

Community Health Connector

INSIDE THIS ISSUE:

Death Café	2
Digital Detox	2
Assistance as Easy as 211	2
Food For Thought	3
Technology & Aging	3
Audiobooks for Teens	3
Your Health Matters	4

The Foot Care Clinics

Will be held on July 12th & 13th, and August 2nd and 3rd, 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, 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

Summer Water Safety

Water and summer, they just go together, and we are fortunate to live by so much water. The ocean, rivers, marshes, lakes, and ponds surround us and for this we are truly lucky.

With all this access to water, everyone should be reminded on staying safe when on the water and swimming in the water. For a review of water safety tips from the American Red Cross visit:

<https://tinyurl.com/264z3r69>

To learn about rip currents, how to recognize them and what to do if you are ever caught in one check out the tips from the National Oceanic and Atmospheric Association (NOAA) at: <https://tinyurl.com/5n8u86u3>



In addition to enjoying safe and fun time in and on the water, we should all be aware of watching our daily hydration.

To learn more about the importance of hydration, tips for all ages on consuming more water and more from the U.S. Centers for Disease Control, visit: <https://tinyurl.com/559ukwfu>

For information specifically for children,

learn more from Boston Children's Hospital at: <https://tinyurl.com/ydvmb9jt>

For strategies, from National Council on Aging, to help older individuals consume more foods with higher water content visit: <https://tinyurl.com/2acxk2nn>

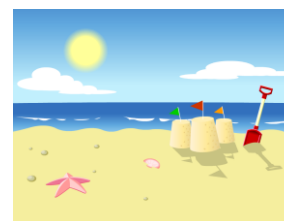
Make this summer one that you and your family are water smart!

Public Health Updates

To learn about the Kennebunkport Beach Water Quality Testing Programs and stay updated on weekly results go to the town website, click on the Public Health

Department tab and then on the left toolbar click on "Beach Water Quality Testing Program."

This information is updated on a weekly basis.





To reserve your seat
at this event, call:

207-967-2778



Summer Death Café Date

We have now held four Death Café's, each one to a full house. Each has been different and insightful. People have attended from the Bangor Area, Northern Massachusetts and throughout York County.

We are officially listed on the Death Café website and that is how people from outside of our region find us!

The next opportunity to participate will be on Wednesday August 23, 2023, from 9-10:30 AM. We will meet at The Louis T. Graves Memorial Public Library. Parking is available at the library and at Consolidated School, 25 School St., Kennebunkport.

The Death Café is a safe and relaxed space to gather with people to discuss topics related to

death and dying. This is not a grief support or bereavement group. The session is facilitated by Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF. Professor & Director, Geriatrics Education & Research, Director U-ExCEL Older Adult Fitness Program, Division of Geriatrics, University of New England College of Osteopathic Medicine.

Summer Plans? Consider a Digital Detox

Do you find yourself ever bored and reaching for your phone or tablet as a distraction? Has this ever happened even when you are in the presence of other people?

If so, maybe it is time to try some strategies for a digital detox. A few easy things to do are:

- Take time to unsubscribe from various emails/newsletters clogging your inbox.

- When out with friends turn your cellphone ringer off and place your phone off to the side or upside down on table so that you do not see every alert.

- Limit your social media "scroll time," choose a time limit and set a timer!

- When you wake up-practice some morning movement or meditation, before reaching for your device!

In taking the time to detox and reset from our relationship with digital platforms and media, we can gain improved interpersonal relationships, more time for other activities and enhance our sleep patterns.

To read more and watch a 4-minute video visit:
<https://bit.ly/3IYP2ah>

To practice a 7-day detox visit:
<https://bit.ly/3OWX1bU>

Find Assistance at 211

Assistance in finding help for an aging parent, a friend struggling with finding mental health supports or a neighbor experiencing food insecurity is just an easy phone call away.

Across the country the 211-support line exists. In Maine, we are fortunate that this number is always

connected to a live person here within the State of Maine. Some other States outsource their 211 calls during "off hours."

Simply by dialing 211 or texting your zip code to 898-211, you will be connected to a trained specialist here in Maine. This is a free, confidential service that is available 24 hours a day, 7 days a

week to assist people of all ages.

Questions can range from housing needs, food insecurity, health care access, mental health services, transportation and more.



Food For Thought

The summer season is upon us! This brings about various gatherings of friends and family and offers us all an opportunity to try a few new summer recipes.

