

# Community Health Connector

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### The Foot Care Clinics

will be held on  
July 13 and August 3,  
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

## It's Rodeo Time! Join in the Fun!!

Join in the bike safety fun  
on July 16, 2022, from 10  
AM-Noon in the parking  
lot behind Consolidated  
School, 25 School St.,  
Kennebunkport.

Participate in a FREE  
Bike Safety Rodeo,  
designed to teach and  
encourage youth ages 3-  
12 years to ride bikes  
safely.

### The rodeo will include:

- Helmet check
- Bike mechanical check
- Opportunity to ride in a  
closed traffic skills course  
that teaches the rules of  
the road.

This event is sponsored  
by: Kennebunkport Public  
Health Department,  
Kennebunkport Police  
Department,  
Kennebunkport Park and  
Recreation Department,  
and the Bicycle Coalition  
of Maine.



Mainely Bicycle of  
Kennebunk will also be  
onsite to help with  
mechanical bike checks,  
provide air for tires and  
helmets for loan and  
purchase.

Please check the town  
website for updates on  
cancellation status.

For more information on  
bike safety from Safe  
Kids:

<https://bit.ly/3y7OQAF>

Watch a short video on  
bike safety tips:

<https://bit.ly/3QO2wZ1>

Gratitude is also  
extended to Aunt Marie's  
in Dock Square for their  
support and contributions  
to this project.

## Covid-19 Updates

The Covid-19 variants  
continue to evolve and  
currently the variants in  
public circulation in the  
US are BA-4 and BA-5.  
To learn more about  
these variants and the  
symptoms that can be

experienced visit:  
<https://bit.ly/3PhrPkn>

Pediatric Covid Vaccine  
Updates:

Information from the U.S.  
CDC:  
<https://bit.ly/3c7KkcV>

To locate a vaccination  
location in Maine visit:  
<https://bit.ly/3dLW1of>

To view the National  
Covid Data Tracker  
Weekly Review visit:  
<https://bit.ly/3lXkafQ>



### Avian Flu & Local Wildlife

Please be aware there is an outbreak of Avian Flu in the region. Maine Dept. of Inland Fisheries & Wildlife has issued recommendations that are posted on the town website.

To read the list of recommendations and to learn more visit:  
<https://bit.ly/3OOzVks>

For information from **Marine Mammals of Maine:**  
<https://bit.ly/3OZUydS>

### Questions About Monkeypox

If you have questions about Monkeypox please visit the US CDC website at:  
<https://bit.ly/3n3mEbM>

This website provides overview content, signs & symptoms, how it spreads, treatment, prevention and more.

## Rides for Neighbors, By Neighbors

**The Kennebunkport** will provide an affordable transportation option for older people and adults with vision impairments or other disabilities, though as the program grows, it will be available to any adult over the age of 18, living in Kennebunk, Kennebunkport and Arundel.

Using fully trained and vetted volunteer drivers, **The Kennebunkport** will

initially provide rides for any purpose within a 15-mile radius of Kennebunk (from York to Sanford to Biddeford), to those who sign up to become a member of this program and pay a nominal fee for each ride. (\$2 base fee, plus \$0.50/mile with a \$5 minimum.)

This program is built on a classic neighbor-helping-neighbor model, powered by the kindness and

generosity that exists in communities like ours. At the heart of this program are volunteer drivers who sign up to be available when it is convenient for them to drive a neighbor where they need to go.

This service will be available M-F, excluding Town Hall closures.

For more specifics on this program visit:  
<https://bit.ly/3yyY9IG>

## Hot Weather Safety

### Staying Safe in Hot Weather



Watch for these signs of hyperthermia:

Dizziness

Muscle cramps

Swelling in your ankles and feet

Nausea and weakness

Rapid pulse

Tips to prevent hot-weather illness:

Drink liquids

Limit caffeine and alcohol

Wear light-colored, loose fitting clothes

If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).

## Accessibility at the Beach

Kennebunkport Parks & Recreation is glad to offer a beach wheelchair for public use this summer.

Reserve and borrow the beach wheelchair for a nominal fee of \$15.00 (the funds go to maintenance of the wheelchair.)

To reserve the wheelchair, visit:  
<https://bit.ly/3nPVICH> and follow the link or call 207-967-4304.

The wheelchair can then be picked up at The Tides Beach Club, 930 Kings Highway, Kennebunkport.



## Food For Thought

The summer season has now fully arrived. Family gatherings, cookouts with friends and neighbors will be happening for many of us. We all have our “go to” item to bring, many times it is a cherished family tradition dish, however there may be times when you want to change up the item you are bringing. Consider a few of these recipe options, think outside the box and

challenge yourself this summer!

