

# 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

## What Will You Do in 2024?

Each new year brings us a "fresh" start. A time to set goals, plan for the upcoming year and consider new opportunities or adventures. January kicks off this planning for many of us. This will look different for each of us as our personal interests vary.

One person might be making travel plans for the upcoming year, others may be creating a list of books to read, someone else may be considering how to tackle a deep cleaning project for all their closets or taking up a new craft or exploring pickleball for the first time!

Consider taking some time over the next few weeks and set some goals of your own. To help you explore different ideas check out a few of



the links below or visit the linked organization websites.

For local opportunities to explore a mix of sports/craft options visit Kennebunkport Parks & Recreations at: <http://tinyurl.com/26vn693t>

Are you someone who loves to read? Set your goal for 24 books in 2024! To help you determine some choices for book titles consider attending the "On the

Nightstand" Book group at The Louis T. Graves Library on Saturday Jan. 6<sup>th</sup> from 9-10 am. To learn more about this intriguing book group visit:

<http://tinyurl.com/5n8zvmzi>

Looking to declutter the house, check out a 30-day declutter challenge, one is attached here:

<http://tinyurl.com/y2bfha5h>

Whatever you choose to make a plan and set your goals!

## Public Health Update

Respiratory illness season is here. With travel and holiday guests many may have experienced symptoms over the past few weeks. Please remember, Covid remains a health

concern, if you have respiratory illness symptoms you should test for Covid and isolate, if possible, to prevent the spread.

Maintain good handwashing technique and cover your cough.

For free covid test kits: visit [www.covidtests.gov](http://www.covidtests.gov).



## The Power of the Positive

In all the busyness of the end of the year and holiday season it can be challenging for us to recall all of the “highlights” of the prior year.

Yes, for those who use social media you may see a memory “pop” up or a year in review created for you, which can help. Yet, we can easily overlook the small things that happened over the year that had a positive impact on our life or even just

brightened our day and made us smile.

One simple concept is to create your own happiness jar. This can be a simple canning jar, a favorite vase or even simply a decorated box. Next to this vessel have a pen or some markers and small sheets of paper. Then once a week, pick a day to make yourself more accountable! Sit down and think back over the past week and consider

something that happened that made you happy, gave you a great laugh or made you feel grateful. Write it down and add it to your vessel.

You can check back monthly or wait until the end of the year and realize the power of the positive!

To learn how to create a jar of your own visit: <http://tinyurl.com/mrcs5czp>

## Engage Your Brain with a Webinar

The Positive Aging Community has a great list of free one-hour webinars lined up in January and February 2024. The great thing about these webinars, besides being FREE, is that every one of them are recorded! So, if you are unable to sign up for the date/time of the live event, check back the next week and the recording will be

available for you to listen to.

Some of the topics coming up are: Purposeful Living, Chronic Disorganization, Discover a Virtual Reality Community for Older Adults, How to Improve Brain Health To Extend Independence, Veterans Aid & Assistance, Checklist of Life & Swedish Death Cleaning and The Truth About

Living to Be 100 with Dr. Matthew Mintz.

This organization is a great resource for content with over 350 recordings/podcasts available.

To register or to learn more about the webinars offered visit: <https://bit.ly/3S71EkU>



## New Devices & Digital Wellness

Over the holiday's many children and teens received digital devices as gifts. These gifts are great to connect families and amazing tools for education. With these devices come responsibility in proper use and conduct.

Adults need to remember that teen brains are not fully formed until the mid-20's. It is therefore up to

adults in the family to help guide and educate the youth.

A few resources to help are The Boston Children's Hospital Digital Wellness Lab and Screenagers-Growing up in the Digital Age.

To access information from the Boston Children's Digital Wellness Lab,

including “The Family Digital Wellness Guide: 2023-2024 Update: A guide for helping kids build healthy and safe digital habits” visit:

<https://bit.ly/48hmtjb>

To sign up for the blog from Screenagers visit:

<https://bit.ly/3VeiE86>

## Food For Thought

The cold weather will be making an entrance over the upcoming week. We can all keep our fingers crossed for a “January Thaw” later in the month while we think longingly of summer weather.

