

# Community Health Connector

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## Stuff the Bus!

Lend a helping hand on Election Day, Tuesday June 8, 2021 at the Village Fire Station, 32 North St., Kennebunkport. Help to Stuff the Bus for COS (Community Outreach Services.)

Items to consider for donation include:

- non-perishable foods,
- household/personal care items,
- cash donations or,
- checks made payable to Community Outreach Services.



## Trauma Survivor Month

By Seth Kenneway, NRP Injury Prevention Coordinator, Portsmouth Regional Hospital, Trauma Services

Wednesday May 19th is National Trauma Survivors Day. This celebration seeks to draw inspiration from and provide support to survivors of traumatic injuries and their caregivers, opening the road to their recovery from trauma.

The Trauma Survivors Network (TSN) was developed by the American Trauma Society (ATS) to help trauma centers provide the support and services patients and their families need during their recovery from serious injury. The program works to:

- Bring together trauma survivors and families to connect with one another and share support and information about the recovery process.
- Enhance survivor skills and self-efficacy to manage day-to-day challenges.
- Establish a network of state-of-the-art, hospital-based peer support programs and other resources for trauma survivors and their families.
- Train health care providers to deliver the best care and support to patients and their families and friends.
- Build a community of advocates dedicated to



improving prevention efforts, trauma outcomes and trauma systems.

Becoming part of the TSN is easy to do and is **FREE** to you - register an account and begin to take advantage of the many resources to assist you.

Learn about injuries and how they are treated, connect with your peers who understand the challenges you are facing.

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## Covid-19 Vaccine Updates

As of May 4, 2021, the State of Maine has **eliminated its residency requirement** for the administration of COVID-19 vaccines.

- 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>

## Mental Health Awareness Month



To link to **NAMI Maine** and local programs/resources, including the "Family to Family" 8-week evidenced based course for the family and friends of someone who has a mental illness visit: <https://bit.ly/3nnzhxg>

## Upcoming Blood Drive

On May 25, 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

## Family Conversations About Substance Use

High School Seniors are anticipating life beyond high school a major milestone in their lives. This is a changing time for family dynamics as children turn 18 and become adults. Attainment of this adult status is a great time to have some focused family conversations related to substance use, legal risks, family values and family substance history. To

help families navigate these conversations the Substance Abuse and Mental Health Services Administration has recently published a downloadable pdf "After High School Talking with your Young Adult About Underage Drinking."

To access the **2-page pdf from SAMHSA** entitled "After High School: Talking with Your Young Adult About Underage

Drinking," visit: <https://bit.ly/2R2K5Fa>

For families with younger children, consider reading the newly published book "**The Addiction Inoculation: Raising Healthy Kids in a Culture Dependence**," by Jessica Lahey.

To access a **7-minute video** with Jessica Lahey: <https://bit.ly/3vIBUD6>

## Recipes: Exploring with Flavor

International Diet Month is celebrated in May. This is a time to celebrate, explore flavors and create new dining experiences.

This month consider taking a 31-Day Challenge to incorporate new flavor and recipes into your daily diet. Not up for a 31-Day Challenge? Scale it back and try a something new one or two times a week.

To help you begin your culinary journey a few resources/recipes are listed below:

**For information and resources** visit: <https://bit.ly/3gsSKvC>

Chicken and Rice Bowl: <https://forthe love of cooking .net/2014/10/mediterranean-chicken-rice-bowl.html>

Slow Cooker Greek Chicken:

<https://www.wellplated.com/greek-chicken/>

Greek Tzatziki: <https://bit.ly/2PaE3IB>



## Trauma Survivor Month *(continued)* By Seth Kenneway, NRP Injury Prevention Coordinator, Portsmouth Regional Hospital, Trauma Services

Discover additional programs and services which may be available at your hospital or other local facility.

By learning more and connecting with others, you can make a difference in how you feel and better

manage your life after injury. You are not alone!

Portsmouth Regional Hospital is our closest TSN hospital or you can enjoy all the benefits virtually at:

<https://bit.ly/3uZ2sK7>



## Get Ready for Summer Sun

Memorial Day kicks off the unofficial start of summer. Families will be spending more time outdoors. This can include time in our own yards, at the playground, sports field, beaches, lakes, hikes, cycling and on various types of watercraft.

