

Community Health Connector

INSIDE THIS ISSUE:

Tick Season	2
Healthy Eating	2
Trail Safety Reminders	2
Food For Thought	3
Women's Health Week	3
C.A.R.E.S.	3
Your Health Matters	4

The Foot Care Clinics

Will be held on June 7th and 8th, and July 12th & 13th, 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, calluses/corn reduced or removed.

Cost is \$35, payable in cash or check to the Town of Kennebunkport.

Schedule an appointment at: 207-967-4401

May is Mental Health Awareness Month

Each May we celebrate Mental Health Awareness Month, this year's theme is "Take some time to Look Around, Look Within." The sponsor is Mental Health America (MHA) the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all.

The 2023 Mental Health Month campaign is focused on how surroundings impact mental health and is asking us all to look around and look within.

Some of the things this year's campaign is looking at are:

Healthy Home Environments that offer comfort, stability, safety and healthy home conditions.



Strong sense of community within neighborhoods and towns with resources that support connection.

The Outdoors and Nature-local resources that allow for exploration of nature for all ages.

To help us all improve our mental health the Kennebunkport Parks and Recreation Department is hosting a summer concert series outdoors from 6-8 pm on:

June 29-Radio Revival

July 20-The Dock Squares

August-24-Fog Ave.

To learn more about Mental Health Month visit: <https://bit.ly/42d897H>

For 24-hour resources check out:

National Suicide and Crisis Lifeline is now-988 For more information about this resource visit: <https://bit.ly/42luYq1>

Crisis Text Line: <https://bit.ly/2YMOlqU>

Maine Statewide Warmline: 207-772-9276

Public Health & Covid-19 Updates

Based on current COVID-19 trends, the Department of Health and Human Services (HHS) is planning for the federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the

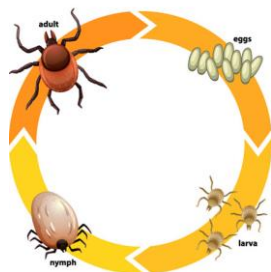
Public Health Service (PHS) Act, to expire at the end of the day on May 11, 2023. (from <https://bit.ly/3AKtHNC>)

For information on what will continue to be covered by Medicare, Medicaid and private

insurances please read: <https://bit.ly/3ARJQjW>

The Kennebunkport Public Health Department will continue to be a local resource to assist residents with Covid Questions.

Tick Life Cycle



To learn more on the Tick Lifecycle please view this 2-minute video:

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

To learn more on proper tick removal please visit:

<https://bit.ly/3oR8u1r>

For more information on tick protection please visit:

<https://bit.ly/40YAGwF>

Author-Madison O'Brien is a senior in Public Health at UNE completing her internship at KPT Public Health Department. Her Preceptor is Kim Noble BS, MBA, RN

Tick Season Is Among Us by Madison O'Brien

Tick season is year-round but heaviest during April to September. Ticks go through four life stages.

Stage 1 begins in the spring when eggs are laid. When eggs are hatched a tick needs a blood meal at every stage of their life to survive.

Stage 2 is larva, and it is rare for ticks to be infectious at this stage.

A tick becomes infectious once they have absorbed a pathogen from a host. If a larva becomes infected with Lyme disease it will maintain the infection for the rest of its life.

Stage 3 is nymph and if previously infected the tick can transmit Lyme disease. Once attached to a host it can feed for four to five days before entering the next stage.

Stage 4 is when adult ticks will look to feed from one final host before beginning to mate. Male ticks die after mating and females die naturally after laying thousands of eggs.

Look out for ticks no matter the stage of their life cycle by frequently checking yourself, your family, and your pets for ticks.

Healthier Fast-Food Options by Madison O'Brien

Finding healthy fast-food options can be difficult. Fast food is quick, cheap, and convenient when on the move but also can be healthy in moderation.

Here are some tips to keep in mind when ordering fast food:

Look for grilled or roasted meats rather than fried or breaded items.



Read the descriptions of items and the calorie count if available.

Be mindful of portion sizes.

Choose healthier side dishes to go with your meal.

Speak up and ask for substitutes if desired.

To learn more about the nutritional information of your favorite fast-food items please visit:

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

Trail Safety Reminders by Madison O'Brien

May brings warm weather and beautiful outdoor views! Whether you are hiking a mountain or walking through a state park it is important to be prepared.

Keep these safety tips in mind!

Know Your Limits:

Choose a trail that accommodates your physical limits.

Plan: Make sure you pick a trail that is suitable for your entire group. Create a group plan and ensure someone who is not going with you is aware of the plan in case of an

emergency, rescue teams can find you easier.

Pack: Create a packing list that prepares you for any changes in weather or emergency situations.

For more **important hiking safety tips** please visit:

<https://bit.ly/41VDdcs>

Your Cell Phone is...

