

Community Health Connector

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The Foot Care Clinics

will be held on
September 7 and October
5, 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

Recovery Month—3 Town 1 CARES???

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Instead of an annual theme, there is now a new permanent tagline "Recovery is for Everyone: Every Person, Every Family, Every Community." (From the website <https://bit.ly/3KS5HMI>)

Locally, on Thursday September 8, 2020, from 4-5 pm at Graves Library please join us for a presentation on the connection between Adverse Childhood Experiences (ACE's) & Substance Misuse and ways to incorporate Positive Childhood



Experiences (PCE's) into the lives of young people in our lives and community. The guest presenter will be Sharon Trace, Pinetree Institute Master Trainer. Program is hosted by 3 Towns, 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support,) and sponsored by Project Alliance Coalition, Kennebunkport Public Health Department, Kennebunkport & Kennebunk Police Departments and Graves Library.

Questions about the monthly **3 Towns 1 Community C.A.R.E.S.**

meeting? Call 207-967-4401.

To learn more about National Recovery Month visit:

<https://bit.ly/3KS5HMI>

To read current editions of **Journey Magazine** and to search the new Job Board, a site with stigma free connections for job seekers and employers visit:

<https://bit.ly/3erTa6a>

Access Maine is an online resource guide with information to connect people living in Maine to public programs & services:

<https://bit.ly/3TK5e34>

Covid-19 Updates & Monkey Pox

New variants of Covid-19 continue to be around in the general population. If you experience symptoms you are encouraged to self-test at home using an antigen test, check the Maine CDC website for PCR

testing locations at:
<https://bit.ly/3mCtDbO>

For information on Covid-19 vaccines, boosters and now Monkey Pox vaccines visit:
<https://bit.ly/3dLW1of>

To learn more about Monkey Pox from the

U.S. CDC visit:
<https://bit.ly/3pBku4v>

For information from Maine Dept of Health & Human Services on Monkey Pox visit:
<https://bit.ly/3Pzrlqq>

See page 2 upcoming vaccine clinics in town.

Gugliucci Program in October

Save the date! On Wednesday October 19, 2022, at 9 AM, the Kennebunkport Public Health Department will host Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF; Professor & Director, Geriatric Education & Research, Director, U-ExCEL, Division of Geriatrics, University of New England College of Osteopathic Medicine.

Dr. Gugliucci will present **Communication and Action: Empowerment for End-of-Life Preparation.**

Aging, dying, and death are blanketed by misconceptions socially constructed within our society. These misconceptions, often viewed as truth or reality, tend to limit our access to opportunities and create barriers that affect our

thinking, communication, and action.

This session will level some misconceptions and pave a path for effective communication to support action in aging and at end of life.

This program will be held at the Louis T. Graves Library.



Flu & Covid Vaccine Clinics

Friday, October 14, 2022, from 9 AM-2 PM at Fire Station, 32 North St. Kennebunkport.

Pfizer and Moderna will be offered, and clinic is for all ages. Bring your Covid Vaccination card!

Please check the town website for upcoming posted permission forms to complete in advance or forms will be available the day of the clinic.



Veteran must show proof of military service with an acceptable ID such as a DD-214 active-duty card, driver's license from NH or ME, marked Veteran, Medical card from Veteran Services, Retirement card, etc.

College Students & Family Conversations Part 2

College students are settling in at college campuses around the world. Some may have been attending classes for over a month, while others are only starting this week.

To help students and families navigate this life changing academic step, especially for students living away from home, here are a few resources to help raise awareness of

the mental health challenges students face during college.

Challenges with roommates? Learn more at: <https://bit.ly/3D2M2aP>

A Parent Handbook for Talking with College Students about Alcohol, from Rollins College: <https://bit.ly/3TXjQwa>

Resources for parents of college students from

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

The Crisis Text Line has a College Toolkit available online with resources for students learn more at: <https://bit.ly/3qgC91w>

Tips for college parents from the Clay Center at MGH: <https://bit.ly/3PjUYvg>

Stay connected with your college freshman: <https://bit.ly/3D04PU8>

Vouchers for Veterans

Weekly during the month of September, New Hampshire and Maine Veterans' may go to any of the following farmers markets and receive \$20 in vouchers for farmers market purchases.

Participating farmers markets in Maine include Kennebunk and Sanford.

The Kennebunk Farmers' Market in the Garden Street Municipal Lot in downtown Kennebunk, just off Main Street and runs from 8 am-1pm.

The Sanford Farmers market is located at Central Park at Main,

Washington, and School Streets in Sanford, across from City Hall and runs on Saturday from 8:00 am to 12:00 noon.

