

# Community Health Connector

## INSIDE THIS ISSUE:

Recovery Month	2
Covid You Say?	2
Breakfast for Back-to-School	2
Food for Thought	3
Be Prepared!	3
Getting Back in the Fall Swing	3
Your Health Matters	4

### The Foot Care Clinics

Will be held on September 6<sup>th</sup> & 7<sup>th</sup>, & October 4<sup>th</sup> and 5<sup>th</sup>, 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.

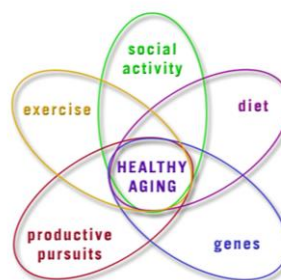
**Schedule an appointment** at: 207-967-4401

## Healthy Aging Month

Every day we become a bit older. September is Healthy Aging Month; this is a time for everyone to focus on themselves. Let's embrace it!!!

Carve out some time this month to focus on YOU! Are you getting enough sleep each night? If not, you might consider changing up what activities you are doing before bedtime. Are you watching TV, then scrolling through social media or news on your cell phone or tablet in bed? The blue light can suppress our production of melatonin and interrupt sleep patterns. Learn more: <https://bit.ly/3Z9ZL8N>

Learn something new! The Positive Aging Community Organization offers many live weekly programs on various topics to enhance healthy



**SEPTEMBER**  
Healthy Aging  
Month

aging. Missed a program? Check out their archive of recorded events.

**To learn** about upcoming online programs & access recently recorded programs from The Positive Aging Community visit: <https://tinyurl.com/znpjz7at>

Consider completing a wellness wheel assessment. This is a tool that can help

individuals identify core health values and goals.

Create your own Wellness Wheel Assessment at: <https://tinyurl.com/y63fjmYZ>

Listen to a podcast on aging. One option is **What's Your Next Move: Aging on Your Own Terms** visit: <https://tinyurl.com/44ckjyfi>

## Public Health Matters-Flu Vaccine

Our staff reached out to varied organizations to secure help to host a fall Flu Vaccine Clinic.

Unfortunately, we did not have success, therefore, The Town of Kennebunkport will **NOT**

be hosting a community flu clinic this fall.

Flu Vaccines are available at your Primary Care Providers Office, Walgreens, CVS, Hannaford's and Walmart. For most you will need to preregister.

Need assistance to schedule an appointment?

Join us at Graves Library Business Office on 9/12/2023, between 10 AM-Noon, for staff to help you schedule your appointment.



## Recovery Month 2023

Kennebunkport Public Health Department resumed in person monthly 3 Towns: 1 Community C.A.R.E.S. (communication, advocacy, resources, education, support,) meetings on Thursday September 7, 2023. These meetings will be held the first Thursday of each month at The Louis T. Graves Memorial Public Library. Topics and discussions will change

each month, with occasional guest speakers.

At each monthly meeting those in attendance will have the option to learn about Naloxone (Narcan), how it works, how to administer and as requested attendees can leave the meeting with free Naloxone (Narcan.)

Recovery Month is also a time for us all to be reminded of the **988**

**Lifeline** that provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Individuals can call or text 988 to access support at any time and from any place within the U.S.

To learn more about Recovery Month visit: <https://bit.ly/3PxWKLh>

## Covid You Say?

Is Covid still around? The answer, unfortunately, is yes!

Currently, in the U.S. and around the world the EG.5 Covid Variant is causing an increase in cases. Symptoms with this variant remain the same as other variants.

What can you do to prevent the spread?

- Practice good hand washing.

- Cover your mouth with your elbow when coughing or sneezing.

- If experiencing upper respiratory symptoms, complete a Covid home test.

- If positive, stay home and isolate.

- To protect family and friends who may be at high risk, practice social distancing, avoid visiting if

you are sick and wear a mask when with them.

**Learn more** about this new variant at: <https://tinyurl.com/3t39as2s>

**To view information** on the latest Covid Tracking Data from the U.S. CDC visit: <https://covid.cdc.gov/covid-data-tracker/#maps>



## Back-to-School Breakfast Ideas

It is that time of the year when we see children waiting for the school bus and morning traffic may be a little slower during the first few weeks of school.

Family Routines once again switch up with sleepy children and whirlwind mornings.

One way to help minimize some of this is trying some

new breakfast food offerings to keep kids interested. Some are even made ahead and frozen creating more streamline mornings.

A few options are breakfast burritos, gluten free cinnamon rolls, banana breakfast cookies, toast with fun toppings and chocolate chip pumpkin bread!

