

# Community Health Connector

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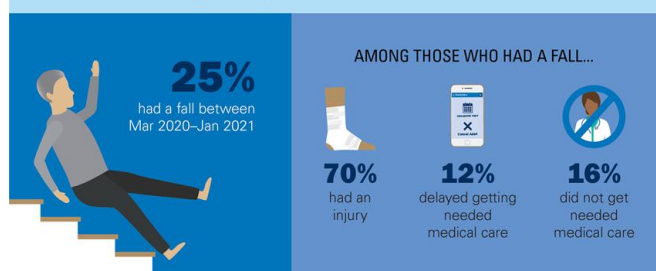
## Falls Prevention 2021

September 20-24, 2021; is Falls Prevention Week, a nationwide effort to raise awareness that falls are preventable. This year it is even more important for us all to pause and reflect on how the pandemic has impacted our own physical stability and changed our risk of falls and injury.

A recent publication from the National Poll on Healthy Aging from the University of Michigan reports more than one in three older adults (37% said they were less active since March 2020. Reports of older adults having at least one fall to the ground were reported by 25% of those polled.

This September, reflect on how active you have been. Learn more about the importance of balance, assess your personal fall risk and set

### Falls during the pandemic AMONG ADULTS AGE 50-80



a course on preventing falls for you and others you care about.

National Council on Aging information on falls prevention:  
<https://bit.ly/3D5Z30O>

To take the 12 question Falls Free Check-up visit:  
<https://bit.ly/3B8wHBu>

For information about the National Poll on Healthy Aging/University of Michigan:  
<https://bit.ly/3jaRGgz>

Access the full 4-page report on falls from National Poll on Healthy Aging/University of Michigan at:  
<https://bit.ly/386HyPV>

For information from the University of New England's U-ExCel (Exercise for Conditioning and Easier Living) Program which includes the program "Balancing Act" visit:  
<https://bit.ly/3DdrFWc>

## 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.**

## Covid-19 Updates

Covid testing using the Abbott ID Now is ongoing at the Kennebunkport Public Health Office for all residents ages 1 year and older; **cost** is \$25/test paid in cash/check. We are NOT testing for

travel/event related requests.

For information from Maine CDC regarding vaccines, Covid-19 cases in the State and more visit:  
<https://bit.ly/3gPmW3b>

For information from Maine CDC on the FDA approval of the Pfizer Covid Vaccine:  
<https://bit.ly/3jakwOk>

***Do Something Grand!***

Grandparent's Day is September 12, 2021. The past 18 months has been unprecedented in how it has disrupted family connections, celebrations and gatherings.

**Learn ways to do something Grand & more** about Grandparents Day at: <https://bit.ly/3krcKz8>

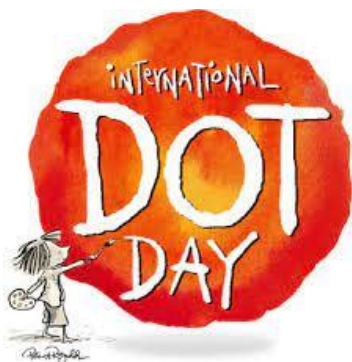
**Ready to try Yoga?**

There will be two opportunities in September! A 4-week Chair Yoga session at Graves Library 9/7-9/28<sup>th</sup> at 10 AM. Learn more at:

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

And a 5-week Chair Yoga session through Kennebunkport Parks & Recreation on Thursday's at 9:30 AM. Cost-\$50, register at:

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

**New Service Coming this Fall!**

We now have a Foot Care Nurse Provider in town! Alison Kenneway RN, Public Health Director recently completed her training to become a Foot Care Nurse Provider.

What is a Foot Care Nurse Provider? It is professional who has obtained additional, specialized training in the care and treatment of "routine" foot care problems.

What does the Foot Care Nurse Provider do during "routine" foot care?

- ▶ Reduce the nail length
- ▶ Reduce nail thickness
- ▶ Reduce or remove corns, callus
- ▶ Remove the ingrown part of nail, if needed
- ▶ Moisturize the skin with lotion.

This is not a pedicure- there are no foot soaks, scrubs or polishes.

Alison will start providing routine foot care services for Kennebunkport residents this fall, by appointment only, call 207-967-4401 to schedule an appointment.

Basic foot care is not covered by Medicare or insurance, it is considered an out-of-pocket expense, cost for the service is \$35, payable in cash or a check made out to the Town of Kennebunkport.

**Food For Thought**

September brings us the bounty of apples, carrots, pumpkins, fennel, butternut squash, pears from the garden. Break from the routine with a new recipe!

