

# Community Health Connector

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### Foot Care Clinic

Will be held on April 3<sup>rd</sup> and 4<sup>th</sup> & May 1<sup>st</sup> and 2<sup>nd</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

## Scam Awareness-Be Aware!

Slam the Scam Day is Thursday, March 7, 2024, as part of National Consumer Protection Week, which takes place this year from March 3-9.

Do you know what to do if you receive a scam call, text message, letter, or email that might look like this?

- The caller says they are from the Social Security Administration and your benefits will end unless you pay.

- They say they are from the IRS and you owe taxes.

- They say you need to give your Medicare number to get a new card.

### STOP! These are all scams.

Federal agencies will not call, email, or text you and ask for money or

### If you receive a suspicious call:

- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at [oig.ssa.gov](https://oig.ssa.gov)



**SSA.GOV/SCAM**

Social Security Administration | Publication No. 85-024 | June 2023 | Produced at U.S. taxpayer expense

personal information. Only a scammer will do that. Report the scam to the FTC at [www.ReportFraud.ftc.gov](https://www.ReportFraud.ftc.gov)

Scams come in many varieties, but they all work the same way:

- Scammers pretend to be from an agency or organization you know to gain your trust.

- Scammers say there is a problem or a prize.

- Scammers pressure you to act immediately.

- Scammers tell you to pay in a specific way, many times in the form of a gift card.

To access the FAQ sheet visit:

<http://tinyurl.com/5a8vs9mb>

For two short videos on scam risks from U.S.

Social Security Administration visit: <https://youtu.be/0l5RX73PnFY>

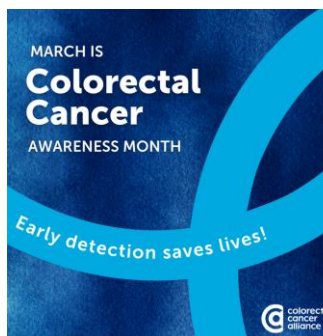
<https://youtu.be/cyaUWTFLw3c>

## Public Health Updates

Recently, there have been news stories sharing information about potential changes in the Covid-19 isolation recommendations. To date there are no changes, however it

appears that the U.S. Centers for Disease Control (CDC) is reviewing the current recommendations and may suggest updates later this spring.

Learn more about possible upcoming changes from this NBC News article: <https://bit.ly/3uM6MSn>



## Colorectal Cancer Awareness Month

National Colorectal Cancer Awareness Month is held each March. The focus is to bring awareness to early detection saving lives.

Colorectal cancer is the number one cause of cancer deaths in men under 50 and the number two for women under 50.

The U.S. Preventive Services Task Force recommends that adults age 45 to 75 be screened

for colorectal cancer. The decision to be screened between ages 76 and 85 should be made on an individual basis. If you are older than 75, talk to your doctor about screening. (from the CDC website)

Testing options can range from a simple stool sample test, sigmoidoscopy or colonoscopy. The type of test offered might depend on your personal medical

history or your family medical history.

If you are between the ages of 45-75 years old, discuss your screening options with your primary care provider. Prevention works.

To learn more from the U.S. CDC visit:

<http://tinyurl.com/twr3bx3y>

To learn more from the Colorectal Cancer Alliance visit:

<http://tinyurl.com/37bnna79>

## Time to Spring Ahead

Our clocks are set to change on Sunday March 10, 2024. Our mobile devices will automatically change at 2 AM on March 10<sup>th</sup>. As you reset any other clocks in your home, take a few minutes to check the batteries in any battery-operated smoke detectors.

As we approach this time change, we all are aware of the physical impacts many will feel. This may be disrupted sleep patterns, changes in eating schedules or general brain fog.

Some ways to possibly help adjust easier are:

- A few nights prior, try to adjust your (or your children's) bedtimes by 15 minutes earlier each night.
- Create calming bedtime routines. This may be making sure to avoid

caffeine, minimizing alcohol consumption and heavy meals, all of which can impact sleep patterns. In addition, you might consider some mindfulness or focused breathing exercises.

- As tempting as it may be to sleep in later to "catch up on sleep," try your best to get up at your usual time.