This increased time outdoors is a reminder for us all to practice sun safety to avoid sun damage. To help us all

remember how to stay sun safe there are the 5 S's:

- Slip on a T-Shirt.
- Slop on SPF 30+ broad spectrum UVA sunscreen, for most adults this means 1 ounce.
- Slap on a broad brimmed hat.
- Slide on quality sunglasses.
- Shade from the sun whenever possible.

Protect yourself and your loved ones this summer, follow the Five S's of Sun Safety and check out the links in the sidebar to learn more!



### Learn more about Sun Safety:

Take the American Cancer Society's 9-question sun safety quiz at: <https://bit.ly/3dQrzZF>

Learn more about the documentary "In The Sun" by Kerry Washington streaming April 26, 2021. <https://bit.ly/3tTWxWI>

For information and sunAWARE curriculum resources visit The Children's Melanoma Foundation: <https://bit.ly/32OTenx>

## What's in Your Well Water?

Does your home use well water? Looking to test your water this year?

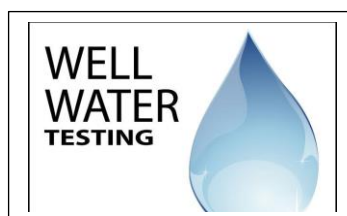
To assist you the Kennebunkport Public Health Office will have free Water Testing Kits from Nelson Analytical Lab in Kennebunk available during the month of May for pick up on the porch at the office. (101A Main St. Kennebunkport)

Then on June 5, 2021 drop off your completed kit between 9-11 AM at the Village Fire Station on North St. Kennebunkport. The results will be e-mailed to you once completed.

**Please be aware** while the kits free, the tests do have an associated cost. Price list is inside kit, costs range from \$50-\$125 depending on type

of water testing you request.

Test options include: Standard Water Test, Standard with Arsenic Test, Comprehensive water test, and Comprehensive with Radon Water Test.



## Are You Aware? KEMS Subscription Service

Are you someone who is managing medical costs? Since 2018, the Kennebunkport Emergency Management Services (KEMS) subscription program has helped reduced out-of-pocket costs in the event of a medical emergency requiring emergency

medical transportation to a local hospital. Both permanent and seasonal residents in the KEMS service area are eligible for this program.

KEMS is again offering this program for the calendar year 2021-2022.

The average cost of an ambulance transport is \$1,800. Annual KEMS subscription membership covers medical procedures, medicines and mileage required during emergency transport. The benefit of being a KEMS subscriber

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**Kennebunkport-Public Health Office**  
101A Main St.  
Kennebunkport, ME 04046

**Phone** 207-967-4401  
**E-mail**  
[akenneway@kennebunkportme.gov](mailto: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  
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

## Are You Aware? KEMS Subscription Service

is that KEMS will waive the remaining balance for the KEMS charged portion of your medical costs if your insurance does not cover all of the transport fees. While KEMS is a 911 emergency response organization and transports anyone in need of emergency medical services, insurance often does not cover the full cost of your ambulance transport. If there is a balance on your ambulance bill after KEMS receives the insurance reimbursement, active participants in the subscription program will

have their remaining balance waived, covering the remaining billable ambulance portion that is normally the patient's responsibility, offering you a tremendous savings.

**Subscription Levels**

Permanent Resident Individual Membership: \$150.00 dollars. Covers only the individual listed as a current subscriber.

Permanent Resident Family of Two Membership: \$300.00 dollars. Covers the individual and spouse/partner in the household listed as current subscribers.

Permanent Resident Family Membership: \$400.00 dollars. Covers **ALL** permanent residents of the home listed as current subscribers.

**Seasonal Resident Membership:** \$100.00 dollars. Covers each individual of the home that has paid the \$100.00/person fee.

*The KEMS subscription does not apply in the event that a neighboring EMS responds mutual aid to a subscriber's address.*

**For more information**  
contact: KEMS Chief Joe Carroll at:  
[kemsemschief@gmail.com](mailto:kemsemschief@gmail.com)  
or leave message at 207-967-9704.