For a list of 50 breakfast ideas for back-to-school visit: <https://tinyurl.com/ycw2u9j>

The first few weeks are the hardest, try and plan the night before, set your own alarm clock a bit earlier, take some deep breaths, the new morning routine will settle in.

## Food For Thought

This month will see all things apples! Just a reminder there are a lot of other fruits and vegetables that are being harvested this month. Check out the local Farmer's Markets and see the colorful variety on display!

Are you a Veteran? Kennebunk Farmer's Market is participating in Vouchers for Veterans

during the month of September. Bring your Federally issued ID, DD214 or Driver's License with Veteran noted on it, to the "big red tent" to register. Then each Saturday in September check in to receive your \$20 voucher.

Fennel and Celery Salad: <https://bit.ly/44P0BcY>

Shaved Brussel Sprouts Salad: <https://www.twopeasandtheeirpod.com/shaved-brussels-sprouts-salad/>

Roasted Eggplant Soup: <https://bit.ly/3OAK46N>

Corn Chowder: <https://bit.ly/3YdOjZ8>

Eggplant Caponata: <https://bit.ly/3Kkubiq>



## Be Prepared!

Launched in 2003, **Ready** is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement.

The Ready Campaign's 2023 National Preparedness Month theme is **"Take Control in 1, 2, 3"**. The campaign will focus on preparing older adults for disasters. ([www.ready.gov](http://www.ready.gov))

know the difference between a storm watch and a warning. A hurricane watch is issued when hurricane force

winds are possible. A hurricane warning is issued when hurricane force winds are expected.

For a home hurricane preparedness checklist from the American Red Cross visit: <https://bit.ly/45LN1Yi>

Take time now to review and learn how best to be prepared at your home.



Join us on October 31, 2023, from 2-3 PM at Graves Library for

**The Aging Brain-a talk about ways to stay healthy, reduce risk and live well with dementia.**

Speakers:

**Grace Simonson OMS-II-** a medical student on the board of the Geriatrics and Palliative Care Club at UNE College of Medicine.

**Susan Wehry M.D.**, a board-certified geriatric psychiatrist with almost 40 years of experience. Director of AgingME a Geriatric Workforce Enhancement Program, to create a more age-friendly health system.

## Getting Back in the Fall Swing!

The Kennebunkport Public Health Department is busy planning community education events for the fall and winter months. These will be in addition to the monthly "Your Health Matters," book discussion groups. (see page 4)

Do you have thoughts or ideas for a topic or

speaker you would like to hear more about? Please share your ideas with us by contacting Kim: [knoble@kennebunkportme.gov](mailto:knoble@kennebunkportme.gov)

Check the Public Health page on the town website for postings of upcoming events. Want information delivered to you email

inbox? Sign up for announcements.

Fall is back to school time, so consider expanding your personal knowledge and joining us for an upcoming event or discussion!

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

**Phone** 207-967-4401

**E-mail**

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

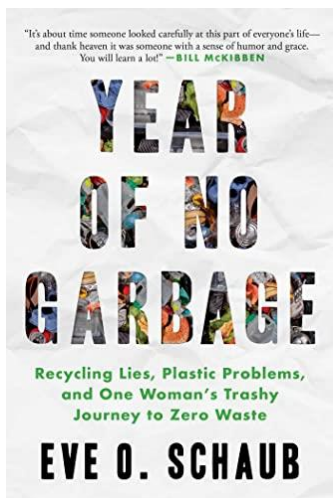


**Web site address**

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

**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**

**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](mailto:kemsemschief@gmail.com) or leave message: 207-967-9704.

Sign up directly at: [www.kportems.org](http://www.kportems.org)

## Your Health Matters: Book Discussion Group

Join us on Tuesday September 19, 2023, from Noon-1 PM at Louis T. Graves Memorial Public Library in the Community Room as we discuss *"Year of No Garbage: Recycling Lies, Plastic Problems, and One Woman's Trashy Journey to Zero Waste,"* by Eve O. Schaub. (author website: <http://tinyurl.com/2p8258e2> )

Have you ever wondered about what happens with items that leave your home in the recycling bin?

Do you have a curiosity on ways to reduce the amount of plastic items that enter your home?

Our discussion will explore various aspects related to the items we purchase, what goes out in our trash/recycling and how each of us can work to create changes to minimize our personal impact.

Copies of the book are available at the Louis T. Graves Memorial Public Library. No time to read the book however want to learn more about this topic, please join us! Feel free to bring your lunch or a snack.

In October our book choice is *"The In Between: Unforgettable Encounters During Life's"*

*Final Moments"* by Hadley Vlahos, RN. This book has been on the NY Times Best Seller list for the past three months!

The author is an R.N specializing in hospice and palliative care.

To learn more about the author visit:

<https://tinyurl.com/4andayx8>

