Community Health Connector

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The Foot Care Clinics

will be held on August 3 and September 7, 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

Opioid Overdose Awareness

International Overdose Awareness Day is observed annually on August 31st. This is a day remember without stigma those who have died, acknowledge the grief of the family and friends left behind, and consider how we can all be a part of the efforts to support individuals struggling with substance use disorder.

Overdose deaths are a national issue. For more information read the US CDC December 2021 press release and link to an interactive national data map visit: https://bit.ly/3ctMnYU

Join us on Thursday August 11, 2022, at 4 pm at Louis T. Graves Memorial Public Library (weather permitting meeting in back garden, otherwise in second floor community room) as we gather for support and education related to substance use disorder. Guest presenter to be determined, please check town website for updates. Resources will be available and Naloxone administration training, and free Naloxone will be available.

To learn more and to watch an 11-minute impactful and educational video by Bonnie Milas, M.D., this webpage also overviews administration of Naloxone and at the very bottom of the page has several useful resources. To learn more visit: https://bit.ly/3v1rGd0

For resources and information from the U.S. CDC visit: https://www.cdc.gov/rxaw areness/

SAMHSA's National Helpline 1-800-662-4357

To read more about the Grayken Center "Words Matter" campaign visit: https://bit.ly/3nWlcse

Covid-19 Updates

Across the US the predominant variant of Covid-19 currently is BA5 and BA4, with BA2.75 being watched across the globe. To read more visit: https://bit.ly/3On3p84 To learn more about current Covid-19 status throughout the U.S. visit the US CDC Covid Data Tracker at:

https://bit.ly/3cq4FtZ

To access the Maine DHHS Covid Dash Board visit: <u>https://bit.ly/3vIYDff</u> To locate a vaccination administration location throughout Maine visit: https://bit.ly/3dLW1of

To order free home Covid antigen test kits visit: https://bit.ly/3RKcpag



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US FDA Extends Shelf Life for Home Antigen tests. To check the new dates visit: <u>https://bit.ly/3P983YI</u>

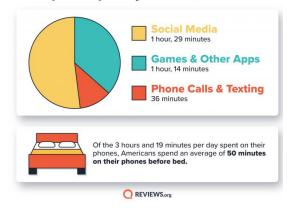
Fifteen Years Later

Fifteen years ago, the iPhone was released and since then cell phones by all manufacturers have become a staple feature for many of us.

Think about how these small handheld devices have changed your life.

We can now do so many different things, search the internet, take photos, message, or call someone and use various apps making life easier. How has your life changed in 15 years?

To watch the 21-minute video from The Wall Street Journal visit: https://on.wsj.com/3IW70sL How much time do Americans spend on their phones per day? 3 hours, 19 minutes





College Students & Family Conversations Part 1

The stores are all advertising sales for "dorm essentials," and collegebound freshman are beginning to pack up their belongings and say goodbye to friends. In a few short weeks the move from childhood home to college campus will begin.

These young people are excited to begin a new journey and parents/guardians may be experiencing very mixed emotions. For parents/guardians one thing to remember is their "child," if over the age of 18 years, is now an adult. Parents/guardians have throughout childhood had access to their child's educational records. This changes once that "child" turns 18 or enters a postsecondary educational institution. For a parent/guardian to discuss academics with the college a FERPA (Federal Educational Rights and Privacy Act) release form must be signed by the college student on campus.

To gain some parental insight on FERPA visit Collegiate Parent at: <u>https://bit.ly/3awX64h</u>

For more FAQ's about FERPA visit: https://bit.ly/3Pjk9OV

Monkeypox Update

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox. *(From U.S. CDC)* <u>**To view**</u> the US map of case counts visit: https://bit.ly/3J7mPx6

Learn about the World Health Organization's recent declaration that Monkeypox is a Public Health Emergency at (WHO) at: https://n.pr/3S1LWoQ

To learn more about Monkeypox from Maine DHHS visit: https://bit.ly/3Pzrlqq

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Food For Thought

August brings with it the heat and humidity of the full summer season. These are times when we are all seeking easy to prepare and simple meals. Beat the heat with some of these options.

Caprese Stuffed Avocado: https://bit.ly/3zfFzXQ

Watermelon Salsa: https://bit.ly/3ziX5KT

No-Mayo Potato Salad with Herbs: https://bit.ly/3ctByWR

Succotash Salad: https://bit.ly/3uZ2RhQ

Blueberry Corn and Feta Salad: https://bit.ly/3zuqv8Z

Bacon Lettuce and

Tomato Pasta Salad: https://bit.ly/3ofYhYP

Ultimate Family Snack Board: https://bit.ly/3cvg5g7



What is 988?

On July 16, 2022, the National Suicide & Crisis Line transitioned from a 1-800 phone number to the new 3digit format of 988.

988 is more than just an easyto-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental healthrelated distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

The 988 number can be accessed by calling or texting.

Help others by sharing this information, it could save a life!

To watch the PBS Documentary Series Hiding in Plain Sight-Youth Mental Illness and to access related resources visit: https://to.pbs.org/3RLN0Nv

988 SUICIDE & CRISIS

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to chat with a caring counselor.

We're here for you.



Local Support for Residents-Young and Old

Could your family or another family that you know (within RSU21) use some assistance with obtaining back to school clothes and backpacks for children? If so, please reach out to the Kennebunkport Public Health Office before August 12th at 967-4401. This support is generously offered by Rotary's CS3 Initiative: Community Strong-Character Strong-Children Strong.

For older adults, No Place Like Home offers small home maintenance support such as help with changing smoke detector batteries, raising and lowering storm windows. They also help provide rides to medical and nonmedical appointments and they offer a medical loan closet.

To learn more visit: https://bit.ly/3075l9Q

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Kennebunkport-Public Health Office 101A Main St. Kennebunkport, ME 04046

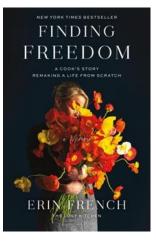
Phone 207-967-4401 E-mail akenneway@kennebunkportme.gov



Web site address

https://www.kennebunkport me.gov/public-healthdepartment

Sign up to receive the enewsletter at: <u>https://www.kennebunkport</u> <u>me.gov/subscribe</u>



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

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



Medical Loan Closet

• Disease prevention & health promotion

Maine Healthy Beach program

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 or leave message: 207-967-9704.

Your Health Matters: Book Discussion Group

We have some great books to read! Join us on Wednesday August 17, 2022, at Louis T. Graves Library at 9:45 AM for a discussion on *Finding Freedom-A Memoir: A Cook's Story, Remaking a Life from Scratch* by Erin French chef/owner of the Lost Kitchen.

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. Erin's experiences with deep loss and abiding hope, told with both honesty and humor, will resonate with women everywhere who are determined to find their voices, create community, grow stronger and discover their best-selves despite seemingly impossible odds. (From Amazon)

We hope you will join us on August 17th for a great discussion!

Then plan to read ahead! On September 21, 2022, at 9:45 AM at Louis T. Graves Library as we discuss our thoughts on end-of-life issues. Yes, this is a difficult topic for everyone. It may not be something that you are thinking about yourself, however maybe you are in the midst of helping a family member with aging and health challenges.

Join us for a discussion of "A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death," by B.J. Miller, MD and Shoshana Berger.

Both books will be available at Graves Library. We hope to see you a one of these group discussions.