To learn more and find the participating Farmer's Market visit: <https://bit.ly/3C7tF47>

Food For Thought

Harvest season is in full swing, if you haven't had time yet this summer, make some time to visit a local farmer's market or family farm stand to enjoy locally grown produce.

As the weather begins to shift and the days shorten, we can slow our pace a bit and enjoy preparing some seasonal slow cooked meals. We are so fortunate to be able to enjoy all four seasons. It is now time to savor fall.

Cheesy Garlic Parmesan Spinach Spaghetti Squash:
<https://bit.ly/3pDKl6n>

Apple and Brie stuffed Chicken:
<https://bit.ly/3cdlQin>

Roasted Brussels Sprouts Salad with Maple Butternut Squash, Pumpkin Seeds, and Cranberries:
<https://bit.ly/3A9KicA>

Easy Creamy Zucchini Soup:
<https://bit.ly/3AGpB9N>

Chicken Mac and Cheese Soup:
<https://bit.ly/3R7bbon>

Snickerdoodle Apple Pie Cookie Cup:
<https://bit.ly/3R6mehA>

Apple Cheesecake Bar:
<https://bit.ly/3pGUp41>



Resolve to be Ready!

September is National Preparedness Month. This is always a great time for us all to take time and review our personal emergency plans. As recent flooding in Kentucky has shown, a weather-related event can impact a community and its residents quickly and with devastating outcomes.

Take some time this month to review your own

personal readiness. Do you have supplies at home for people and pets in case the power is out for 3-5 days?

Are your vital records secured in a central location and protected against various weather conditions, fire, or theft?

To learn more about general readiness visit:
<https://bit.ly/3wZVxUg>

For a checklist on how to safeguard critical documents and valuables:
<https://bit.ly/3bhJBp4>

For home preparedness information from Maine Emergency Management Agency visit:
<https://bit.ly/3cLJeEp>

For tips on preparedness for pets from the American Red Cross visit:
<https://rdcrss.org/3qdDzKb>



Kennebunkport Parks & Recreation Fall Senior Luncheons

Save the dates for these upcoming Fall Senior Luncheons: September 14th, October 3rd and November 9th.

There will be entertainment, full lunches, games, and time to connect with friends.

Cost is \$15 per luncheon doors open at 11:45 AM, lunch is served at Noon.

Pre-registration required. To register call 207-967-4304 or visit www.kennebunkportrec.com

Chalk the Port-Fun for All Ages

Enjoy creativity, connect with the artists, and have fun at this community event. Join in the fun on September 23rd and 24th.

Chalk the Port is a free, family-friendly event in the tradition of European 16th-century street painting.

Friday: Featured artists begin their chalk masterpieces.

Saturday: Colormekport 5k Color run, to register visit:
<https://bit.ly/3AMUZCm>

Featured artists continue their work and young

artists can participate in the Youth Art Contest.

Pancake Breakfast hosted by Kennebunk Portside Rotary.

Enjoy bands, food trucks and more starting at 12:30 pm.

To learn more visit:
<https://bit.ly/3elsR1z>

Kennebunkport-Public Health Office

101A Main St.
Kennebunkport, ME 04046

Phone 207-967-4401

E-mail

akenneway@kennebunkportme.gov

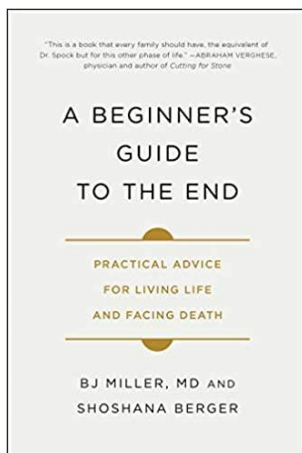


Web site address

<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

Throughout our lives we have many peaks and valleys. We celebrate birthdays, anniversaries, weddings, graduations, job accomplishments and retirements. We cherish children's school sports and arts performances. However, many of us never discuss the aspect of death in our lives. Yes, it occurs in every family and friend group. Sometimes death occurs and we have time to "prepare" for it, and other times death comes quickly and unexpectedly.

Our book discussion this month takes a closer look at this challenging topic.

We will meet on Wednesday September 21, 2022, at 9:45 AM at Louis T. Graves Library in the Community Room, to have a shared discussion on the book "**A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death**," by B.J. Miller, M.D., and Shoshana Berger.

This book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor.

An honest, surprising, and detail-oriented guide to the most universal of all experiences, *A Beginner's Guide to the End* is "a book that every family should have, the equivalent of Dr. Spock but for this other phase of life" (New York Times bestselling author Dr. Abraham Verghese). (From Simon & Schuster)

Copies of the book are available at Graves Library.

In October we will discuss "**Keep the Memories, Lose the Stuff**," by Matt Paxton.