

Community Health Connector

INSIDE THIS ISSUE:

15 Years Later	2
College Conversations-Part I	2
Monkeypox	2
Food For Thought	3
What is 988	3
Local Support for Families	3
Your Health Matters	4

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/rxawareness/>

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

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

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

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/3RKcpaq>

US FDA Extends Shelf Life for Home Antigen tests.

To check the new dates visit:

<https://bit.ly/3P983YI>

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**



Of the 3 hours and 19 minutes per day spent on their phones, Americans spend an average of **50 minutes** on their phones before bed.

REVIEWS.org



College Students & Family Conversations Part 1

The stores are all advertising sales for “dorm essentials,” and college-bound 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 post-secondary 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:

<https://bit.ly/3awX64h>

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) **To view** 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>

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/3cvq5g7>



What is 988?

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

988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related 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
LIFELINE

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 non-medical appointments and they offer a medical loan closet.

To learn more visit:
<https://bit.ly/3o75l9Q>

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 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
PUBLIC HEALTH**

Celebrating 75 Years of Service

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.