

# Community Health Connector

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### The Foot Care Clinics

Will be held on June 7<sup>th</sup> and 8<sup>th</sup>, and July 12<sup>th</sup> & 13<sup>th</sup>, 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

## Alzheimer's and Brain Injury Awareness

June is Alzheimer's and Brain Injury Awareness Month. Currently, there are more than 6 million Americans living with Alzheimer's. With over 11 million Americans providing unpaid care for people with Alzheimer's or other dementias.

These numbers showcase the physical and mental stress being experienced daily by so many families in our country.

This month take some time to learn a bit more about Alzheimer's and Brain Injury. Support your friends and family members who are caregiving. Wear purple to acknowledge this awareness month, inform others why you are wearing purple!

If you are a caregiver, allow yourself the space and time for some self-care. Savor a coffee



outside in the sunshine. Take brief 1–2-minute break and practice some mindfulness or simple breathing exercise.

To learn more about the facts and figures of Alzheimer's in the US and view a brief video visit: <https://bit.ly/3ovTWO9>

To learn more and access resources from the Alzheimer's Association visit: <https://bit.ly/43dDDvD> On the Alzheimer's Association website under the section "Help & Support" click on

"Caregiving" to find resources on many topics including Caregiver Health.

To learn more about Brain Injury visit: <https://bit.ly/3xXdtPC>

Learn more about the neuroanatomy of the brain: <https://bit.ly/3lw3jLv>

Thirteen ways to honor this awareness month: <https://bit.ly/3MoBSV3>

Simple Breathing Exercises: <https://bit.ly/42WC44p>

One-Minute Mindfulness: <https://bit.ly/3BMd987>

## Public Health-New Resource

The new **National Maternal Mental Health Hotline** provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones.

**Call or text**, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.

Pregnancy and a new baby can bring a range of emotions. In fact, many

women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born.

Help is available, know you are not alone.



## Well Water Test Kits

There is still time for you to collect and submit your well water sample for testing for 2023!

**Pick Up** water test kits between June 1-15, 2023, on the porch at the Kennebunkport Public Health Department.

Nelson Analytical Lab in Kennebunk is offering a discounted lab fee to process water samples for Kennebunkport residents.

- Standard Water Test-\$65.

- Standard with Arsenic Test-\$85.

- Comprehensive Water Test-\$120.

- Comprehensive with Radon Water Test-\$175.

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

- PFAS testing can be done, costs range from

\$285-325, however requires a special kit. Please call the laboratory for more information. 207-467-3478.

**Drop Off:** All collected water samples need to be dropped off Monday-Friday from 8 AM-5 PM between June 1<sup>st</sup>-June 15<sup>th</sup> at Nelson Analytical Lab, 120 York St. Kennebunk.



## Take a Nature Walk (or at least be outside!)

Over 60% of American adults report spending 5 or less hours outside weekly. Consider your typical week? How many hours are you outside?

Can you challenge yourself to increase that number this summer? Here are some health tips to help you spend more time outside!

Explore the Outdoors with Bingo-National Audubon Society Nature Bingo

options for all four seasons:

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

Learn 10 benefits of walking in nature visit: <https://bit.ly/420FkLh>

The "20-5-3" rule: <https://bit.ly/3MPIkH4>

Check out tips for safe walking at: <https://bit.ly/3BOREnp>

Explore the Kennebunkport Conservation Trust trail

map:

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

Unable to walk outside, try a virtual walk! Visit: <https://bit.ly/45nkZmd>

For MD led discussions on various health topics, such as resistance training, exercise and the brain, dental health, and more visit: <https://bit.ly/3MtlCSE>

### Calling All 4<sup>th</sup> Graders!

All 4<sup>th</sup> grade students are eligible for **FREE** year long passes to U.S. National Parks and More!

**Learn more** at: <https://bit.ly/3IYVqP3>



## Talk with Your Provider or Pharmacist

As we grow older many of us are prescribed medications. For some, over time, the number of medications increases. An individual may experience side effects from drug interactions. If this occurs it is time to talk with your provider and/or pharmacist who can help review your list of medications and determine if there might be

a possible change to be made.