Spicy, Crunchy Sesame Cucumber Salad:
<https://bit.ly/3C8KEBX>

Avocado Potato Salad:
<https://bit.ly/3MNMmxr>

Corn Fritter Caprese with Peaches and Tomato:
<https://bit.ly/43G7oVE>

8 Layer Hummus Dip:
<https://bit.ly/3NeTqon>

Greek Watermelon Feta Salad with Basil Vinaigrette:
<https://bit.ly/43F92Xq>

Grilled Flank Steak with Lemon Herb Sauce:
<https://bit.ly/3MQ9vzo>

Thai Turkey Burger with Crunchy Asian Slaw:
<https://bit.ly/43kNPCK>

Mexican Street Corn Dip:
<https://bit.ly/3qttwEt>

Strawberry Shortcake Puffs:
<https://bit.ly/42pYxGy>

Red, White and Blueberry Cheesecake Salad:
<https://bit.ly/3qoo6ue>

One Ingredient Watermelon Sorbet:
<https://bit.ly/3OQAGN3>



Technology for Aging in Place

Aging in Place, the “new” buzz word as we get older, yet one that needs some thought and planning to help meet individual needs.

The question is where to begin! One place to start is to check out this video interview with nationally recognized expert Lisa Cini. watch the 8:44 minute video at:
<https://bit.ly/42kVTSk>

In this interview Ms. Cini refers to The Werner House, a collaborative design renovation in which she worked with other designers to use technology and the latest product advances to create spaces for people to explore these products in a “real-world” living situation.

You can explore the 3-D model on the website to

gain information. For in depth content check out the documentary for purchase on Amazon.

To visit Infinite-Living and view the Werner House 3-D models (click on The Werner House on left side bar, then on new page click on 3-D walk through on top tool bar), link to the documentary on Amazon and more, visit:
<https://tinyurl.com/4kh7y9ja>



Summer Audiobooks for Teens

Looking for some access to free audiobooks for the teens in your family this summer? Once again Audiofile Magazine is offering Sync-free audiobooks for teens. Each week until August 2, 2023, there will be two new titles available.

These books are then available on the Sora app to listen to the books.

Check this out to listen alone or as a family! To sign up and learn more visit:
<https://tinyurl.com/4zjhxc3u>



3 Towns 1 Community:
C.A.R.E.S Summer

Please be aware we will not hold in person meetings in July and August.

Resources and Support, including Narcan are available Monday-Friday 8-9:30 AM and by appointment, at the Kennebunkport Public Health Office 101A Main St. Kennebunkport, ME.

For more information call: 207-967-4401

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

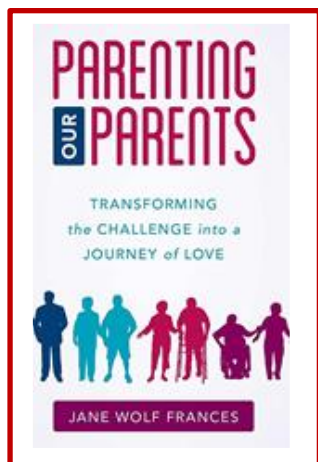
akenneway@kennebunkportme.gov

**Web site address**

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

Sign up to receive 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 or leave message: 207-967-9704.

Your Health Matters: Book Discussion Group

As we continue to encourage your summer reading, here are our suggestions for July and August.

The July book recommendation is **"Parenting Our Parents: Transforming the Challenge into a Journey of Love,"** by Jane Wolf Frances. This book is a "must read" for anyone who is presently caring for their aging parents, anyone who will eventually care for their aging parents or anyone planning on growing older. The author brings her decades of professional experiences

as a psychotherapist, an attorney, a coach, and a daughter to this book. She simultaneously chronicles her own heart-warming and touching journey as well as providing a comprehensive guide on doing effective family caregiving in the 21st century. (from Rowman & Littlefield Publishers website)

In August try reading **"The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence"** by Jessica Lahey. This book initially shares the

author's personal lived experience, then continues in the history of substance use and misuse in the U.S, an overview of adolescent brain development, parenting for prevention and much more.

This is an important book for anyone with children or grandchildren today.

Visit the author's website to learn more and to access a downloadable book discussion guide: <https://bit.ly/42qnd1B>

Copies of these books are available at Louis T. Graves Memorial Public Library.