

Community Health Connector

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The Foot Care Clinics

Will be held on August 2nd and 3rd, and September 6th & 7th, 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 Self-Care Reset

Last month the challenge was presented to consider a digital detox. Instead of simply deleting emails from various businesses it was cleansing to take the extra step and unsubscribe. It was hard at times to leave the phone alone, however enlightening to be more aware of the habit of overuse. Hopefully this practice was impactful for you.

So, now consider another month of summer reset, after all summer is a time to relax and refresh.

We talk about the importance of self-care. If a friend or loved one is overwhelmed or experiencing a personal crisis we may say "make sure to take time for yourself." However, what does this really mean or even look like? Really, it is different for each of us.



This month try and create a calendar of self-care/mindfulness activities that speak to you.

To help you get started here are three examples of 30-day self-care challenges. Look them over then create your own calendar, or simply write out 30 note cards or sticky notes with the various activities that are of personal interest! The possibilities are endless: music, sunlight, time in nature, reading, time with

friends and so much more!

30-Day Self-Care Challenge from Zanna Keithley:
<https://tinyurl.com/bdfe5cr7>

30 Day Summer Challenge from The Werklife:
<https://tinyurl.com/2jkejftd>

30 Day Challenge from Baptist Health, Jacksonville FL:
<https://tinyurl.com/js4phnkx>

Public Health Update

For the most up-to-date information on beach water testing and results go to the main page of Town of Kennebunkport webpage. On the left-hand tool bar, fourth item down click on Beach Water Quality tab this will bring you to the main

Beach Water Quality page and you can then choose beach quality or river quality.

To receive alerts and updates straight to your email, sign up under the @E-alerts tab at bottom

of the page then choose your preferences.

If you choose the Department of Public Health, you will receive advisory updates when posted, community programming information and the monthly newsletter.



OPTIONS clinician

Lacey Bailey can be reached for support and resources at 207-468-4015.

For anyone in crisis who needs support can use the statewide 24/7 [crisis line](#) at 1-888-568-1112.

Please note that parking in summer on Maine St. can be limited, park at Library, open spaces on Maine St., or at the North St. Parking Lot by the Fire Station or Consolidated School, 25 School St.

Shuttle services will be available! We will have Ride Maine transportation available from Consolidated School to Graves Library!!

Vouchers for Veterans

This **September** at local farmer's markets you will see a "big red tent" announcing the month-long event "Vouchers for Veterans."

All veterans are eligible for this program that provides \$20 per week in vouchers to be used at the farmer's market for food products or related products sold at the market.

Veterans need to go to the "big red tent" with their

Federally issued ID, DD214, Medical Cared or State ID (driver's license) with Veteran noted on it.

If a Veteran is unable to walk to the "big red tent" a friend may go to the tent and ask one of the volunteers to come and register the Veteran from their car. The Veteran will then be able to designate an individual who will be able to pick up their weekly voucher and shop

for them. That designee will then weekly go to "the big red tent" and show their own state issued ID (as their name will be registered in the system for the veteran) and can shop for their friend/relative.

This program runs for the month of September at Kennebunk Farmer's Market. Then at Portland's Winter Farmer's Market Jan-April.

Overdose Awareness & C.A.R.E.S.

August 31 is International Overdose Awareness Day, which focuses attention on our collective efforts to end overdose, remember without stigma those who have died, and acknowledge the grief of the family and friends left behind. (from SAMHSA.gov)

Overdose touches people and communities in many ways.

Two ways that everyone can help are simple.

- Show compassion to individuals and their loved ones experiencing Opioid Use Disorder, Substance Use Disorder or Alcohol Use Disorder.

- Know your local resources (see sidebar for OPTIONS clinician,) Narcan training and free Narcan are available at the Kennebunkport Public Health Office call 967-4401.



Coffee and Conversation at the Death Café

Join in the community conversation at the upcoming Death Café on Wednesday August 23, 2023, from 9-10:30 AM in the Community Room at Louis T. Graves Memorial Public Library.

This community gathering is for all who are eager to talk about death-it is not a

grief support or bereavement group.

This program will be facilitated by Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF; Professor & Director Geriatrics Education and Research, Director, U-ExCEL Older Adult Fitness Program

Division of Geriatrics, University of New England College of Osteopathic Medicine.