To keep us nourished and warm consider a few of the following recipes.

Roasted Cauliflower, Chickpea and Arugula Salad:

<https://bit.ly/41IQBBq>

Easy Vegan Mushroom Soup:

<https://bit.ly/47nFgrH>

Best Ever Corn Chowder:

<https://bit.ly/47fwkEM>

Creamy White Bean Soup with Kale, Rosemary &

Lemon:

<https://bit.ly/3RBiW88>

Maple Chili Butternut Squash:

<https://bit.ly/48l2ShW>

Charred Chicken with Sweet Potato and Oranges:

<https://bit.ly/3TLlp2p>



## What is Your Guiding Word?

This edition has been one to challenge you to plan, reflect and engage for this upcoming year. Hopefully, you have considered from the lead article a goal or two for the year and from articles on page two you might be thinking about creating a Happiness Jar/Box or expanding your knowledge with an upcoming webinar.

The last piece of “work” for you to consider is to

choose a “guiding word” for 2024. In picking a single word to guide your year you allow yourself an easier way to set an annual intension versus a resolution.

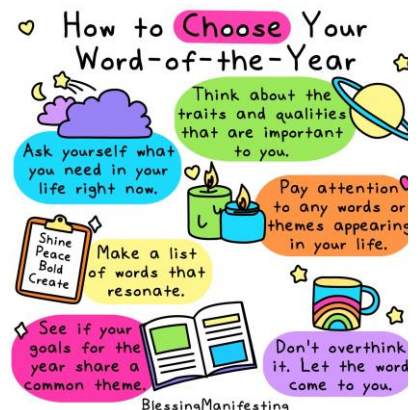
If your word choice is “expand” you might focus on going to the coffee shop once a week and sitting and conversing with others to possibly “expand” your group of

friends, or learn a new skill to “expand” your knowledge.

**To learn more** and consider options for your own “Word of the Year” visit (includes a list of 100-word options):

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

Choose your word, write it down, post it where you can see it, reflect on it monthly and see where the journey takes you.



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

On Thursday January 4, 2024, from 6-7 PM we will host the 3 Towns, 1 Community C.A.R.E.S. Meeting at Louis T. Graves Library.

This is an open community gathering focused on mental health and substance use disorder in our lives and

our community. This meeting is open to everyone.

At this month’s meeting the guest will be Rachel Schlein, LCSW, LACD; Behavioral Health Liaison at the Kennebunk Police Department. Join us to learn more about the role of this position in police

departments and how these staff members are providing needed supports in our communities.

In addition, a Naloxone (Narcan) demonstration will be available as well as free Naloxone.

Questions? Call 207-967-4401.



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**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

Join us on Tuesday January 16, 2024, from Noon-1 PM in the Community Room at The Louis T. Graves Public Memorial Library for our next Your Health Matters Book Discussion. This month we will talk about "The Swedish Art of Aging Exuberantly: Life Wisdom from Someone Who Will (Probably) Die Before You," By Margareta Magnusson, 2022.

Review: 'With wry humor and wit, [Magnusson's] advice avoids the tropes commonly found in a heavily youth-worshipping market obsessed with optimization...Magnusson shares enough short

*tidbits from a wealth of personal experiences to leave readers wondering what she possibly could have missed out on. And that is where the beauty in this story lies. Magnusson's hybrid memoir, with its cheeky and concise prose, will engage readers of all ages in a way that the sometimes-obvious advice for aging may not...Magnusson is a wonderful storyteller full of wisdom, and this book embodies her attitude of exuberance.'*

**- The Washington Post**

To learn more, visit the author's website at: <https://bit.ly/3RQmJ2S>

In February we will focus on a topic that is typically explored in January. For many years there has been a movement on abstaining from alcohol during the month of January, this is called "Dry January." Learn more at: <http://tinyurl.com/mr3d76bk>

The book for February will be "Sober Curious: The Blissful Sleep, Greater Focus, and Deep Connection Awaiting Us All on the Other Side of Alcohol" by Ruby Warrington, 2020. Join us to discuss the health impacts of abstaining or reducing the intake of alcohol.