

Community Health Connector

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Blood Drive

On April 26, 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

Celebrate with Us This Spring

The Kennebunkport Public Health Department continues celebrating 75 years of service to the community with several upcoming events.

The feature program in April is **"Power in Aging: Self-Empowerment, and Reframing Aging in the World!"** presented by Marilyn R. Gugliucci, MA, Ph.D., AGHEF, GSAF, AGSF, NAOMEF; Professor & Director Geriatric Education & Research at the University of New England, College of Osteopathic Medicine. This program will be held at the Louis T. Graves Public Memorial Library on Thursday April 21, 2022, at 9 AM. Space is limited-please reserve your seat today at 207-967-2778. (Please use the large side door off the parking lot to enter the building for this event.)



Join us to discuss how we age and how we can exercise our own empowerment in the world to address ageism.

On Wednesday April 27, 2022, join us once again at Graves Library for a presentation on **Financial Crimes**. This program will be presented by Officer Candice Simeoni, Elder Crimes/Community



Liaison Officer, Kennebunk Police Department with guest appearances from the York County Elder Abuse Task Force. Be prepared to learn about crimes affecting our community and ways we can all be doing better to protect ourselves. Reserve your seat by calling 207-967-2278.

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Covid-19 Updates

We have entered the third year of the pandemic. Mask mandates have lifted, people are seeking a return to "normal," yet new variants impact us locally (BA-2) and emerge globally (XE) reminding us to stay vigilant and informed.

Updates:

- FDA approves 2nd booster of Pfizer or Moderna for individuals over 50 and certain immunocompromised individuals: <https://bit.ly/3NyEyiE>

- Individuals with Medicare can now obtain free at home Covid-19 test kits at local pharmacies: <https://bit.ly/3j6Mda1>
- Vaccines for children under the age of 5 years still awaits approval.

Learn More-Save a Life!

Watch this short video to learn more about Naloxone:

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

To learn more about why Stop the Bleed® is such an important training visit:

<https://bit.ly/3ua2EZi>

Spring Events *(continued)*

On Thursday April 14, 2022, from 4-5 PM, the Public Health Department will partner with the Coastal Healthy Community Coalition to offer the monthly program Decrease The Stigma, this month the topic is "What Do You Know About Fentanyl?"

Have you heard news reports about Fentanyl and are unsure what it is or why it is a concern for everyone? Join us for this

informative discussion presented by Maegan Lapierre, LCPC, LADC, CCTP; Substance Use Outreach Liaison at Saco & Biddeford Police Departments, Director of People Recover Program. Learn about harm reduction strategies, including Fentanyl Test Strips and Naloxone. Attendees will be shown how to properly use these techniques and will be

able to leave with these tools.

SAVE THE DATE! On Tuesday May 17, 2022, from 6-7:30 PM at Graves Library join us for **"Stop the Bleed® Save A Life,"** presented by Seth Kenneway NRP, Injury Prevention Coordinator, Trauma Services, Trauma Survivor Network Coordinator, Portsmouth Regional Hospital. RSVP by May 2nd: 967-4401.

Spring Cleaning-Medications

While it is still taking a while for the weather to truly warm, there have been a few sunny days that may have reminded you of the need for a little additional spring cleaning!

One area of the home not to be overlooked during this annual house cleaning time is the medicine cabinet and any where else that you store medications in your home.

Check these areas and remove any unwanted, no longer needed, or expired medications. For any container with your personal information on it, use a sharpie to cross off that information.

Then feel free to bring them to the police station and place them in the medication disposal bin in the lobby. Any sharp disposals need to be

brought to the Public Health Department and given directly to a staff member.

Or wait until Saturday April 30, 2022 and bring them to any advertised "Drug Take Back Day" event.

To learn more, locate a local Drug Take Back Day Event or find a location across the country visit: <https://bit.ly/3x9DsUT>

What's Your Favorite Poem?

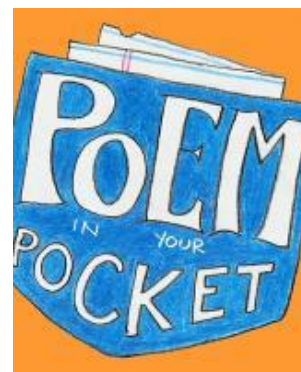
April is National Poetry Month an opportunity to remind us to celebrate literacy and the Poets that have enhanced our culture with their poetry.

