

# Community Health Connector

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### The Foot Care Clinics

Will be held on January 3rd and 4<sup>th</sup>, 2024 and February 7<sup>th</sup> and 8<sup>th</sup>, 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

## Holidays and Grief

During our fabulous Christmas Prelude season, we all have our favorite and cherished events that have become woven into our family traditions. The month of December will continue with these traditions, which might include cookie or pie making, decorating the tree, and watching your favorite holiday movie. When we think of doing these annual traditions, we typically think of the individuals that join us.

Unfortunately, with each passing year we all experience the death of family members and friends, creating an empty seat at our table or the loss of that special pair of hands in helping to prepare the holiday feast.

If you are grieving the death of someone in your life, allow yourself the space and time to



process the loss, especially during this season.

One way to assist you is to consider simplifying the season by following the Three C's: Choose, Communicate and Compromise; created the Kenneth Doka, Ph.D.

Choose what you feel you have the energy for and will help you create the holiday you can manage.

Communicate your decisions with others in your family, as their needs may differ. Then Compromise as needed.

An example may be

instead of a lot of exterior holiday decorations and lights, hang and illuminate a single wreath.

To learn more about The Three C's by Kenneth Doka, Ph.D. visit:

<https://tinyurl.com/3r2m39j8>

Ideas to help: "Coping with the Holiday's":

Checklist visit:

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

Passed and Present Podcast with Alison Gilbert:

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

## Public Health Update

With the colder weather and holiday gatherings upon us, please remember that it is flu and RSV season, and that Covid-19 is still circulating. If you are experiencing cold like symptoms, make sure to wash hands, cough into

your sleeve, test for Covid if a known exposure or you suspect you may have contracted it and wear a mask to protect others.

The Federal Government has made available more FREE home covid tests.

### To order visit:

[www.covidtests.gov](http://www.covidtests.gov)

There has also been extended test kit expiration dates. To check what those dates are please visit:

<https://bit.ly/3P983YI>



### To learn more

Five domains of self-care visit:  
<https://tinyurl.com/2s4hkx6t>

Options for Self-Care visit:  
<https://bit.ly/3QNTz2C>

## Self-Care in Winter

In this season of giving consider giving the gift of Self-Care to yourself. Self-care is the practice of taking an active role in protecting one's own well-being and happiness. (from Oxford Dictionary)

Typically, when we consider self-care, we think about mindfulness practices such as breathing, healthy eating or exercising. Yes, these are all examples of self-care, however they do not

cover the full five domains of self-care. The five domains of self-care are: Intellectual, Spiritual, Physical, Emotional, and Social.

Intellectual, things that keep your brain engaged, from crossword puzzles and reading to learning a new skill.

Spiritual, includes your personal spiritual practice as well as a simple act of kindness.

Physical: includes exercise, and healthy eating

Emotional: Create a personal "happy word" or watch a funny movie or TV show.

Social: Make time to gather with friends, strike up a conversation with someone you meet, attend a lecture.

Make time for yourself every day this month!

## Holiday Food Baskets & Noel Dinner

Community Outreach Services is offering Christmas Holiday Food Baskets for individuals and families in need within our three-town area.

Residents can request a basket by calling the Kennebunkport Public Health Department by December 14<sup>th</sup> at 967-4401. Holiday baskets will then be delivered to homes on 12/21/2024.

Community Harvest is offering the Noel Dinner which will be delivery only and is available on Dec. 24<sup>th</sup>. Once registered you will receive additional information.

To register for the Noel Dinner offered by Community Harvest call 207-967-1911 or register on-line at:  
<https://tinyurl.com/4bzkke4m>



### Save the Date!

#### Community Education

From January -March 2024 the Kennebunkport Public Health Department in collaboration with The Louis T. Graves Memorial Public Library will host three community coffee panels. Speakers and topics to be determined. The first coffee will be held on January 31, 2024, from 10-11 AM. List of speakers will be announced in the January Newsletter!

## Soap Up for Clean Hands

With Flu and respiratory virus season ramping up it is a great time for a reminder of proper handwashing. December 5-11, 2023 is National Handwashing Awareness Week. The U.S. Centers for Disease Control and Prevention suggests remembering five easy steps for good handwashing: Wet, lather,

scrub, rinse, dry. Proper handwashing can help prevent about 20% of respiratory illnesses.

For a brief video from The Mayo Clinic on handwashing technique visit:  
<https://tinyurl.com/2966hr6c>



## Food For Thought

December has arrived! Our town is festooned for the season and awaiting the influx of visitors for Prelude. Amid all of the hustle and bustle take time to pause and enjoy the beauty of our community during this season. Then in the holiday spirit consider trying one of these new recipes to share and savor!

