

Community Health Connector

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Upcoming Blood Drive

On August 31, 2021; from 10 AM-3 PM the American Red Cross will hold its monthly Blood Drive at the American Legion Hall, Post 159, 102 Main St., Kennebunkport.

To schedule an appointment visit:
<http://rcblood.org/3pkpyrA>
enter your zip code and select the date/location or call the Kennebunkport Public Health Office 207-967-4401

Please note-masks will be required.

The Dempsey Center Resources

The Dempsey Center offers online resource links for families navigating a cancer diagnosis. Additionally, there are a number of virtual programs and events currently being offered.

Some of the virtual events in August include:

Chair Yoga

Yoga for CA Care

Chemo Brain Q & A

Parenting Through CA

If you or a family member have a recent cancer diagnosis and are looking for support, there is the Maine CA Mentors program offered through The Dempsey Center

To link to the main Dempsey Center website visit: <https://bit.ly/37f1TC0>



To browse the current list of classes and virtual programs visit:

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

Looking for resources?

Visit the Dempsey Connects page and then choose from: Counseling & Support Services, Nutrition, Movement & Fitness, Complimentary Therapies, Maine Cancer Mentors or Education & Learning. Within most of these sections there is an "Other Resources," tab which will connect you to many additional online resources.

<https://bit.ly/3A9kJqg>

At the top right corner of the Dempsey Center website, you can sign up for their newsletter.

Support and resources are important and available easily through this great website.



Covid Updates-Masks & Other Information

In accordance with Federal and State CDC Guidance masks will now be required when entering town buildings.

To access the **Maine CDC Covid-19 Dashboard** for up-to-

date data visit:

<https://bit.ly/2UTL1Ou>

For information on obtaining **Covid-19 vaccine for ages 12 and older** in Maine visit:

<https://bit.ly/38gX3Wg>

For general information related to Covid-19 in Maine, including updates on State guidance on back-to-school and information on use of face coverings visit: <https://bit.ly/2UTzmPL>

Backpack Awareness in September

Wednesday September 15, 2021; is National School Backpack Awareness Day. As families go out to purchase new school backpacks; please be aware of how to correctly size and adjust backpacks to help keep kids safe.

A few simple tips:

- Use both shoulder straps.
- Adjust straps so that the pack does not hang loosely.

- A child's backpack should weigh no more than about 10% of their body weight.



For more detailed information check out:

Backpack Awareness Day 2021 information:
<https://bit.ly/2WtHGq2>

The 1, 2, 3's of basic backpack wearing:
<https://bit.ly/3x72PTt>

Tips for parents from the American Occupational Therapy Association, download this pdf:
<https://bit.ly/2VefpmD>

Save the Date
Tuesday
October 12, 2021
Seasonal Flu Clinic
9 AM-Noon
3 PM-6 PM
Village Fire Station
32 North St
Kennebunkport

Free School Lunches for 2021-2022 in Maine

Last year school meals were available to all students free of charge under a Federal Government waiver, this will also be the case for the upcoming 2021-2022 school year.

Starting with the school year 2022-2023 Maine Public Schools will be required to provide meals to all students regardless of income under a new law recently signed by Gov. Janet Mills.

Students will not be required to participate they can still bring their own lunches or purchase items a la carte.

To read more visit:
<https://bit.ly/2WNA2H9>

Tips for Families of College Bound

The recent 2021 high school graduates, with plans for college, are now in full planning mode for their next academic step. August is a month busy with shopping for needed supplies for academics and dorm supplies (for those who will reside on campus.)

It is also the time to fit in some last-minute family discussions on some topics not typically

discussed: Importance of Sleep, Mental Health Resources on Campus, Safety and Substance Use to name a few.

For Safety Tips visit:
<https://bit.ly/3xgD7Mx>

40 Tips for Drop off time:
<https://bit.ly/374Z8TA>

Mental Health Information from McLean Hospital:
<https://bit.ly/3ycOh63>

8 Campus Safety Tips:
<https://bit.ly/3jm5Wls>

Parent Resources:

Collegiate Parenting:
<https://bit.ly/3irezMJ>

Grown & Flown:
<https://bit.ly/3imGBJ0>



End of Summer Blues?

Let's admit it, this has been a rainy summer so far, let's hope that August can create a different weather pattern and provide us with more sunny, warm summer days to brighten our lives.

We have a few remaining weeks of summer. Make

the most of them for you, your family and friends.

Go for a nature walk, invite a friend for coffee and if possible, enjoy it in an outdoor setting, create a meal from locally grown produce.

