

Community Health Connector

INSIDE THIS ISSUE:

Mental Health Awareness	2
Tick Season	2
Share Your Voice	2
Food For Thought	3
Prescription for Health	3
Awareness and Support	3
Your Health Matters	4

Kennebunkport Parks & Recreation Beach Wheelchair

Limited mobility doesn't have to prevent you from enjoying the beach.

Reserve and borrow the beach wheelchair for a nominal fee of \$15.00 (all of which goes towards maintenance of the wheelchair.)

Easy and convenient pick up at The Tides Beach Club, 930 Kings Highway, Kennebunkport, **reservations required.**

To make a reservation visit: www.kennebunkportrec.com and follow the link on the homepage. Or call 207-967-4304.

Well Water Testing Time!

It is the time of year for annual well-water testing. To assist Kennebunkport residents water testing kits will be available beginning Wednesday May 4, 2022. The kits can be picked up at the Kennebunkport Public Health Department, 101A Main St. Kits will be on the porch in a labeled plastic tote.

Instructions on how to perform the test are included in each test kit box. This year residents will need to drop their **completed test kit off between June 1st and June 15th**, directly at Nelson Analytical Lab, 120 York St. Kennebunk, ME.

Testing fees are reduced for Kennebunkport residents, the fees are:

Standard Water Test: \$50

Standard Water Test with Arsenic Test: \$75



Comprehensive Water Test: \$100

Comprehensive with Radon Water Test: \$125.

All other testing listed on water card is 20% off list price.

Per- and Polyfluoroalkyl Substances (PFAS) testing is available through Nelson Analytical Lab, however if interested you will need to pick up

that specific testing kit directly from Nelson Analytical Lab, the test cost ranges from \$285-325, depending on test requested.

For more information on PFAS in Maine, including maps-Where is PFAS in Maine visit:

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

Covid-19 Updates

Yes, we have entered year 3 of living with Covid-19, and yes transmission of the virus locally is occurring. While masks are not required, they do still help to reduce the viral spread.

The FDA (Food & Drug Administration) has set up three dates in June to discuss authorization of Covid-19 vaccine for children aged 6 months-5 years.
<https://on.today.com/3OZlWcr>

To link to the Maine CDC Dashboard for data on current case trends visit:
<https://bit.ly/3vIYDff>

To locate vaccination sites in Maine visit:
<https://bit.ly/38gX3Wg>



Mental Health Awareness Month

Mental health is important at every stage of life, from childhood and adolescence throughout adulthood. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Over the course of a someone's life, if they experience mental health problems, their thinking,

mood, and behavior could be affected. Be aware of the early warning signs, which might include, eating or sleeping to much or to little, having no or low energy, yelling or fighting with family or friends.

Seeking support for one's mental health and well-being is just as important as seeking support for physical health.

Some resources for more information:

For more information on warning signs visit:
<https://bit.ly/3KIQHYS>

Resources for Veteran's:
<https://bit.ly/3KDafEV>

Resources from National Alliance on Mental Illness:
<https://bit.ly/38SkXKf>

Resources for Families from MGH:
<https://bit.ly/3yeosWb>

The Foot Care Clinics

will be held on May 4, 2022, and June 1, 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.

The Season for Ticks-Be Prepared

The deer tick (also known as the black legged tick) is the primary vector of Lyme Disease. Transmission of Lyme Disease usually starts within 24-72 hours of tick attachment. Adult ticks are out in spring months, during summer the small nymphs are more common.

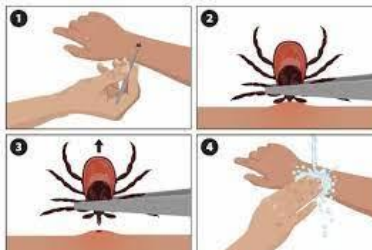
For more information from Maine Dept. of Health and

Human Services visit:
<https://bit.ly/3P0QRfK>

For information on tick removal, how to submit a tick for testing and much

more, visit University of Maine Cooperative Extension-Tick Lab:
<https://bit.ly/2RPzdM1>

What to do after a tick bite from U.S. CDC:
<https://bit.ly/3w3VNAn>



Share Your Voice

Through May 16, 2022, the U.S. Department of Health and Human Services and Department of Agriculture are seeking public comments on newly proposed Dietary Guidelines for Americans, 2025-2030.

