

Community Health Connector

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Upcoming Blood Drive

On June 29, 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

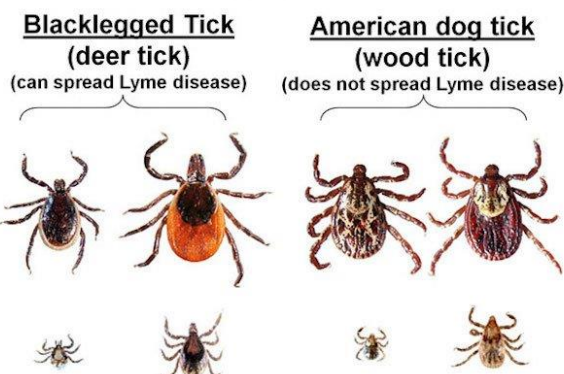
Understanding Ticks

The seasons are changing and once this unseasonably cool weather passes, we will begin spending more time outside. There are lawns to be mowed, gardens to ready, grass to play on and trails to be hiked. These activities and locations all bring about the risks for us to come in contact with the Blacklegged Tick (Deer Tick) or the American Dog Tick (Wood Tick).

This is a time to recall how these two ticks look differently, how to safely remove them, where we might have them tested if there is concern for Lyme Disease (only carried by Blacklegged Ticks.)

With any concern for a tick bite, it is recommended to contact your Primary Care Physician.

TICKS



Haldimand-Norfolk Health Unit

For more information on Tick identification, protection for your family and pets, how to preform a tick check and removal visit:

Tick Lab at the University of Maine Cooperative Extension (including information on tick testing):
<https://bit.ly/2RPzdM1>

US Centers for Disease Control:

<https://bit.ly/2RbqldM>

Maine Medical Center:

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

University of Rhode Island TickENcounter:

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

For seasonal life cycle information and associated risk of Lyme Disease visit:

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

Covid Updates-Masks

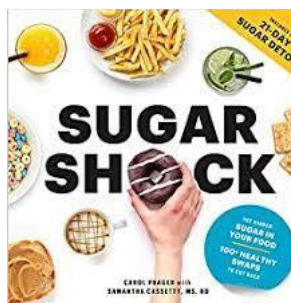
As of May 24, 2021 the mask mandate (outdoors and indoors) has been lifted in Maine for those who are fully vaccinated. A person is fully vaccinated two weeks after receiving both doses of the Pfizer or Moderna vaccine, or one

dose of the Johnson & Johnson vaccine.

Masks continue to be required by children ages 2-12 as they are not yet able to receive a Covid-19 vaccine.

While the mask mandate has been lifted, a business may choose to require patrons to wear a mask.

Please be respectful, there are various reasons for these decisions.



Finding Hidden Sugars in Foods

On average Americans consume 152 pounds of sugar each year, or on average 3 pounds of sugar each week! Sugars of various names are “hidden” in many of the foods, sauces and beverages that we consume.

To help us understand a bit more about sugar in food and what someone can do to begin some healthy food choices the

Kennebunkport Public Health Office and Louise T. Graves Memorial Library will host a book discussion.

The book title is “Sugar Shock” by Carol Prager with Samantha Cassetty, MS, RD, published by Hearst Magazine Media, 2020.

Interested? Join us on Wednesday June 16, 2021 at 9:45 AM in the

Louis T. Graves Library Community Room, the library has copies of the book to borrow.

Learn more about the new food label, doing a 7 day sugar tracker, making smart swaps in your normal eating and more!

Try a simple switch with infused water, for a few suggestions visit: <https://bit.ly/3vDpSp6>

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.



Take a Walk! By Morgan B., UNE '21

Kennebunkport has beautiful coastal and woodland areas that are ready to be explored. Within the town there are many walking or running trails as well as places to overlook the scenery.

The Kennebunkport Conservation Trust is a nonprofit organization within Kennebunkport that support and protects recreational and scenic areas. Their website has

trail maps with starting points and many other markers to help you make the most out of your exercise, they even talk about their favorite paths to make it easier to decide.

There are also many local beaches that offer great places for walking, running, or swimming.

Remember getting outside and exercising is

wonderful for your health, so take advantage of what the town has to offer!