-  **NOT** a light source
-  **NOT** a map
-  **NOT** a survival kit
-  **NOT** always going to have reception

Food For Thought

May brings warm weather and barbeques! Try a healthy option your Mother's Day or Memorial Day gatherings!

Strawberry Ricotta Bruschetta:
<https://bit.ly/415rs24>

Breakfast Lasagna:
<https://bit.ly/40XYdOx>

Breakfast Salad:
<https://bit.ly/3Nrzcpl>

Lemony Roasted Asparagus soup:
<https://bit.ly/3LoSeMQ>

Garden Pesto Pasta Salad:
<https://bit.ly/3AJx730>

Shredded Charred Corn Salad:
<https://bit.ly/3nhXb2a>

Burrito Zucchini Bowls:
<https://bit.ly/3p1PBco>

Tomato Gnocchi Kebabs:
<https://bit.ly/41XD73Z>

Strawberry Corn Cakes:
<https://bit.ly/3p4AHC0>

Cinnamon Roll Monkey Bread:
<https://bit.ly/3p0qZAN>

Kick off spring with a new food during family time!



Women's Health Week by Madison O'Brien

Each year Mother's Day marks the beginning of National Women's Health Week. This week is dedicated to supporting women and girls to make their own health a priority.

Two out of every three caregivers are women in the United States, providing daily or regular care for children of all ages, adults, or people with illnesses or disabilities.

Women caregivers are at a greater risk for poor physical and mental health. It is important to protect your health by seeking care when you need it.

Caregiving can be mentally exhausting leaving little room for self-care. Preventative care including self-care, works to decrease your chance of disease or illness.

Please visit the following websites for helpful self-care tips and exercises:

6 Relaxation Techniques:
<https://bit.ly/40UwAWH>

3 Tips to Manage Stress:
<https://bit.ly/3LL1v3o>

15 Tips to Practice Self-Care and Mindfulness:
<https://bit.ly/3AJpuJQ>

Mindfulness Journaling Tips:
<https://bit.ly/3Ht0mdU>



3 Towns, 1 Community: C.A.R.E.S.

Join us Thursday May 11th from 6-7 pm at Graves Library in the Community Room for the next 3 Towns, 1 Community C.A.R.E.S. (communication, advocacy, resources, education and support) gathering.

This month to acknowledge Mental

Health Month we will focus on our own well-being and discuss and practice various Mindfulness exercises/activities.

This practice can lead to reductions in stress, anxiety, pain, depression, insomnia, high blood pressure, and much more!

Wear comfortable clothes to participate in active Mindfulness practice!

Overdose first aid training and free naloxone is available at every meeting.

Well Water Testing

Mark your calendar!
From June 1-15, 2023 well water test kits will be available for pick up on the porch at the Kennebunkport Public Health Department.

Discounted lab fee to process sample- will range from \$65-\$175. (standard, arsenic, comprehensive, radon)

PFAS testing can be done with special kit, (picked up from Nelson Analytical Lab in Kennebunk) costs between \$285-\$325.

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

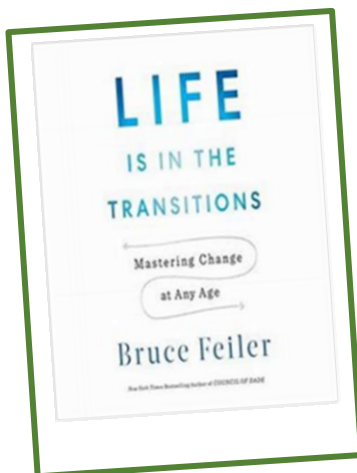
akenneway@kennebunkportme.gov

**Web site address**

<https://www.kennebunkportme.gov/public-health-department>

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 Medical 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

Tuesday May 16, 2023, from noon-1 pm, join staff from the Louis T. Graves Memorial Public Library and the Kennebunkport Public Health Department as we discuss how "transition periods" impact us. Our book choice this month is ***"Life is in the Transitions-Mastering Change at Any Age"*** by Bruce Feiler.

Learn ways to create a "toolkit" to navigate these life transitions that we all experience.

Invite your friend and join us as we talk about the differences between

"disruptors and lifequakes," learn the seven tools that can assist in navigating life transitions. Explore Life Story Interview questions to delve deeper into your own life or that of a loved one.

Copies of the book will be available at Graves Library.

Learn more at the author's website:
<https://bit.ly/3ZF5Xmz>

This summer while we will not meet in person (back in September!) we will provide you with book

suggestions to stimulate your mind.

For June, we invite you to reconnect with the wonder of your childhood by reading ***"In Awe: Rediscover Your Childlike Wonder to Unleash Inspiration, Meaning and Joy,"*** by John O'Leary.