To learn more visit:
<https://bit.ly/3yerMkc>

To learn about the process, view the proposed scientific questions and submit comments visit:
<https://bit.ly/3Fe67dp>



Food For Thought

Around us the spring season is blooming. Early vegetables are sprouting. Gardeners and warm weather lovers are patiently waiting for more consistent sunny days.

Indulge in some creativity with your meals this spring!

Breakfast Scramble Clean Eating Meal Prep Bowl: <https://bit.ly/3MLtiyi>

Breakfast Board Ideas- bringing the charcuterie board to morning meals: <https://bit.ly/3vFxie1>

Lemon Arugula Salad with Pine Nuts: <https://bit.ly/3ESOxez>

Asparagus Foil Salmon Packet: <https://bit.ly/37Oql11>

Asparagus Chopped Salad: <https://bit.ly/3M0dZF8>

Easy and Healthy Garlic Shrimp and Leeks: <https://bit.ly/3LDPU3x>

Leek and Potato Dumpling Stew: <https://bit.ly/378WAYm>

Vegetarian Stuffed Peppers Italian Style: <https://bit.ly/3F95XUx>

Lemon Cheesecake Mousse: <https://bit.ly/3M0hQSk>



Prescription for Health at SMHC

Southern Maine Health Care (SMHC) is now offering a supportive program to local community members who struggle with food insecurity. The **Produce Prescription Program** began at the end of March and is open Monday-Friday 8 AM-6 PM and Saturday 9 AM-3 PM, closed on Sunday.

SMHC is partnering with Good Shepherd Food

Bank to offer bags of fresh produce to those individuals and families in need. Visit SMHC retail pharmacy in Biddeford to pick up free produce.

In Maine 13.6% of households experience food insecurity. (Defined as: the state of being without reliable access to enough affordable, nutritious food.) Affecting 21% of children and 16% of seniors in our state.

The Produce Prescription Program aims to reduce the worry of running out of food before a family has the funds to purchase more. The program is designed to help improve healthcare outcome.



A message from the Kennebunkport Park & Recreation Department:

Senior Luncheons will resume in the fall.

Awareness and Support

Join us on May 12, 2022, from 4-5 PM at the Louis T. Graves; Memorial Public Library for our monthly community awareness and support program related to Opioid Use Disorder.

This month, in acknowledgement of Mental Health Awareness

Month we invite you to focus on the important topic of **Self-Care**. Join us to learn strategies to help enhance your own mental health.

There will be Naloxone Training (and free Naloxone) available to attendees.

This event is sponsored by Project Alliance Coalition in collaboration with Kennebunkport Public Health Department, Kennebunk Police Department, Louis T. Graves Memorial Public Library and Portland Public Health Department.

Questions about this event?

Call or e-mail: Cheri Sullivan

207-602-3589

chcc@une.edu

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

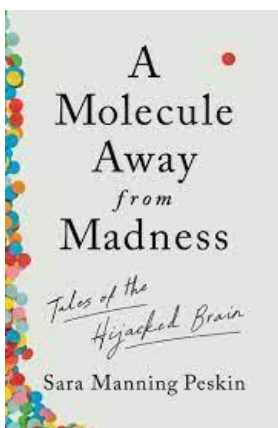
akenneway@kennebunkportme.gov

**Web site address**

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

Sign up to receive the 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



**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

Join us on Wednesday May 18, 2022, at 9:45 AM at the Louis T. Graves Memorial Public Library as we discuss "A Molecule Away from Madness-Tales of the Hijacked Brain," by Sara Manning Peskin.

The author is an assistant professor of clinical neurology at the University of Pennsylvania. Ms. Manning Peskin has created a book that blends history and intrigue as she invites readers to play medical detective, tracing each diagnosis from the patent to an ailing nervous

system. (taken from the book cover)

If have interest in learning more about the human brain, nervous system and diseases related to these systems you will find this short 192-page book of great interest.

Don't have time to fully read the book, please join us to discuss and connect!

In June, save the date of Wednesday June 15, 2022, at 9:45 AM at Graves Library for a discussion that will help us focus on cleaning and "decluttering" our homes. With humor and wisdom, the author instructs

readers to cherish the memories of their possessions and embrace minimalism.

We will discuss the International Bestseller "The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter," by Margareta Magnusson.