Access The Kennebunkport Conservation Trust Trail & Properties map visit: <https://bit.ly/3yIs8NV>



Preparing for Hurricane Season

The Atlantic Hurricane Season runs from June 1, 2021-November 30, 2021, with the beginning of the season upon us it is time to consider being prepared.

It is always good to have a “hurricane plan,” similar to those you may have for

winter weather preparedness.

Things to consider are how you receive weather alerts, what is your shelter plan, evacuation plan, family communication plan and what items to have in a emergency preparedness kit.

Other items to consider are safe storage for your critical documents-such as passports, insurance policies as well as other vital records.

To learn more visit Ready.gov at: <https://bit.ly/3uixagw>

Reading Aloud-Offers the Freedom to Think

Swaddle blankets, bibs, onesies, diapers and board books are a few of the "standard" gifts for new families. We give most of these items to help in direct care of the infant, however the board books are for both parent and child. Books provide quiet moments of togetherness.

Adults are encouraged to read to young children. Many studies show the

benefits of 15-20 minutes of reading aloud each day to young children.

(Reading with Your Kids: <https://bit.ly/3wOE66G>)

This summer consider reading aloud to older children. When listening to a story we are immersed within the story, not working to decode the written word.

Rebecca Bellingham is author of "The Artful

Read-Aloud: 10 Principles to Inspire, Engage and Transform Learning,"

2019. In this 10-minute video of Rebecca Bellingham at **TEDx BeaconStreet** she overviews the benefits of reading aloud visit: <https://bit.ly/2R9ethR>

To learn more about Rebecca and listen to a podcast she did with Read Aloud Revival visit: <https://bit.ly/3i5AwAZ>



Teen Driver Safety Over Summer

The summer is a season of fun and a change in family routines. It is also a time for parents/guardians of teen drivers to remain vigilant on teen driver safety. The 100 Days of Summer are the deadliest for teen drivers.

Sixty percent of teen crashes are caused by distracted driving. Take the time now for a driving safety discussion in your home and be sure to

model good driving practices at all times.

For more from **Ford Driving Skills** visit: <https://bit.ly/3i0l4Fk>

Link to information from **We Save Lives**: <https://bit.ly/3c0EI15>

Teen Driving Safety Tools from Children's Hospital of Philadelphia: <https://bit.ly/3wGPP7m>



June is Bursting with Flavor

Summer 2021 is upon us bringing with it casual outdoor meals, gatherings with family and friends and strawberry season!

This June try a new side/main dish recipes. A few are provided to start things off.

Strawberry with Burrata Salad: <https://bit.ly/3uoqmhe>

Chickpea and Avocado Salad: <https://bit.ly/3g1RGwX>

Strawberry Spinach Salad with Strawberry

Vinaigrette Dressing: <https://bit.ly/3oUYrVk>

Orzo and Shrimp Salad: <https://bit.ly/3bXBWK6>

Asparagus Salad with easy Dijon Vinaigrette: <https://bit.ly/3wALx16>



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E-mail
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

One Little Word

by Kim Noble, RN, BS, MBA; KPT Public Health Per Diem Nurse

Full confession, for the past few months I have struggled with my focus word "nourish." I am not sure if it was due to reaching the milestone of a year of living during a pandemic, missing seeing many family members, friends, lack of travel away from the house or possibly the disruption caused by some home improvements.

Finally, after a decade in our home we ripped up the old carpet and my husband installed new wood flooring (or at least partially, there is still a tricky 18-inch section that needs to be completed!)

We also had interior painting done on half of the rooms. This has meant that I have had my closet residing on top of a guest bed for about 9 weeks now, yes enough to need to pull out some items for a warmer season. Oh yes, and dust, lots of dust.

The combination of pandemic fatigue and the construction disruption at my home caused me to lose focus to nourish. Yes, I ate, but I did not get outside quite as much, go for walks regularly, or exercise; these are things I know that I need.

However, as I reflect, I can see that my home interior is brighter, I have culled many clothing items (with more to come) and I considering what other household items will be gifted to new homes. So, this combination of home interior deep cleansing and culling of belongings that are not needed does result in a different type of nourish. My journey continues.

It is not too late to create your own journey with a focus word. Set your course for the remainder of 2021. For a list of word of the year ideas choices visit:

<https://bit.ly/2UD4BuX>