To learn more about National Poetry Month and to subscribe to a

poem a day to your email visit: <https://bit.ly/3KgaUfT>

To access the link with suggested list of poems for "Poem in Your Pocket Day" visit:

<https://bit.ly/37mphRx>



Food For Thought

There are signs all around that the weather is warming and Spring is upon us! It is time to lighten up the meal plans and switch from hardy winter fare to some lighter and brighter flavored options. To help you welcome Spring here are a few suggestions!

Parmesan Spinach
Mushroom Pasta Skillet:
<https://bit.ly/3IKj6DF>

Creamy Mushroom with Sun-Dried Tomatoes, Spinach and White Bean Soup:

<https://bit.ly/35IC14h>

Dump-and-Bake Spring Pasta:

<https://bit.ly/3j8ZeQ7>

Citrus Shrimp and Avocado Salad:

<https://bit.ly/36WUSJq>

Lemony Asparagus Risotto:

<https://bit.ly/3uz74YS>

One Pan Chicken with Maple Mustard Sauce:

<https://bit.ly/3r4ZFiM>

5-Minute Pea & Arugula Pasta Salad:

<https://bit.ly/3LQf26Z>



The Foot Care Clinics

will be held on
Monday April 18 and
May 4, 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.

Senior Luncheons Are BACK!!!

Kennebunkport Park and Recreation Department is once again hosting monthly Senior Luncheons!

Upcoming events will be held at the Kennebunkport Park and Recreation Building at 20 Recreation Way, Kennebunkport.

Spring Fling Event will be held on Wednesday April 13, 2022, from 11:30 AM-1:30 PM. The meal

will be ham with all the sides and dessert, vegetarian option available on request. There will also be magic by Phil from Abracadabra Productions. Cost is \$12/pp, please register by 4/6/2022.

Join the celebration, **Senior Cinco De Mayo** on Monday May 2, 2022! There will be food provided by Pedro's in

Kennebunk (Vegetarian option available on request) and entertainment TBD. This event is sponsored by Kennebunk Center for Health and Rehabilitation. Please register by April 25th.

To register for either or both events visit:
<https://bit.ly/3x9yZRN>
Questions? Call Park and Recreation at 967-4304.

Senior Home Safety Specialist

Two of the Public Health Nurses have recently completed on-line training to become Certified Senior Home Safety Specialists (SHSS) through Age Safe™ America.

They are now able to help residents complete a safety screening of their home from exterior drive, walkway, and stairs to the full interior.

The National Safety Council reports that nearly a third of seniors

experience a fall-related accident each year and that 70 percent of these falls happen at home.

To learn more, or to schedule a home visit by one of the trained specialists, call 967-4401.



Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

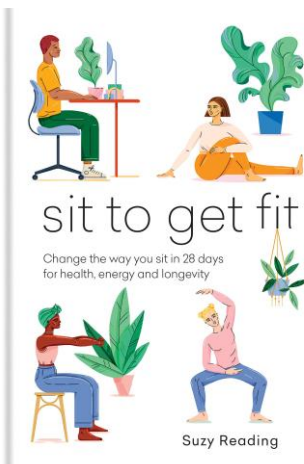
Phone 207-967-4401

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 Medical Services (KEMS) offers an annual subscription service (\$100-400) 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

This month it is time to get moving! Join us on Wednesday April 20, 2022; at 9:45 AM at Louis T. Graves Public Memorial Library for a discussion on the newly released book *"Sit to Get Fit: Change the Way You Sit in 28 Days for Health, Energy and Longevity,"* by Suzy Reading.

It may be time to "jump-start" your physical health for the various spring and summer activities you might have planned. This book will help you to:

- Review how much time you spend sitting.

- Consider your posture when seated, at a desk and standing.

- Learn healthy ways to sit in a car, on a bike or on the floor.

- Guide you through 28 days of suggested ways to improve various muscles that will help enhance your posture and ultimately your overall health.

Copies of this book will be available at Graves Library. Haven't had time to read the book? Please feel free to join us and learn what it is all about.

On May 18, 2022, also at Graves Library, we will discuss another newly released book; *"A Molecule Away from Madness-Tales of the Hijacked Brain,"* by Sara Manning Peskin.

This book covers many different diseases and diagnosis including Alzheimer's Disease and Pick's Disease. The author easily and concisely explains our DNA and how the difference of a single molecule can impact a person's life.

Questions? Call 967-4401.