

Community Health Connector

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Foot Care Clinic

Will be held on May 1st and 2nd, & June 5th and 6th, 2024 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

National Health Care Decisions Day

When you go to your Primary Care Providers office, at the registration desk one question you may be asked is if you have an advanced directive on file. What does this really mean?

The term "advance directive" means any spoken or written instructions you give about the health care you want if a time comes when you are too ill to decide. (*definition from MaineHealth*) This topic is one that many of us put off and don't want to consider. Yet the topic is a vitally important one. It is also one we should revisit on a regular basis as we age or have changes to our health. Never consider this a one-time process.

To help us all April 16th is **National Health Care Decisions Day**. Across



the country health care organizations will be engaging with their community members to highlight the importance of planning ahead for health care needs.

This is a time to understand your options, plan to discuss your issues and concerns with your doctor at your next visit. Utilize some of the resources listed to help you with your decision making. Then put your plans in writing. Lastly, communicate your plans and healthcare choices with loved ones.

Some resources to assist you are:

Advanced Directives Planning information and forms from Maine Health: <https://tinyurl.com/2u7axvm7>

"Who will speak for you" 2-minute video from The Conversation Project: <https://tinyurl.com/wuyk6kys>

These decisions and conversations can be difficult, one interactive way to help you consider what is important to you is **Go Wish** a physical card deck version and also a digital on-line version available. With the online version you can

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Public Health

The U.S. Centers for Disease Control (U.S. CDC) updated changes related to respiratory virus prevention strategies (including Covid-19) on March 1, 2024. These changes

can be viewed in detail at: <https://tinyurl.com/2nk7x65s>

The overview is:

Core Prevention Strategies: Immunizations, hygiene (including handwashing,) steps for cleaner air,

treatment and staying home to prevent spread. This includes stay home until symptoms are getting better AND you are fever free without medications. Continue to take precautions for the next 5 days.

National Health Care Decision Day (cont)



“flip” the card and decide which of three categories you choose to place the card in. The categories are: Very Important, Somewhat Important or Not Important. You are able to move the digital card as you move through the “game” and at the conclusion you can print out your answers.

To learn more about Go Wish (online) visit: <https://tinyurl.com/mt9vcjdZ>

View a 1-hour video with Dr. Angelo Volandes of Mass. General Hospital discussing his book **“The Conversation: A Revolutionary Plan for End-of-Life Care”** at: <https://tinyurl.com/68pnxmY6>

Take time during the month of April to begin the process of working through your personal wishes for what is important to you for your

health care decisions. Take your time with this process, this topic is not an easy one for us to consider. Include loved ones in this process so that they also understand the reasons you are making the decisions that you are listing. Why share your process? Because we are all individually unique so it is understandable that our health care decisions will be the same.

Container Gardening Event!

Shake off “mud season” and be ready to welcome in spring!

Join us on Wednesday April 10th at 5 PM in the Community Room at The Louis T. Graves Memorial Public Library for an informational program on container gardening. The presenter will be Noah Wentworth from Frinklepod Farm in Arundel.

Noah will discuss container options, soil mix, plant selection, water management, and pest and disease concerns

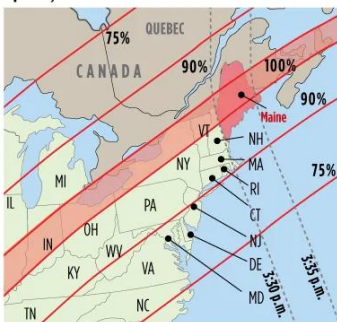
This event will help you realize that no matter the amount of space you have around your home there is always room for all of us to grow some of our own vegetables and herbs.

The Kennebunkport Public Health Department and

Graves Library sponsor this program.



April 8, 2024



SOURCE: GreatAmericanEclipse.com

Solar Eclipse-Some Things to Know

On Monday April 8, 2024, beginning around 3:28 PM Maine will experience the Solar Eclipse. Portions of the State will be in the path of total solar eclipse, for those of us in Southern Maine will be in the path of 90% eclipse.

This will be a novel experience for us all. To safely enjoy this

experience there are a few key points.

- Do NOT look at the eclipse directly without protective eyewear.
- Make sure the protective viewing eyewear you use list that they meet ISO 12312-2 safety standards.