For additional ways to celebrate summer:

For tips from LifeHack visit: <https://bit.ly/3xiSFPN>

For tips from ThinkHealth visit: <https://bit.ly/3A2Pcqo>

For tips from PsychCompany:
<https://bit.ly/2WCowy8>

Food For Thought: August

The bounty of the summer garden is at its peak, so it is time to experience the sumptuous burst of this varied season. Whether you have a family garden, share in the harvest from friends, shop at the local farm stands, farmer's markets or pick from the "locally grown" section at the local grocery store-venture out and try a new recipe!

Summer is bursting with variety, color and flavor!

Cauliflower Hash Brown Egg Cups:
<https://bit.ly/3yaCVj1>

Cheesy Zucchini and Spinach Quesadillas:
<https://bit.ly/3zA5eI0>

Charred Corn and White Beans:
<https://bit.ly/3i4tQ5K>

Late Summer Harvest Salad:
<https://bit.ly/3zFYQif>

Blackberry Basil Lemonade:
<https://bit.ly/2TBubmZ>

Sweet Corn, Tomato and Basil salad:
<https://bit.ly/3zFYQif>

Fill your summer days with flavor and enjoy the bounty of the season.



Focus Word 2021 Update

by Kim Noble RN, BSN, MBA, Public Health Nurse

My ongoing journey with my focus word of Nourish, was derailed over the past few months due to a knee injury. I had set my intentions back in March to get back into a walking routine, instead I have been practicing self-care in order to heal my knee.

This is the beauty of a year-long focus word, one has the flexibility to

change course and create a new goal. So, I focused on cleaning out closets and spaces in the house in which items become stored and hidden away.

Clothes and books have been donated, items were given away and others were disposed of. There is now empty space in my closets, my bookshelves are more organized and

nothing is hidden away under any bed. In addition, my knee is better and I am resetting my goal to embrace a routine of walking on a weekly basis. Fingers crossed.

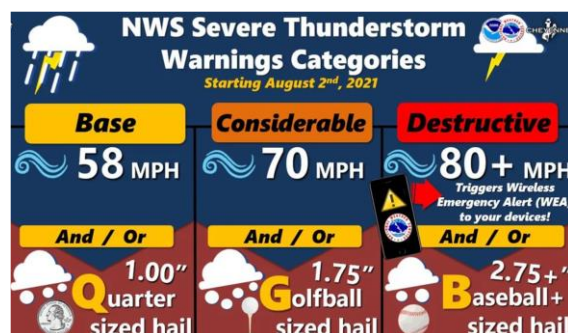
There are five months remaining in 2021, still time to set your own journey with a focus word; you may be surprised where it leads you!

To learn more about choosing a focus word or word of the year and to view a list of word options visit:
<https://bit.ly/2UD4BuX>



New Thunderstorm Warnings

The National Weather Service has just changed its Thunderstorm Warning Categories to include "Damaging Threat." As of August 2nd, there are 3 categories: Baseline, Considerable and Destructive.



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Kennebunkport, ME 04046

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



Web site address

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

Link to a recent News Center Maine 7-minute video on *Opioids in Maine*:
<https://bit.ly/2Vv4Njf>



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
Disease prevention & health promotion
Medical Loan Closet
General Assistance & Social Service needs
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

Your Health Matters: Book Discussion

The Louis T. Graves Memorial Public Library and the Kennebunkport Public Health Office will host the August monthly book discussion program, "Your Health Matters," on **Wednesday August 18, 2021** at 9:45 AM at the library.

The book to be discussed this month is *"Under Our Roof, A Son's Battle for Recovery, A Mother's Battle for Her Son,"* by Madeleine Dean and Harry Cunnane.

Join us in a discussion to help reduce the stigma of substance use disorder (SUD) gain insight and

understanding into the impact of SUD on the individual, the entire family, and the greater community.

Overdose deaths are up by a reported 29% in the United States during the pandemic.
<https://cnn.it/2Vd0auK>

To view a **10-minute interview** with the authors on MSNBC visit:
<https://on.msnbc.com/3kValyf>

or a **podcast** with the authors from Partnership to End Addiction:
<https://bit.ly/3A093X4>

For information from **SAMHSA's National Helpline** is a free, confidential, 24/7, 365-day-a-year treatment referral and information service visit:
<https://bit.ly/2TRCECN>

Upcoming book titles for this ongoing monthly book discussion, "Your Health Matters," will be:

September 15, 2021:
"Now What? A Guide to the Gifts and Challenges of Aging," by Ruth Rashid Kaleniecki, David Crumm, et al. 2021

October 2021 (date TBA):
"Coming Clean: A Memoir," by Kimberly Rae Miller, 2013.