

# Community Health Connector

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### Foot Care Clinic

Will be held on February 7th and 8th, & March 6th and 7th, 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

## Importance of Friendships & Connections

We have all heard the saying "you are what you eat." We are aware that keeping regular appointments with our primary care providers and dentist help us maintain our health. We also are aware that regular movement and exercise of some kind is beneficial to our overall health. Yet, how many of us have considered how our friends, co-workers and other acquaintances impact our health?

These relationships have always been important in our lives and during lockdown in the pandemic many of us realized how truly vital these connections are. We may have called friends more frequently or used FaceTime to reach out to family and friends, some of us held small socially distanced outdoor gatherings.



Connection was important then and it remains important in our lives today. We meet people by gathering, it may be at school, work, church, social clubs, or other social opportunities. Through gathering we connect and support one another. We also laugh and smile which helps to enhance our mood and overall well-being.

To read more about the importance of friendships from The Blue Zone visit: <https://bit.ly/49pPtoL>

Cards & Camaraderie, is a fun new local event offering a chance to meet people and explore known or new games.

Sponsored by The Center, Karleen's Ideas and The Kennebunkport Public Health Department, this program is held weekly on Thursday evenings from 6-8pm and Friday morning from 9-11AM at The Center, 175 Port Rd, Kennebunk. This is a FREE program!

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## Public Health Update: Heart Health Month

February is heart health month, this campaign provides us an opportunity to be reminded of easy ways to help enhance our heart health. One simple way is to personally

focus on tracking our physical activity weekly.

The goal should be for 150 minutes each week of moderate intensity activity. This can be walking, yoga, swimming or any other preferred activity.

The time can be broken into small manageable timeframes. Start with three daily 10-minute sessions five days a week.

To read more visit: <https://bit.ly/3Oyxc0B>



## Health Care Proxy-How to Choose

It is never too soon to think about and talk about what is important to you, in your life and in your health, with a trusted person.

So, who is your person(s)? Who would you want to support your choices or speak for you if you were unable to voice your choices?

Planning ahead and talking about it with your trusted person puts you in

the driver's seat. The more you speak up, before a medical crisis happens, the better your health care can be.

Whether you are getting ready to tell someone what you value most or you want to help someone else get ready to share their wishes with you.

The Conversation Project has you covered with free resources on their Get Started page

<http://tinyurl.com/dmz37wzc>

- Check out their guides on Choosing a Health Care Proxy <https://bit.ly/3HPL4jr>

- Being a Health Care Proxy <https://bit.ly/484ipld>, among many others.

You can speak up and have a say in your current or future health care by being prepared and talking about it early and often.

## Learning From Home

Over the upcoming few weeks there are several interesting hour-long programs being offered by the Positive Aging Community. These programs are held live and can be accessed as an archived program.

Some of the options are:

- Miscommunication or Missed Communication: The Challenges of Hearing Loss for

Healthcare Professionals and Caregivers.

- Take A Stand Against Falls with Innovation.
- Discussion with Darlene Fuchs, Author of Get In The Boat: A story of resilience in the face of life's most difficult encounters.

- Bringing the World to You: Innovative Platform Makes Travel Accessible

- The Truth About Living To Be 100 with Dr. Matthew Mintz

To learn more and register for the live discussions visit:

<https://bit.ly/3S71EkU>

To view and access archived recordings visit: <https://bit.ly/3SNKetz>



## Death Café

The next Death Café will be held on Wednesday March 20, 2024, at Louis T. Graves Memorial Public Library from 9-10:30 AM.

A Death Café is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting,

thought provoking and life-affirming conversations.

The facilitator is Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF

Professor & Director, Geriatrics Education & Research

Director, U-ExCEL Older Adult Fitness Program Division of Geriatrics

University of New England College of Osteopathic Medicine.

Seating is limited, please call 207-967-2778 to reserve your seat.

In the event of inclement weather please check the Graves Library FaceBook page and Town of Kennebunkport website for cancellation notice.

## Food For Thought

If you are out in the stores recently you will be seeing Valentine's, hearts and lots of reds and pinks. These visually can brighten our day and lift our spirits from the contrast of the bleak winter landscapes. This month let us think about fun and festive ways to plate our food and fill our belly!

