

Community Health Connector

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The Foot Care Clinics

will be held on
June 1 and July 13,
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.

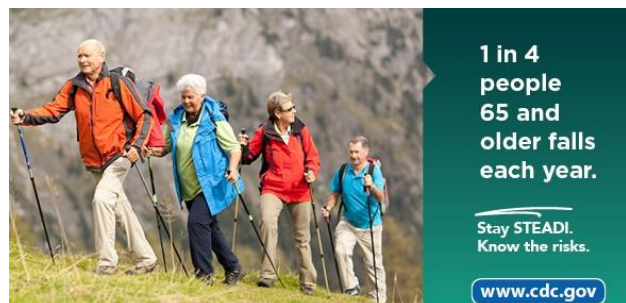
Treatment provided
usually includes nail
filing, trimming nails,
reducing thick nails if
needed, callouses/corn
reduced or removed.

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

Schedule an appointment
at: 207-967-4401

Elder Trauma in Maine by Pete Tilney DO

I am an emergency medicine physician and I work in our great state of Maine and have done so for more than a decade. I really enjoy what I do and unfortunately witnessed some terrible injuries and illnesses in my tenure in this branch of medicine. A few weeks ago, I was working a night shift in a relatively small emergency department and a "young" 74-year-old woman came in after she fell. Earlier in the day, she was out gardening and tripped over a stone and her chest hit the rim of a five-gallon bucket. She came in the ED complaining of left sided chest and abdominal pain and after x-rays and CT scans, I found that she had ultimately cracked a few ribs and had partially collapsed lung. She was admitted for a few days for pain control and was



discharged home and did well. She was one of the lucky ones...

Maine is a predominantly very rural state, and we are very fortunate to have very small numbers of incidents involving penetrating trauma (gunshot wounds and stabbings, etc.). However, Maine has the highest percentage of geriatric patients in the United States. We are the oldest state in the union (Population Reference Bureau). With that national distinction comes

all the complications associated with the care of geriatric population. As I personally age, I do note that at times, I too have difficulty after falling off my bicycle or if I trip over one of my two Labrador retrievers. A fall that may have been innocuous in my teens or twenties can have significant ramifications as we age. I would even go as far to say that I see some sort of geriatric trauma on a weekly basis in my daily practice.

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Covid-19 Updates-Vaccines & Home Tests

Updates for Vaccines:

- Emergency authorization of Pfizer-BioNTech booster for children ages 5-11 years received FDA authorization in May for a booster vaccine: <https://bit.ly/3ai17sR>

- FDA Advisors to meet in June to review vaccine for those under age 5 years.

- For information from the American Academy of Pediatrics visit: <https://bit.ly/38D9u1F>

Check Maine CDC for information on Adult vaccines:

<https://bit.ly/38gX3Wg>

Looking for more home antigen tests? Order third round of free test kits here:

<https://bit.ly/3wj5SuH>

Apply for Food4Kids

To complete an application on-line visit:

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

For more information and the list of contact information for General Assistance Programs in Kennebunk, Kennebunkport and Arundel visit:

<https://bit.ly/3N0KKif>



Recovery is Possible Join us to learn more.

Join us Thursday June 9th from 4-5 PM at Louis T. Graves Memorial Public Library. Weather permitting, we will meet in the garden behind the library. (Inclement weather meet inside on second floor)

Special Guest: Jason Antkies, Licensed Alcohol and Drug Counselor (LACD,) Certified Clinical Supervisor (CCS,) will share his story of recovery and his passion to help individuals and families with substance use disorders.

Free Naloxone Training & Naloxone available.

Food 4 Kids-Supporting Families

Community Outreach Services (COS) is working with RSU21 and the three town General Assistance Offices to provide nutritious food for children when school lunch and breakfast are unavailable on weekends, school holidays and summer break.

This new program encompasses the previous backpack and summer lunch programs

and is now called the COS Food4Kids Program (F4K)

All food is provided to children free of charge year-round. It is hoped that these resources support the health, behavior, and achievement of every student who participates.

Food will typically include breakfast items, sandwich items, soups & stews, canned meats, tuna & vegetables, pasta, juice &

drinks, snacks & desserts, and breads. These items will be available for pick up at Town Offices or COS Food Pantry located at 19 Park St. in Kennebunk.

This program is completely funded through the generous gifts of numerous COS donors.

(Information taken from COS website)

Browntail Moths

Summertime makes us all think of spending more time outside in the sun and fresh air. Doing so certainly is great for our mental health

(<https://bit.ly/3aPftVR>)

However, we all need to be aware of several summer health risks, some of which are sun safety, deer ticks and Browntail moths.

The Browntail caterpillar has tiny (0.15 mm) hairs that on sensitive

individuals cause a skin rash similar to poison ivy and/or trouble breathing. These hairs can remain toxic for up to 3 years, with May-July being months with the most concern.

For more information from the Maine CDC visit:

<https://bit.ly/3yq2NKC>

To view an image of the life cycle stages, map of areas of high risk in Maine and more visit Coastal

Pharmacy & Wellness:

<https://bit.ly/3w0bycQ>

From the Maine Department of Agriculture Conservation & Forestry, video on scouting and management activities for landowners-winter webs:

<https://bit.ly/38jmvgD>

For information from the Maine Department of Health & Human Services visit: <https://bit.ly/3x2CNTf>

Celebrating Public Health

Join us on Thursday June 16, 2022, from 7-9 PM at Parson's Field, Kennebunkport for a Kennebunkport Park & Recreation Department's "Concert on the Lawn."

