

# Community Health Connector

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### The Foot Care Clinics

Will be held on November 1st & 2nd, & December 6th and 7th, 2023 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

## Planning for the Holiday's

The seasonal aisles of many big box stores are now filled with Halloween candy, costumes and decorations, Thanksgiving is being a bit "squeezed" from shelf space as Christmas items are also already on many shelves. For many people, these signs of the upcoming holidays bring joy, excitement, and comfort. However, for others this time of year is filled with stress, anxiety and possibly, grief.

No matter where you may be on this spectrum of emotions there are ways to strategize and create a holiday season that is manageable and one that can bring some level of cheer.

First, let go of all the "picture perfect" images. We will all see these images in movies, TV shows, ads and on social media. Pause now and



consider what is important to you and your family. Have conversations and allow time for each family member to express their beloved traditions, you may find that the "perfect" holiday centerpiece is not on anyone's list!

Look at the list of items, can you achieve them all? Can you create the same goal with a bit less effort?

If hosting events choose times that fit your schedule, limit the guest list as needed, accept the

help offered by guests- this could be food items, helping you with set up or clean up, keep things simple. The focus is on the gathering of family and friends there really does not need to be ten side dishes!

Build in some time for fun, consider having a communal puzzle to complete or a game to play.

For a coping with the holiday's checklist of visit: <https://tinyurl.com/mp3jrh rw>

## Public Health-Update: Flu Clinic!!!!!!

Success! There **WILL BE** a Kennebunkport Vaccination Clinic this fall. The AgeWise Maine Initiative in collaboration with Southern Maine Agency on Aging and Northern Light Health will host a vaccination clinic on **Thursday October**

**19, 2023, from 4-6 PM** at Village Fire Station, 32 North St. Kennebunkport.

Vaccines available will include-Flu (offering both options for people over and under age 65), the updated Covid-19 vaccine and RSV.

For more information and consent form the visit:

<https://tinyurl.com/5chbn amb>

Bring your insurance card or picture of your card to the clinic. For more information call 207-396-6500 or [info@smaaa.org](mailto:info@smaaa.org)

*For proper disposal of liquids, check the DEA website or stop in the Kennebunkport Public Health Office during office hours or at any Kennebunk Savings Bank branch to pick up a Deterra Bag. These bags provide for easy disposal of liquids and small amounts of pills/capsules at home.*



## National Drug Take Back Day

Saturday Oct 28th is National Drug Take Back Day a reminder for everyone to review contents of their medicine cabinet. Do you have unused prescription medications? Expired over-the-counter medications?

National Drug Take Back Day encourages us all to clean out our cabinets and find a local disposal location.

Kennebunkport Police Department has a secure medication disposal container located in the lobby. Residents can bring pills and capsules in a container for disposal at any time during the year.

Items **NOT** accepted: Sharps, Liquids.

For proper sharps disposal: Kennebunkport residents are asked to place sharps in a sturdy plastic container and bring

to the Kennebunkport Public Health Office during 8-9:30 AM Office Hours or to schedule a drop off time, call 967-4401. Please **DO NOT** leave sharp containers outside the office.

For more information from the Drug Enforcement Agency, including safe home disposal options visit:

<https://tinyurl.com/bdfrvfcy>

## Webinars for Health & Education

Positive Aging Community is an organization created to make aging in place solutions and resources easily accessible. While based along the mid-Atlantic seacoast, this group offers a robust website that allows all of us to obtain new knowledge and information.

They host multiple in-person webinars each week and all of their

programs are then archived for convenient viewing at any time.

Offerings coming up include:

Oct. 6<sup>th</sup> Making the Most of Medicare Open Enrollment

Oct. 11<sup>th</sup> Can virtual companion-guided support help people living with dementia living at home?

Oct. 12<sup>th</sup> Special Panel Presentation Real-Life Stories About Moving & Downsizing

Recently archived events:

Parkinson's Disease: Why Exercise Is Important

Safe & Accessible Home Technology: Height Adjustable Features

To sign up for upcoming program and access archives:

<https://bit.ly/3PNY90m>

## Celebrating Caregivers: Community Gathering

November is National Caregiver Support Month. This year the theme is Caregivers Connect, highlighting all the work and effort that caregivers provide helping loved ones manage and navigate health care.

A recent AARP report highlights that across the United States, an

estimated 38 million people, about 11.5% of the population, are taking care of loved ones in 2023. That care will total nearly 36 billion hours with a value of nearly \$600 billion.

In recognition of the important caregiving being done by so many in our community we will gather on November 15, 2023,

from 9-10:30 AM at the South Church Community House, 8 Temple St. Kennebunkport to **Celebrate Family Caregivers-a gathering of community**. We hope you will join us.

