

## Poison Prevention Week 2021

The third week of March is National Poison Prevention Week. This year it will run from March 21-27, 2021. This is a week dedicated to raising awareness to poison control centers and the Poison Help Hotline (1-800-222-1222).

Readers are encouraged to pause **now** add the Poison Help Hotline number to their cell phone contact list. If you have a land-based phone, list the number prominently near the phone. The Poison Help Hotline is a National Number.

To link to an infographic that shares **five things parents and caregivers need to know about kids and medicine created by Safe Kids Worldwide** visit: <http://bit.ly/2Prf3GI>

For **poison prevention tips for around the home**, along with links on what to do in a poisoning situation visit: <http://bit.ly/3qfitsx>