This event will also include a celebration of the 75th Anniversary of

the Kennebunkport Public Health Department.

This celebration will be fun for all ages and include live music by The Dock Squares, face painting, bounce house, concessions and local breweries.

Music, Face Painting and Bounce House-Free; Concessions and Local Breweries-market price.

Come and help us celebrate 75 years of service in Kennebunkport!

Rain date for this event will be Thursday June 23, 2022, 7-9 PM.

Food For Thought

June has arrived and the summer season is beginning! Living in a coastal community many of us will surely be welcoming visits from family members and friends over the upcoming months.

While many of us have our family "favorites" to serve at home or bring to summer gatherings, it is always fun to try out new recipes.

A few things to try this month are:

Bacon and Sauerkraut Deviled Eggs:
<https://bit.ly/3wCO7qd>

Cauliflower Mushroom Rice:
<https://bit.ly/3NvbqYN>

Cool Down with Creative Flavored Water:
<https://bit.ly/3NsH2ya>

Strawberry Cucumber Salad:
<https://bit.ly/3PCOzfM>

Lemon Mascarpone Cookies:
<https://bit.ly/3PPPtFR>
(substitute gluten free flour to provide a gluten free option.)

Chocolate Chip Berry Bars:
<https://bit.ly/3PR5R90>



Save the Date!

June 29, 2022, at 9:30 AM
at Louis T. Graves
Memorial Public Library.

Join the community discussion on **"Avoiding Isolation: Resources to Stay Engaged and Active!"**

A panel of local specialists will share local resources on how to stay active in your everyday lives!

Attendees will receive informational materials and wellness activity bags to bring home. Reserve a seat: 967-2778.

Elder trauma in Maine *(continued)*

The data on geriatric trauma mimics what I see in daily practice. As patients age, there is a higher risk of complications and death with very minor mechanisms of injury. According to the Center for Disease Control (CDC), falls are the most common etiology in the geriatric population. There are many different reasons that elderly patients have these types

of accidents ranging from the trip and fall mechanism that I highlighted above to more complicated etiologies including anemia, heart disease (heart attacks or irregular heart rhythms), electrolyte abnormalities or neurologic illness (i.e., stroke or seizures) to name a few. Trauma is the fifth leading cause of death in the geriatric population and accounts for up to 25% of all trauma

admissions nationally (<https://bit.ly/3x3mmHG>) Maine is no different and perhaps our numbers are even higher.

As humans age, our bodies have significant anatomic and physiologic changes that occur as we (politely) gain "life experience." Our skin thins, our muscles lose mass, and our bones become brittle.

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Your Health Matters: Book Discussion

At our June monthly book discussion, we will talk about all the "stuff" in our homes. We all own items that we love, some have been passed down through generations, all of them have a story.

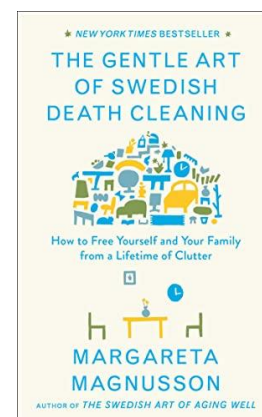
While we love the items in our homes, other family members may not want to become the next owner. So, what to do?

Author Margareta Magnusson overviews an approach to help us all consider how to sort, organize and determine what to keep, what to offer to others (family or friends) what to donate and what to dispose of.

Our "things" help tell the story of our lives, join us June 15th at 9:45 AM in

the back garden of Graves Library (inside in event of bad weather) to share your story and support one another as we practice some deep cleaning for spring.

To learn more about the book visit:
<https://nbcnews.to/3GGprAH>



Kennebunkport-Public Health Office

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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>

As our brain ages, we may also have delayed reflexes and neurologic changes may also lead us to become dizzy or lightheaded more frequently. Additionally, our hearts may become less elastic and lose the ability to be efficient. This becomes very apparent with an acute injury where the patient may require resuscitation for different types of severe illness and injury. Lastly, as we age our primary care doctors and specialists in healthcare treat our ailments with medications and adjunctive therapies. While these medicines may help us treat severe diseases

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 (\$100-400) 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.

Elder trauma in Maine *(continued)*

and prolong our lives, in the setting of trauma, they may have devastating effects. The most common of which are medicines that are called colloquially, "blood thinners." In this category, the most common include coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) and Eliquis (apixaban) to name a few. Although they help us with diagnoses including atrial fibrillation, stroke or heart disease, they may lead to life altering bleeding in the right type of trauma.

So, what do we do about this?? It is important that

we prepare for some of these events.

1. Protect yourself at home. Perhaps arrange your furniture around the home so that you do not trip on objects that may impede your walking ability including having rugs and carpets either out of the way or tacked to the floor to avoid slippage.

2. Know your limits. Do not attempt things that you may have done many years ago, but do not do on a routine basis (i.e., perhaps it is not the wisest idea to try skateboarding for the first time in 25 years when you are on coumadin).

3. Develop an emergency plan with your friends and neighbors including how to activate the ambulance or EMS system (i.e., calling 911).

4. Lastly, if an event does occur, make sure that your loved ones know your wishes. Do you have thoughts about a living will or durable power of attorney?

More to come. Good luck and be safe.

Dr. Pete Tilney DO, FACEP, FAAEM, EMT-P

Maine Emergency Medicine Physician, Kennebunkport Town Physician, Medical Director Kennebunkport Emergency Medical Services & LifeFlight of Maine.