

# Community Health Connector

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### The Foot Care Clinics

Will be held on December 6<sup>th</sup> & 7<sup>th</sup>, 2023 & January 3<sup>rd</sup> and 4<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

## Gather with Gratitude and Kindness

The goblins, ghosts, superheroes, and witches have all enjoyed the Halloween festivities. Now as the calendar turns to November our focus shifts to being grateful, gatherings of family and friends and the bounty of shared meals.

*Remember that being grateful is about appreciating what one has, as opposed to what one wants. Being thankful or thanking someone often implies you are acknowledging your thanks for something that someone has given you.*

<https://tinyurl.com/54eadz5u>

During this month of November consider pausing at some time during every day and consider something that you are grateful for. This practice can have a

**Gratitude is the best medicine. It heals your mind, your body and your spirit. And attracts more things to be grateful for.**

Live Purposefully Now

positive impact on both your physical health and mental well-being.

Invite other family members and friends to create their own practice of gratitude for the month. Shared experiences can

make for a more joy-filled practice for everyone.

In addition to gratitude think about ways that you might practice kindness during the month. There are many opportunities. Share a smile or a few kind words to someone you see while on errands, pass along or donate a book you have just finished reading, offer your time to visit with a friend. These small acts can yield big results for everyone.

- To read more on the difference between gratitude and being thankful visit: <https://tinyurl.com/y8yz4xzi>
- For an example of how to create your own gratitude journal for November visit: <https://tinyurl.com/bdfr68c2>

## Public Health Updates

We are entering colder weather and the start of seasonal flu season. To help protect you and your family remember to practice good handwashing, cough into your elbow, and stay home if any symptoms.

### Other resources:

- Maine CDC Covid-19 resources-including guidelines for when to test: <https://tinyurl.com/2p8h54p9>
- From the U.S. C.D.C: Differences between

seasonal flu and Covid-19 symptoms: <https://tinyurl.com/ytvvdu3v>

- To order free at home Covid-19 tests by mail visit: <https://www.covid.gov/te>



## Emergency Winter Car Kit Essentials

While we recently enjoyed some warm fall days, all too soon the colder weather will be upon us. Take time now to gather items to create your personal winter car kit.

### Some suggested items:

Jumper Cables  
Tow Rope  
Flares  
Flashlight/batteries  
First Aid Kit  
Reflective Vest  
Non-perishable snacks

Water  
Blanket  
Extra Clothes, socks and boots.  
Shovel  
Ice Scraper  
Cell phone charger  
Kitty litter/sand



### For more information:

From Gear Junkie:  
<https://tinyurl.com/2zzd7t mx>

For a winter car checklist from AAA:  
<https://tinyurl.com/bdfm3t8 u>

From The Old Farmers Almanac:  
<https://tinyurl.com/4tsrrun>

43% of caregivers report needing help coping with the stress of caregiving.



MHA FIND MENTAL HEALTH RESOURCES: [MHNATIONAL.ORG/CAREGIVERS](http://MHNATIONAL.ORG/CAREGIVERS)

## Celebrating Family Caregivers

November is National Caregiver Support Month; in recognition of this important work, we are gathering as a community to acknowledge and support the importance of family caregivers.

Please join us on **Wednesday November 15, 2023**, from 9-10:30 AM at South Church Community House, 8 Temple St. Kennebunkport.

We will discuss the importance of family caregivers, share strategies and ideas on offering support to these individuals. **Call to reserve your seat:** 207-967-4401

Family Caregivers provide so much for their family members. About 17% of the U.S. adult population provides unpaid care to an adult over the age of 50.

This care is mainly provided to adult family members or a spouse. (89%) While approximately, 17 million U.S. parents provide care to children with developmental disabilities.

To learn more, including tips for self-care for the caregiver more visit Mental Health America-National Family Caregiver Month:  
<https://tinyurl.com/yt7955v i>

### Stuff the Bus

As you go out to vote on November 7<sup>th</sup> consider bringing along a donation of non-perishable food or household paper products to help "Stuff the Bus" for Community Outreach Services (COS).

To learn more about COS visit:

<https://coskennebunks.org/>



## Sand for Seniors: Winter is Coming

Again, this winter the Kennebunkport Public Works Department and the Kennebunkport Public Health Department are partnering to help senior residents in need, obtain sand for the winter to help keep their icy walkways safe to navigate.

These buckets are available, upon request, to

Kennebunkport residents aged 65 or older who are unable to come directly to the Public Works Department to pick up sand for their personal use.