Space is limited, please call 207-967-2778 to reserve your seat.

For more information on Death Café visit: www.deathcafe.com

Food For Thought

Summer vegetables and fruits in season this month are featured in these recipes! Let's celebrate peaches, corn, tomatoes, zucchini and all things summer!

Peach and Prosciutto Summer Focaccia:
<https://bit.ly/3MUI7zZ>

Ramen Noodle and Clementine Salad:
<https://bit.ly/43OFwyF>

Grilled Peach Salad:
<https://bit.ly/3Oa2BH6>

Julia Child's Eggplant Pizza:
<https://bit.ly/3WRAxe8>

Slow Cooker Corn on the Cob-6 Non-Butter Flavors:
<https://bit.ly/3lyudvC>

Pesto Mozzarella Spinach Avocado Grilled Cheese Sandwich:
<https://bit.ly/3lXQGsk>

Cucumber Chickpea Salad:
<https://bit.ly/3MKUgHG>

Spicy and Creamy Cajun Chicken Pasta:
<https://bit.ly/45Pzv6n>

Farmer's Market Pasta Salad with Zucchini, Corn and Tomatoes:
<https://bit.ly/3WU6sdP>

Chocolate Zucchini Cake:
<https://bit.ly/3oP2oiE>



Keep Your Pets Safe in Summer

This year certainly has not had the "typical" summer weather. There was rain, and lots of it. Followed by a stretch of hot and humid temperatures, until finally settling in for more typical Maine summer weather this week.

It can be a challenge for us all to figure out what to wear and to remember to hydrate. In addition to making sure all the people in your life are ready and

prepared for the weather remember to also take care of your four-legged family members.

Please check the links below for suggestions and tips to keep your pets safe and healthy this summer.

For general pet safety tips from the Humane Society visit:
<https://bit.ly/43QwPDF>

For more tips for keeping your dog safe this summer:
<https://bit.ly/3Qkndh7>

For tips on safety for cats visit: <https://bit.ly/458JTOn>



Podcast on Strategies for Aging

There is a new free podcast resource being offered by one of the leading Alzheimer's and long-term care design experts, Lisa Cini. The podcast is called "Aging on Your Own Terms, What's Your Next Move?" This free podcast is available on Apple, Spotify

and Google. Currently there are three published episodes: Improving Quality of Life through Design, Introducing Bidet Toilets to Golden Oldies, The L.O.V.E. Method: Easy to Implement Home Design Strategies.

This podcast is all about Aging-in-Place, technology, multigenerational living, interior design and helping our loved ones move from FEAR TO FREEDOM as they age! (from Lisa Cini's website)

Learn more about the podcast:
<https://bit.ly/3DI2DzD>



Kennebunkport-Public Health Office

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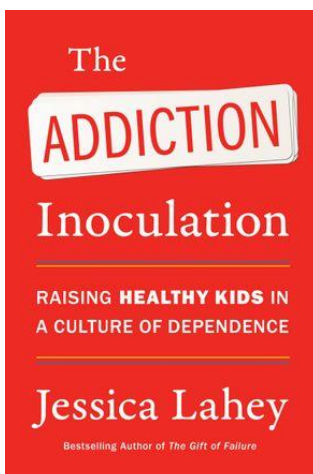
akenneway@kennebunkportme.gov

**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

The book title suggestion for August is "*The Addiction Inoculation: Raising Healthy Kids in A Culture of Dependence*," by Jessica Lahey.

The Addiction Inoculation is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this essential guide provides evidence-based strategies and practical tools adults need to understand, support, and

educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a child's risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children. (from the author's website)

For a book discussion guide and more information on the book and author visit: <https://bit.ly/42qnd1B>

In September, our book choice is "*Year of No Garbage: Recycling Lies*,

Plastic Problems, and One Woman's Trashy Journey to Zero Waste," by Eve O. Schaub.

The Kennebunkport Public Health Department will be collaborating with Graves Library and The Kennebunkport Conservation Trust to host a book discussion at noon on September 19th.

Start your reading early, consider changes you might make in your own life and join in to discuss your successes and challenges!

Learn more at the author's website: <https://bit.ly/43G5hke>