- Be aware that for younger children, the lack of sleep may cause some behavioral changes. Have patience, acknowledge the behavior, redirect the activity or try some breathe work together to help the child manage their "big feelings."

Over the next few weeks consider things you might implement to minimize the health impacts of the springtime change.

To learn more about the history of Daylight-Saving Time and the attempts to change the practice in Congress visit:

<http://tinyurl.com/45kp8vn>

Learn about the health impacts of sleep and ways to improve your sleep patterns from the National Sleep Foundation at:

<http://tinyurl.com/39t7ka6z>



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## Food For Thought

March is full of possibilities; one we are all hoping for is an early spring! For this there are no guarantees, however what we do know is this March we will celebrate St. Patrick's Day and Easter. Enjoy these recipes as options to enhance your holiday meal planning!

Greek Quesadillas:  
<http://tinyurl.com/5dpmr2re>

Irish Soda Bread:  
<http://tinyurl.com/zcb9jyhr>

Carrot and Spring Onion  
Toad in the Hole:  
<http://tinyurl.com/56karwv>

Traditional Irish Potato  
Cake:  
<http://tinyurl.com/yaj6jwbn>

Fish Pie with Mashed  
Potato Topping:  
<http://tinyurl.com/3bfj23zw>

Chicken Alfredo Lasagna:  
<http://tinyurl.com/ymtpfkm>

Ridiculously Easy Lemon  
Curd Shortbread Tarts:  
<http://tinyurl.com/mr48se6n>

M & M Sugar Cookie Bar:  
<http://tinyurl.com/ycxkf2yx>



## National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices.

It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

The Academy of Nutrition and Dietetics has created several resources on their website:

Click on the "resources button" for tip sheets, budgeting sheets and activity sheets for kids.

On the main page under "Videos" click on more videos for recipes and more!

To learn more information visit:

<http://tinyurl.com/5n8ykjik>

*(Content taken from above website)*



## What Do You Know About Olive Oil?

Are you using Olive Oil when cooking at your home? Unsure what to look for in choosing your olive oil?

A recent podcast on The Dhru Purohit Show covers this topic in great detail. The Shocking Truth About Olive Oil & Its Incredible Benefits For Your Health

with Nicholas Coleman, an international olive oil expert, educator, and speaker.

Topics covered in the podcast include: the history of olive oil, the health benefits of olive oil, fraudulent labeling, cutting olive oil with seed oils, what to look for in a

quality olive oil and much more.

To access this specific podcast visit:

<http://tinyurl.com/bdkappv5>

To learn more on how to spot a fake olive oil visit:  
<http://tinyurl.com/4dwpjtsn>



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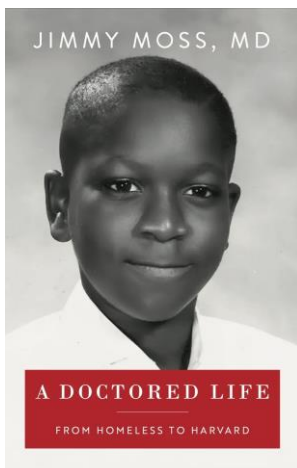
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**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

What does it take to become a doctor? For each individual person striving to attain this dream the path is different. For Jimmy Moss, MD; a triple board certified (Internal Medicine, Anesthesiology, and Critical Care) physician who trained at Mayo Clinic and Harvard Medical School (Mass General Hospital) the path involved overcoming obstacles.

From the back cover of the book "...this personal memoir beautifully captures the essence of hope woven into the

seams of the American Dream, providing hope that it still exists."

**Join us** Wednesday, March 12<sup>th</sup> at Graves Library from Noon-1 PM>

**To learn more about Dr. Moss' life story** watch this Florida State University College of Medicine, Class of 2017 White Coat Ceremony keynote address 15-minute video at:

<https://www.youtube.com/watch?v=V7oIOuH3pgQ>

**Learn more about the author:**

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

The book title for April is "The Swedish Art of Aging Exuberantly: Life

Wisdom from Someone Who Will (Probably) Die Before You," By Margareta Magnusson, 2022. We had this book chosen to discuss in January 2024, however winter weather cancelled our discussion time.