For more information from WABI Ch5 News about the

upcoming Eclipse visit: <https://bit.ly/43qFzI5>

To access the Solar Eclipse Safety Sheet from NASA visit: <https://bit.ly/48XVBEq>

For a list of eyewear-viewers approved by the American Astronomical Society visit: <https://bit.ly/4ajEFt8>

Food For Thought

Hopefully, the signs of spring will soon be seen in our yards and throughout town. This is a rejuvenating time of year as we see the trees budding and the flowers bursting through the earth. It is also an opportunity for us to freshen up our palates and our plates.

Five Ways to Ricotta Toast recipes:
<https://bit.ly/4a0yvxZ>

Healthy Carrot Cake Muffins:
<https://bit.ly/3xaAeIN>

Double Pea, Prosciutto and Burrata Platter:
<https://bit.ly/3VI8mWp>
Spring Pasta with Asparagus:
<https://bit.ly/3THw91i>

Creamy Pasta Primavera:
<https://bit.ly/3wVytJ8>

Green Goddess Roasted Carrot Salad:
<https://tinyurl.com/5byew29d>

Oven Roasted Risotto with Garlic Roasted Mushrooms and Arugula:
<https://tinyurl.com/3mn46zst>

Strawberry Lemon Tart:
<https://bit.ly/3VqiU6y>



Save the Date! U-ExCel Balancing Act Program

Join us on Thursday May 9th at the Kennebunkport Parks and Recreation Building, 20 Recreation Way to learn about the U-ExCel Balancing Act Program.*

This FREE 75-minute hands on program will be presented by the Falls Coalition Group, Portsmouth Regional Hospital, Injury Prevention Program. Delivered by Seth Kenneway, Injury

Prevention Coordinator for Trauma Services at Portsmouth Regional Hospital.

What to expect: This is a hands-on program to learn about the U-ExCel home exercise program. You will be coached through different exercises and receive a manual to bring home. You will then be able to continue these important exercises at your own pace at home.

To learn more about the U-ExCel Program visit:
<https://tinyurl.com/2k3md35u>

To register call Kennebunkport Recreation at 207-967-4304 or register on-line at:
<https://bit.ly/3uZCsnE>

**U-ExCel Balancing Act Manual developed for UNE College of Osteopathic Medicine. Created by Dr. Marilyn Gugliucci, PhD and Anne Cowles B.S., M.P.H.*



National Drug Take Back Day

April 27, 2024 is National Drug Take Back Day. This is a time for all of us to look through our medications, both prescribed and over the counter and dispose of any medications that are expired or no longer needed.

To find a drug take back location across the country visit:
<https://bit.ly/3x9DsUT>

In addition to the twice annual Drug Take Back Days, please be aware that there is a permanent collection site at that Kennebunkport Police Department in the lobby.



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

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

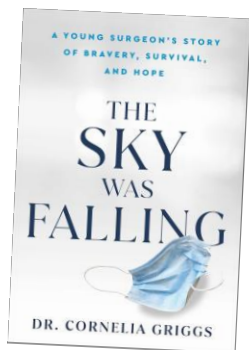


Web site address

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

Sign up to receive 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 or leave message: 207-967-9704.

Sign up directly at: www.kportems.org

Your Health Matters: Book Discussion Group

Moving forward while we will not meet in person to discuss suggested book titles, we will continue to provide you with one or two book title recommendations each month.

As we celebrated St. Patrick's Day last month, many of us probably recalled that it was four years ago when our world changed, and everything shut down. As we navigated that first week wondering when businesses would reopen, students would return to school, and we could gather again with friends; hospital staff were navigating an entirely different world.

The first suggested title is **"The Sky was Falling: A Young Surgeon's Story of Bravery, Survival and Hope,"** By Dr. Cornelia Griggs; published March 2024. Dr. Griggs was a Pediatric Surgical Fellow at a New York City hospital. She was completing nine years of training while balancing family life with two young children.

Her story showcases what was happening within a hospital that was at the initial epicenter of the pandemic in the U.S. She describes the stress and sacrifices made by health care providers and delves into the inequities

in access to care in our country.

The other book recommended is **"A Doctored Life: From Homeless to Harvard,"** by Dr. Jimmy Moss. We were not able to discuss this book in March so are recommending it again this month.