### How to obtain:

- Still have your bucket from last year and need it refilled? Call the number listed.
- Need a bucket for this winter? Call the number listed.

**Call:** 207-967-4401. Provide us with your name and address.

## Food For Thought

With the turn of the calendar, we all realize that the holiday season is rapidly approaching. This year consider some new food options to share with recipe ideas from "The Blue Zones."

Sardinia Minestrone:  
<https://tinyurl.com/yc28mp48>

Tuscan White Bean Soup  
<https://tinyurl.com/mrmc5nir> :

Okinawan Cream of Mushroom Soup:  
<https://tinyurl.com/bdeky5vn>

Classic Stuffing:  
<https://tinyurl.com/yc3r638d>

Barley Butternut Risotto:  
<https://tinyurl.com/y8cztrwk>

Roasted Potato & Green Beans with Mustard Sauce:  
<https://tinyurl.com/m738rne>

Winter Potato Salad:  
<https://tinyurl.com/mr2b8v8y>

Dutch Apple Pie Bars:  
<https://tinyurl.com/9kbpnhsj>

Easy Chocolate Fondue:  
<https://tinyurl.com/2mj6vtdf>



## A Community of Helpers

Community Harvest is hosting **Thanksgiving Holiday Feast**. These are prepared meals for individuals or families. Meals are available for pick-up or delivery ONLY from noon-1:30PM Thanksgiving Day at St. Martha's Church. Meals are available by reservation only, call 207-967-1911 or for more information visit:  
[www.communityharvestmaine.org](http://www.communityharvestmaine.org)

The **Secret Santa** program, with the generosity of our communities, would like to provide gifts to families in need from the towns of Kennebunk, Kennebunkport and Arundel. If you have, or are the guardian of a child aged 18 or younger and need some help this Christmas please submit your application by Nov. 10, 2023.

To learn more, find out how to support this project and for the link to apply visit:  
<https://tinyurl.com/38pw6x3f>



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

Join us on Thursday November 9, 2023, at Louis T. Graves Memorial Public Library in the Community Room from 6-7 PM to gather and discuss the importance of Support and Education in helping someone with a substance use disorder

and how **YOU** can help make a difference!

At this gathering we will discuss ways to help support family members experiencing substance use disorder as well as education on this topic to assist you maintain your own mental health.

In addition, education on the administration of Naloxone (Narcan) will be available as well as free Naloxone.

Questions? Please call Kennebunkport Public Health Department at 207-967-4401.



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

**Phone** 207-967-4401

**E-mail**

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

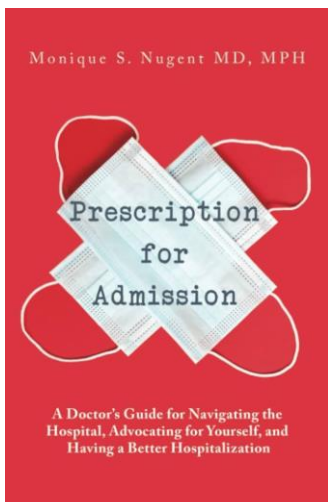


**Web site address**

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

**Sign up to receive e-newsletter at:**

<https://www.kennebunkportme.gov/subscribe>



The 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 November 14, 2023, from Noon-1 PM at The Louis T. Graves Memorial Public Library as we discuss ***"Prescription for Admission-A Doctor's Guide for Navigating the Hospital, Advocating for Yourself and Having a Better Hospitalization,"*** by Monique S. Nugent MD, MPH, 2023. Written by a Hospitalist who overviews tips and strategies for navigating a hospital stay from the Emergency Department through discharge home from the hospital. Learn how to be your own health advocate or help a family member

or friend navigate a hospitalization.

Dr. Nugent has created a book that is easy to read and filled with useful information. Gain a better understanding on staff you may encounter at the hospital, tests and procedures and the overall role of a Hospitalist.

Copies are available at Graves Library.

Learn more at: <https://drmoniquenugent.com/>

We will not meet as a group in December. I encourage you to start your own story of your

family holiday traditions. This can be done by picking up a blank journal, a pad of paper or start a file on your computer. Collect traditional family holiday recipes, discuss your family's unique celebration traditions and favorite songs, stories, or movies of the season. This is a wonderful gift to pass along to other generations.

In January we will meet on a date TBD to discuss ***"Sober Curious: The Blissful Sleep, Greater Focus, and Deep Connection Awaiting Us All on the Other Side of Alcohol,"*** by Ruby Warrington, 2020.