Homemade Cinnamon Rolls:

<https://bit.ly/3G8dSTi>

Baked Blueberry Donuts:

<https://bit.ly/49PAUfh>

Easy Breakfast Pizza:

<https://bit.ly/40LStsL>

Sweet Potato Breakfast

Casserole with Ground

Turkey and Eggs:

<https://bit.ly/49Ouxc2>

Barley Butternut Risotto:

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

Sweet Potato & Feta

Salad with Pomegranate

and Pecans:

<https://bit.ly/3Gb3ASA>

Festive Vegan Salad with

Cranberry Dijon

Vinaigrette:

<https://bit.ly/40RB4is>



## Season of Giving-Helping Others

The Louis T. Graves Memorial Public Library in partnership with The Community Gourmet will be collecting food items as part of the Care packages that will be distributed over the holidays. Working with local law enforcement, Southern Maine Agency on Aging, The Center, food pantries, and local churches, these care packages are distributed at no cost to the people receiving them.

Together we can help our community friends by making food available to them consider donating needed items contained in the packages, such as: small meals like tuna fish, chicken packets, soup and crackers, macaroni and cheese cups, beef stew, peanut butter and jelly packets, oatmeal, Carnation Instant Breakfast, cereal, dry milk, Belvita cookies, fruit bars, Lorna Doones, Fig Newtons.

These items can be placed in the baskets that will be around the holiday tree in the children's room upstairs at the Library Monday, December 4 through Friday, December 22.

Graves Library will also have a card-making station where folks can make custom holiday cards to include in the packages.

For more information call 967-2778.

## 3 Towns, 1 Community: C.A.R.E.S.

There will **NOT** be any in person meeting for the 3 Towns, 1 Community C.A.R.E.S. during the month of December.

If you or someone you know needs assistance, seeking resources or support for Substance Use Disorder, please call 211 at any time. Or call

the Kennebunkport Public Health Department M-F 8 AM-3 PM at 207-967-4401. For training on Naloxone (Narcan) Administration and free Naloxone call to schedule an appointment.

The **next in-person C.A.R.E.S. meeting** will be on Thursday Jan. 4, 2024, from 6-7 PM at

Graves Library with **Guest speaker:** Rachel Schlein, LCSW, LADC; Behavioral Health Liaison at the Kennebunk Police Department. Learn the importance of this role in our local community and how Ms. Schlein in helping to make a difference.

### January Death Café

Join us on January 17, 2024, from 9-10:30 AM at Louis T. Graves Memorial Public Library for the next Death Café. The Facilitator is Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF, Professor & Director, Geriatrics Education & Research at University of New England.

A Death Café is a safe and relaxed space to gather and discuss topics related to death and dying. This is **NOT** a grief support or bereavement group.

Registration **REQUIRED:** 207-967-2778.

In event of inclement weather, check the Town of Kennebunkport website or Graves Library Facebook page for program cancellation



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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 SWEDISH ART OF  
AGING EXUBERANTLY



Life Wisdom from Someone Who  
Will (Probably) Die Before You

MARGARETA  
MAGNUSSON

★ NEW YORK TIMES BESTSELLING AUTHOR OF ★  
THE GENTLE ART OF SWEDISH DEATH CLEANING

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

There will **not** be a Your Health Matter Books Group meeting this month. Instead, you are encouraged to browse and borrow books from The Louis T. Graves Memorial Public Library. Staff have curated a section of books related to Self-Care, please visit the library, and ask where this display is located. During this season of giving, make time to do something special for you!

Another activity option for family and friend gatherings this month is to play a game of questions or conversation

starters to help everyone learn more about one another and share family stories.

"What would you rather questions," are always a fun and easy way to kick off discussions. A link to some questions: <https://tinyurl.com/5cxenu3>

For a list of 101 Fun Conversation starters for Kids visit: <https://tinyurl.com/5n9x29uf> Some examples are: What would be your three wishes if you found a genie in a bottle? How would you describe a perfect day?

On Tuesday January 16, 2024, from noon-1 pm we will gather in the Community Room at Graves Library for our first book discussion of 2024. The title is "**The Swedish Art of Aging Exuberantly**," by Margareta Magnusson, 2022.

To read a review of the book and learn more about the content visit: <https://tinyurl.com/227z5wf6>

Copies of the book will be available at the library.

Visit the author's website at: <https://tinyurl.com/yc4eetbh>