Grilled Romaine Salad with Corn and Avocado:  
<https://bit.ly/3Oe3dsl>

Smokey Grilled Sweet Potato Fries:  
<https://bit.ly/3mMgJrm>

Cold Tortellini Kabobs:  
<https://bit.ly/3zwjswO>

Strawberry Watermelon Cucumber Salad:  
<https://bit.ly/3QegV02>

Balsamic Glazed Steak Rolls:  
<https://bit.ly/3aOQyNY>

Mediterranean Grilled Pork Kabob:  
<https://bit.ly/3Hq3VAr>

Flavor up your butter with these ideas!  
<https://bit.ly/3tz7A9E>

Strawberry Crumb Bar:  
<https://bit.ly/3tAz0Mc>



## Preparing for Emergencies

Winter snow emergencies are behind us. However, we have now entered hurricane season which extends from Wed, Jun 1, 2022 – Wed, Nov 30, 2022. We are fortunate to live in New England as many of our weather-related emergencies offer us some time to prepare before they impact us.

With this in mind, take some time now to review ways you and your family,

pets included, can be fully prepared in the event of a weather-related emergency.

For information on hurricane preparedness including a checklist to download visit:  
<https://rdcrss.org/3xRq6wt>

To read the predictions for this year's hurricane season from the National Oceanic and Atmospheric

Administration visit:  
<https://bit.ly/3xoUL2J>

For information and to sign up for the RAVE Alert System in York County ME visit:  
<https://bit.ly/3QkF5pE>

For a wide variety of emergency preparedness concerns, including ways to help prepare for emergencies with children and pets in mind visit:  
<https://www.ready.gov/>



## Plastic Free July-How to Participate

Beginning with just a handful of participants in Western Australia back in 2011, the holiday idea has since grown into its own independent, non-profit organization and an annual event in over 150 countries.

Participate in simple ways:  
Use refillable beverage containers.

Carry reusable bags when shopping.

Become more aware of everyday household products you use that are

in plastic containers. How might you reduce the number of containers by 10%?

To read more about the Maine Statewide ban on single-use plastic bags visit: <https://bit.ly/3yvqb7V>



To learn more visit:  
<https://www.plasticfreejuly.org/>



**Kennebunkport-Public Health Office**

101A Main St.  
Kennebunkport, ME 04046

**Phone** 207-967-4401

**E-mail**

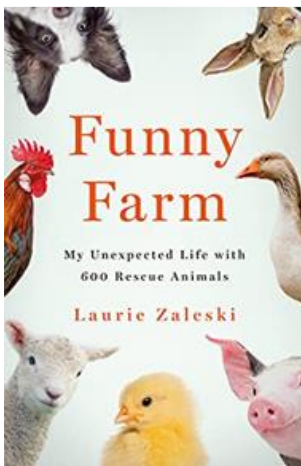
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**Web site address**

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

**Sign up to receive the 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 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](mailto:kemsemschief@gmail.com) or leave message: 207-967-9704.

## Your Health Matters: Book Discussion Group

Join us at Louis T. Graves Memorial Public Library on Wednesday July 20, 2022, at 9:45 AM in the back garden. (in the event of inclement weather we will meet in the community room, please enter through the large side door.)

We will be discussing the book *"Funny Farm: My Unexpected Life with 600 Rescue Animals,"* By Laurie Zaleski, published January 2022.

Funny Farm is Laurie's story: of promises kept, dreams fulfilled, and animals lost and found. It's the story of Annie McNulty, who fled a

nightmarish marriage with few skills, no money and no resources, dragging three kids behind her, and accumulating hundreds of cast-off animals on the way. And lastly, it's the story of the brave, incredible, and adorable animals that were rescued. Although there are some sad parts (as life always is), there are lots of laughs. (from **McMillan Publishing website**).

To learn more about the Funny Farm Rescue visit: <https://bit.ly/3OtM8us>

Learn about the "Blind Kitten and Her Seeing Eye Duck," at: <https://bit.ly/3OsN821>

Save the date of Wednesday August 17, 2022, at 9:45 AM when we meet to discuss the book *"Finding Freedom: A Cook's Story, Remaking Life from Scratch,"* by Erin French.

Set against the backdrop of rural Maine and its lushly intense, bountiful seasons, Erin reveals the passion and courage needed to invent oneself anew, and the poignant, timeless connections between food and generosity, renewal, and freedom. (from **McMillan Publishing website**).

Learn more at: <https://nyti.ms/3N1I2tL>

We hope you join in these discussions!