Banana Splits for Breakfast:  
<http://tinyurl.com/5arczrr9>

Strawberry Cream Cheese Breakfast Pastries:  
<http://tinyurl.com/5c9jkbva>

Warm Brussel Sprouts Salad:  
<http://tinyurl.com/sjyymfpx>

Vegan Cranberry Cream Cheese Bites:  
<http://tinyurl.com/yuvnej72>

Walnut and Oat Crusted Salmon:  
<http://tinyurl.com/ykut3jj2>

Slow Cooked Beef Tips:  
<http://tinyurl.com/mr332fr3>

Red Velvet Cream Cheese Cookies:  
<http://tinyurl.com/5n7j9bwv>



## Difficult Conversations-Parenting Teens

The **Awkward Conversations Podcast** provides a transformative podcast series where "Full House" and "Fuller House" actress Jodie Sweetin and Amy McCarthy, Director of Clinical Social Work Adolescent Substance Use and Addiction Program (ASAP) of Boston Children's Hospital delve into crucial topics surrounding drug use prevention and parenting.

This podcast is currently in the third season and offers a wealth of content and information for parents, grandparents, and anyone working with teens.

Some of the recent topics are:

From Past to Present the Changing Landscape of Drugs.

One Pill Can Kill

Eyes Wide Open: Spotting the Signs of Substance Use

Not Just a Game: Teens, Steroids, Sports & Body Image Issues.

Any Parent, Any Child: The Truth about Drug Misuse.

To view on YouTube:  
<https://bit.ly/41RVqbl>

Listen to the podcast on Apple or Spotify.

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

These sessions will now be held three times each year. The next meeting will be announced in the upcoming months.

If you are seeking information or resources related to issues of Substance Use Disorder or interested in learning how to administer Naloxone, please contact the Kennebunkport Public Health Office at 207-967-4401.

## Friendships & Connections *(continued)*

Kennebunkport Parks & Recreation Department has the following upcoming programs:

Line Dancing beginning on Feb. 28<sup>th</sup> from 1-2 PM for five weeks.

Vinyl Letter Board Craft Night on Feb. 28<sup>th</sup> from 6-8 pm. Join in to learn more about making wood

block signs with Cricut or Silhouette machines and the vinyl cutting and transfer process. Choice of two designs.

Mystery Lunches will be held on Feb. 20<sup>th</sup>, March 20<sup>th</sup> and April 16<sup>th</sup>. Join in the fun! Ride in the comfy KPT recreation bus to explore the local area

before arriving at the mystery lunch destination.

To learn more and to register for any of these programs visit:  
<https://bit.ly/48dRO5p>

Make it a goal to stay connected, make new friends and explore new activities!



**Kennebunkport-Public Health Office**

101A Main St.  
Kennebunkport, ME 04046

**Phone** 207-967-4401

**E-mail**

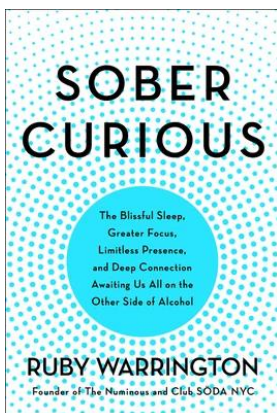
[akenneway@kennebunkportme.gov](mailto:akenneway@kennebunkportme.gov)

**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

On February 13, 2024, we will discuss the book *"Sober Curious: The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol"*, by Ruby Warrington, 2018.

Ms. Warrington has spearheaded a global movement to reevaluate our relationship with alcohol. (from author website) In addition to this book Ms. Warrington is host to a podcast of the same title.

This book was chosen purposefully as the discussion book for

February to be able to discuss not only the content of this book, but also the international movement of Dry January.

This is an opportunity to discuss the various health benefits an individual can have when choosing to fully stop consuming alcoholic beverages or limiting their intake.

To learn more, visit the author's website at: <https://bit.ly/484CS9x>

To learn more about benefits of reducing check out this 3 min and 30 second video by PBS: <https://bit.ly/3HOv7tW>

In March we will discuss the book *"A Doctored Life: From Homeless to Harvard,"* by Jimmy Moss, MD, 2023.

*A Doctored Life* is an episodic journey through a young man's life, filled with winding roads that stopped at homeless shelters and others that eventually landed him at the doorsteps of some of the world's elite medical training institutions. (from the author's website)

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