Breakfast Baked Apples with Oatmeal:

<https://bit.ly/2WlsR9d>

Stuffed Acorn Squash:

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

Butternut Squash Lasagna Rollup:

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

Spiced Carrot Coconut Soup:

<https://bit.ly/3yf7LGz>

Fennel au gratin:

<https://bit.ly/388bafs>

Apple cider glazed roasted chicken:

<https://bit.ly/388bDOK>

Harvest Cobb Chicken Salad with Honey Apple Cider Vinaigrette:

<https://bit.ly/3sGX4LA>

**Be Creative for International Dot Day**

International Dot Day, a global celebration of creativity, courage and collaboration, began when teacher Terry Shay introduced his classroom to Peter H. Reynolds' book ***The Dot*** on September 15, 2009.

***The Dot*** is the story of a caring teacher who dares

a doubting student to trust in her own abilities by being brave enough to "make her mark". What begins with a small dot on a piece of paper becomes a breakthrough in confidence and courage, igniting a journey of self-discovery and sharing, which has gone on to inspire countless children

and adults around the globe. (from *The Dot Club* website)

For more information on International Dot Day visit: <https://bit.ly/2WzI8n8>

Sign up for free educator's handbook:

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

## September is National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

The 2021 theme is *"Prepare to Protect. Preparing for disasters is protecting everyone you love."*

(from Ready.gov)

There is a different theme for each week of September, the themes are:

- Make a Plan.
- Build a kit.
- Low cost, no cost preparedness.
- Teach youth about preparedness.

As part of your planning, make sure to plan for the

pets in your home as well as all the people!

For more information visit: <https://bit.ly/3yiv0iJ>

Help youth in your life learn more about preparedness at: <https://bit.ly/3zijkOr>

Prepare your emergency kit from the American Red Cross:

<https://rdcrss.org/386djsi>

### Build A Kit

Have enough food, water and other supplies to support your needs for several days.



Ready

## Prostate Cancer Awareness Month

Prostate cancer is the 2<sup>nd</sup> most common cancer in American men, with skin cancer being the most commonly diagnosed. The American Cancer Society estimates about 248,530 new cases of prostate cancer in 2021.

To learn more visit: <https://zerocancer.org/>

For a 2-page overview on "About Prostate Cancer," visit: <https://bit.ly/3mVxdyy>

For online resources for newly diagnosed men and their family visit: <https://bit.ly/2WAsvLG>

For a free "Newly Diagnosed Toolkit" from ZeroCancer visit: <https://bit.ly/3zwemOk>

For more information on risk factors, symptoms, early detection and treatment options visit: <https://bit.ly/3BGGb7I>

Learn about the Eat It to Beat It Challenge to eat 30 super foods in 30 days at: <https://bit.ly/3t1Qkbh>



## Drug Take Back Day: October 23, 2021

Start your fall cleaning by looking in your medicine cabinet and see what items might be out-of-date or no longer needed.

Bring medications in their original container, cover over any identifying information with a permanent marker.

What NOT to bring-liquids, inhalers and sharps.

At the April 2021 Drug Take Back Day, the State of Maine collected 27,340 pounds of prescription and other medicines.

For Drug Take Back Day locations across the

country visit the DEA website at: <https://bit.ly/3Czjy5R>

For more information on how to properly dispose of medications throughout the year visit: <https://bit.ly/3yuebBx>

**September 9, 2021**

### Community Naloxone Training

By Project Alliance & Coastal Health Community Coalition

Held at the Louis T. Graves Library at 4 PM. Weather permitted outside, or event will be held socially distanced inside in event of inclement weather.

Gain knowledge on the opiate overdose response, local resources, learn how to administer naloxone & leave with a free naloxone nasal spray.

### Save the Date

*Tuesday*

*October 12, 2021*

*Seasonal Flu Clinic*

*9 AM-Noon*

*3 PM-6 PM*

*Village Fire Station*

*32 North St*

*Kennebunkport*



**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>



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



**KENNEBUNKPORT  
PUBLIC HEALTH**

**Kennebunkport Emergency Management 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](mailto:kemsemschief@gmail.com) or leave message:

## Your Health Matters: Book Discussion

On Wednesday September 15, 2021; at 9:45 AM the monthly book discussion "Your Health Matters," will be held at The Louis T. Graves Library. We will meet outside, weather permitting or socially distanced in the Community Room. We invite any community member to join in the discussion, yes, even if you have not been able to read the book yet! Copies of the book will be available at Graves Library.

This month's chosen title, "Now What? A Guide to the Gifts and Challenges of Aging," overviews

many important topics for us all to consider as we age, care for relatives who are aging or support friends.

In this book, experts provide practical advice, including how to form a caregiving team, ensure home and online safety, maintain mobility and support independence. The writers also emphasize the gifts of aging, including deepened relationships and new opportunities to give back to our communities. The book is written so that aging individuals, their families and caregivers can read it and find solutions

together.  
([healthyagingbook.com](http://healthyagingbook.com))

Questions about this discussion group or to let us know you will join us-contact Kim at:

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

The October book to be discussed is "Coming Clean: A Memoir," by Kimberly Rae Miller. The book covers the topic of growing up and living in a hoarding household.

Learn more and listen to an NPR interview at:  
<https://n.pr/3zdCXaw>