

Community Health Connector

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Upcoming Blood Drive

On April 27, 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/3pkpyrA>

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

Celebrating Public Health in 2021! By Morgan B., UNE '21

Public health promotes and protects the health of people from all communities, focusing on ways to prevent illness and injury, and working to promote education around important health topics. As National Public Health Week quickly approaches, it is a great time to highlight some of the work the Kennebunkport Public Health office offers free of charge to the community members. Our public health office offers office visits for any community member from 8:00 -9:30 AM providing blood pressure and vital signs checks and general health counseling. The department also offers diabetic screenings, referrals to outside medical practices, and a medical equipment loan closet where residents can borrow free medical equipment for loan, such



as wheelchairs, walkers, and canes.

Along with many medical programs, this office also works on community outreach programs with partners all over Southern Maine, such as UNE, the Alzheimer's association, and Southern Maine Agency on Aging. These outreach programs come in different shapes and

sizes for anyone, such as senior Tai Chi and yoga, to CPR and first aid classes. Educational health promotion classes are offered in partnership with the Graves Library and the Kennebunkport Parks and Recreation department on a variety of topics (*classes will hopefully resume by fall 2021.*) Some specific outreach programs that

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Covid-19 Vaccine Updates

As of April 7, 2021, **all Maine residents ages 16 and older** are eligible for a Covid-19 vaccine!

• To help Kennebunkport residents stay up-to-date on vaccine location sites, please look for information on the Town

of Kennebunkport website visit:
<http://bit.ly/39Hayz1>

• To link to the FAQ page for Maine CDC Covid-19 Vaccination visit:
<https://bit.ly/3m9yj7O>

• To access the various Covid-19 Vaccination Clinics to register for a vaccine visit:
<https://bit.ly/3dLW1of>

Covid Testing

The Kennebunkport Public Health Office continues to offer residents Covid testing with a rapid molecular test IF they have active symptoms or they have been directly exposed to someone who has tested positive. Tests are available by appointment Monday-Friday and cost \$25.

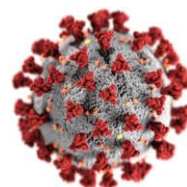
To schedule an appointment or for questions call: 967-4401.

For travel related testing options, be aware of testing requirements and time frame of testing required by the location to which you are traveling.

Air travel-check with your airlines to determine if the airline airport has testing capabilities.

Ground travel-check with Maine CDC for a full list at: <https://bit.ly/2PY3d6M>

Convenient MD offers rapid Covid tests, for more information visit: <https://bit.ly/3uqYGsq>



Reach Out When Support is Needed

After a year of unprecedented upheaval in our lives it is a good time for a reminder of a few national resources for any individual or family member that may need supportive counseling or mental health services.

The Crisis Text line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

To access text: **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line

For more information on the Crisis Text Line visit: <https://bit.ly/39Hhf48>

The **National Suicide Prevention Lifeline** provides free and

confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 180 local crisis centers, combining custom local care and resources with national standards and best practices. **Call:** 1-800-273-8255

Sync into a good audiobook.



Teen Summer Audiobooks Free!

Looking for summer reading options for teens this summer? Check out Sync, a free summer audiobook program for teens ages 13+ this summer.

The program runs April 29 - August 4, 2021; SYNC offers participants two thematically paired

audiobooks each week. Titles are all available for 7 days, worldwide and change every Thursday at midnight Eastern Time during the season. This program uses the Sora reading app from Overdrive, available as a free download as an app. Once a book title has

been downloaded in the app, it is available to the user indefinitely.

To **learn more and to register for free** visit: <https://bit.ly/3dfd4Nx>

To **view book titles** for this year visit: <https://bit.ly/2PjeyP1>

National Prescription Drug Take Back Day

The 20th Annual National Drug Take Back Day, sponsored by the Drug Enforcement Administration (DEA,) will take place on Saturday April 24, 2021 from 10 AM-2 PM.

The National Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2018 *National Survey on Drug Use and Health*, 9.9

million Americans misused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

(information from
<http://bit.ly/2GFqDsW>)

A drug disposal box is always available in the Kennebunkport Police lobby for residents to dispose of unwanted medications. No sharps are allowed within this disposal container.

Start your spring cleaning by cleaning out your medicine cabinet!

For more information visit:

<http://bit.ly/2GFqDsW>



Got Eggs?? Brunch Recipe Suggestions

Spring is finally here! The temperature is slowly rising, crocuses are blooming and daffodils are rising up out of the ground.

This is a wonderful time of year to consider changing up simple breakfasts on the weekend with a lovely brunch or even switch out a dinner with a "brunch" alternative.

There are many different recipe options and here are a few to get you started!

Have any you want to share? Let us know at: knoble@kennebunkportme.gov

Recipes:

Fruit Dutch Baby:
<https://bit.ly/2OVFhkF>

Savory Dutch Baby:
<https://bit.ly/3cU4RQ3>

Avocado egg salad on toast recipe visit:
<http://bit.ly/3bVkJG>

Mediterranean Broccoli and Cheese Omelet visit:
<https://bit.ly/3IKAXAD>

Simple Quiche with Sweet Potato Crust:
<https://bit.ly/3uxthF8>

Country Ham French Toast:
<https://bit.ly/3myE1jB>

Breakfast Tortilla Wrap:
<https://bit.ly/31RbSuA>



Go Take a Walk for Your Health

How important is walking to our health?

Dr. Mike Evans, a Professor of Medicine at the University of Toronto provides a wonderful overview in his video "[23 and ½ Hours](#)." The video overviews the various

health benefits of walking daily for 30 minutes and is perhaps the most viewed evidence-based video of all time and has been seen by over 8 million people. Become motivated today and start getting outside walking!

To link to the 9-minute video "[23 and ½ Hours](#)" visit: <https://bit.ly/31Vqw4a>

To link to Dr. Mike Evans' YouTube Channel and more health videos visit: <https://bit.ly/3wu9RCC>



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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
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Celebrating Public Health in 2021! (cont.)

By Morgan B., UNE '21

are offered in collaboration with other community organizations on throughout the year are Secret Santa, which helps families with Christmas presents for kids, Backpack Program, which supplies new backpacks and school items to kids in need and partnering with Community Outreach Services (COS) who houses the local food pantry, to help families provide food for their families.

During this past year with COVID-10, staff have transformed into educators within the

community, providing all the resources and knowledge residents need to know during this pandemic. The office has been able to provide rapid Covid testing and soon hope to provide vaccinations to our community members, new staff have joined the public health department and a new monthly e-newsletter is now offered. While there have been some changes and adaptations in outreach programs, the hope is to enjoy these fabulous programs within our community in the near future.

National Public Health Week 2021 will be celebrated from April 5-11, 2021. This past year has been one for the history books and has showcased the important work that public health providers offer their communities.

For more information about public health services offered through our office check our website or reach out to us!

Link to Kennebunkport Public Health at:
<http://bit.ly/2Qvw0i0>