Deprescribing is the planned and medically supervised process of dose reduction or stopping of medication that might be causing harm, or no longer be of benefit. Deprescribing is part of good prescribing – backing off when doses are too high or stopping

medications that are no longer needed. (from [deprescribing.org](https://www.deprescribing.org))

To learn more about what deprescribing is visit: <https://bit.ly/3N0Uplq>

To access the April 2023 report **"Views on Medication Deprescribing Among Adults Age 50-80"** and learn more about deprescribing visit: <https://bit.ly/3MJhNc4>



## Food For Thought

June celebrates a few of the National Food days.

June 10<sup>th</sup> is Herb & Spice Day, consider planting an herb garden in your yard or in a container.

Celebrate the dads in your life during Picnic Day on June 18<sup>th</sup>! And get

creative with your smoothies on June 21<sup>st</sup>-

Smoothie Day. (35 Healthy Smoothies:

<https://bit.ly/3lAgHhA> )

Cloud Eggs:

<https://bit.ly/44ZtuUp>

Mediterranean Roasted vine tomatoes:

<https://bit.ly/41C5UKy>

Cilantro, Black Bean and Corn Salsa:

<https://armagazine.com/3lWTRHS>

Thomas Keller's (The French Laundry) Oven-

Roasted Zucchini:

<https://bit.ly/42Tka2A>

18 Must Have Herbs & Spices:

<https://bit.ly/424eYrV>

Caprese Sandwich with Parsley Pesto:

<https://bit.ly/3WvT5An>

Creamy Lemon Zucchini Orzo:

<https://bit.ly/3MtpG6M>



## Kitchen Fire Safety

Learn ways to help prevent kitchen fires in your home!

Join us on Tuesday June 13, 2023, from 1-2 PM in the Community Room at Graves Library for a presentation and discussion on kitchen fire safety.

**Topics discussed will include:**

- Home fire safety prevention.

- When to call 911

- Have (Create) a safety plan

- Learn what happens in the aftermath of a fire.

This program will be presented by John Everett, Fire Chief, Kennebunkport Fire Department.



This event is sponsored by:

Louis T. Graves Memorial Public Library, Kennebunkport Public Health Office, Kennebunkport Fire Department

**For resources** and fire safety information from the National Fire Prevention Association visit:

<https://bit.ly/3OUWai0>

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

Last month the Substance Abuse and Mental Health Services Administration (SAMHSA) launched a new website to help individuals and families more easily find support related to mental health concerns, substance use disorder and alcohol use disorder. **To learn more** visit: <https://bit.ly/3pimCkP>

There will **NOT** be C.A.R.E.S. (Communication, Advocacy, Resources, Education, Support) meetings in the month of June, July, or August.

Naloxone (Narcan) training and free Naloxone **is available** at the Public Health Office.

Stop in during office hours M-F 8AM-9:30AM or call to schedule a time that is more convenient for you, 207-967-4401.

Seeking resources for support or treatment? Reach out to our office.

**Kennebunkport-Public Health Office**

101A Main St.  
Kennebunkport, ME 04046

**Phone** 207-967-4401

**E-mail**

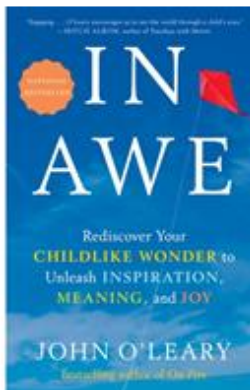
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**Web site address**

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

**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](mailto:kemsemschief@gmail.com) or leave message: 207-967-9704.

## Your Health Matters: Book Discussion Group

While we will not meet in person for our book discussions over the summer, we invite and encourage you to be like all our local school students and complete your summer reading! To help you create your personal summer reading list here are suggestions for June and July!!

For June, 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.

Visit the author's website at: <https://bit.ly/3pbRkf8>

Want to gather with friends or neighbors for your own group discussion? Here is a discussion guide for "In Awe," to assist you: <https://bit.ly/3WBTp0D>

Get to know more about the author John O'Leary in this Ted Talk he did in 2018:

<https://bit.ly/45pe3oN>

For July, our focus will switch from our own childlike wonder to how we can help our parents. ***"Parenting Our Parents: Transforming the***

***Challenge into a Journey of Love,"*** By Jane Wolf Frances.

The author overviews key issues as adult children take on a care provider role for their parents, this includes legal, emotional, and practical advice.

Visit the author's page at: <https://bit.ly/3N2Xsjv>