To access 10 Tips for Family Caregivers visit:

<https://tinyurl.com/yrs5te3b>

## Food For Thought

The days may still be warm however the nights are cool assuring us that it truly is autumn. Soon the leaves will turn, and scarecrows will be seen throughout town. This changing of the season encourages us to seek out the warmth of comfort food from our kitchen. In addition to your cherished recipes consider trying out some new ones!

Swedish Cinnamon Rolls:  
<https://bit.ly/3Q1LVSW>

Brussel Sprouts, Egg and Bacon:  
<https://bit.ly/45kY3CW>

Apple, Bacon and Butternut Squash Quiche:  
<https://bit.ly/3ru9Ocz>

Kale Apple Salad with Cheddar and Pecans:  
<https://bit.ly/3F2yXhC>

Noodle-less Butternut Squash Lasagna:  
<https://bit.ly/3tmYm2G>

Swedish Meatballs:  
<https://bit.ly/3PIRBQk>

Pumpkin Magic Bars:  
<https://bit.ly/45kg0l0>

Quick Cranberry Chip Cookies:  
<https://bit.ly/3F2rsXV>



## Reading Matters: Dyslexia Awareness Month

Dyslexia is a specific learning disability that is neurobiological in origin. It is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities. (for full definition <https://tinyurl.com/mpn8x9wa> )

It is important to understand that 20% of the population in affected by dyslexia (yes 1 in 5!) It

is the most common of all neuro-cognitive disorders.

October is Dyslexia Awareness Month and this is a great time for each of us to take some time and gain a better understanding of Dyslexia.

The Yale Center for Dyslexia & Creativity has overview information under Dyslexia tab and more content under resources.

To learn more about the Yale Center for Dyslexia & Creativity visit:  
<https://tinyurl.com/d9ub4mCX>

For access to free materials, books and apps this month from Nessy visit: <https://bit.ly/3PJAv57>

Learn about the Children's Dyslexia Center in Portland:  
<https://tinyurl.com/frcmkb9h>

## Secret Santa Applications-Available Soon

Secret Santa is a program that provides Christmas gifts to children of families who otherwise may not be able to do so.

Application forms for parents and/or legal guardians of children who reside in Kennebunkport, Kennebunk, or Arundel where there is a need, may be picked up at the Kennebunkport Public

Health Office or accessed online at our website. All requests are strictly confidential.

Submit applications between October 11<sup>th</sup> and Nov. 10<sup>th</sup>. **Application forms will be available soon at:**  
<https://tinyurl.com/ssk4canu>

Pick up dates will be 4-6 pm on Dec 18, 2023, at Village Fire Station, 32 North St. Kennebunkport.



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

This is a monthly meeting held on the first Thursday of the month from 6-7 PM at Graves Library. October Meeting Thursday Oct. 5. 2023.

Topics vary surrounding conversation, supports and resources for individuals experiencing substance use disorder.

Naloxone (Narcan) training and free Naloxone are available at each monthly meeting.



**Kennebunkport-Public Health Office**

101A Main St.  
Kennebunkport, ME 04046

**Phone** 207-967-4401

**E-mail**

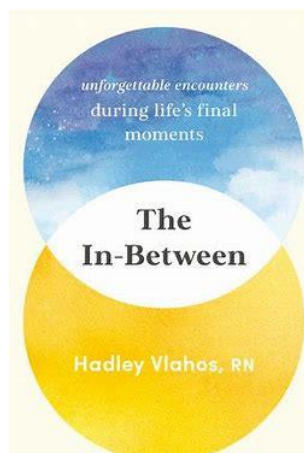
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**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

Have you experienced any direct contact with someone, family, or friend, being cared for by Hospice staff? Ever been interested in learning more about Hospice and end-of-life?

Join us on Tuesday October 17, 2023, from Noon-1 PM as we discuss *"The In-Between: Unforgettable Encounters During Life's Final Moments,"* by Hadley Vlahos, R.N. This New York Times Best Selling book shares many real-life interactions of a home hospice nurse and her clients and families.

In this heartwarming memoir, Ms. Hadley skillfully weaves together moving stories, life lessons, and profound wisdom gleaned from her patients. The book beautifully reflects how end-of-life care not only imparts lessons on mortality but also enlightens us on how to truly live. (from the author website)

To learn more, visit the author's website at: <https://nursehadley.com/>

In November we will shift the health focus to that of learning how to prepare and navigate a

hospitalization. The book to be discussed is *"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.

To learn more about this book visit: <https://drmoniquenugent.com/>

