

Community Health Connector

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Foot Care Clinic

Will be held on June 5th and 6th, 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

May is Mental Health Month

This year's theme for Mental Health Month is "Where to Start: Mental Health in a Changing World." We live in a rapidly changing world that can be complex to navigate. About half of Americans can remember a time when we were not constantly connected and it was easier to tune out the noise of the world, while the younger half of the population cannot imagine life without the internet.

Modern life can have a significant impact on mental health — for better or for worse. The disturbing imagery in the media we are exposed to today can be deeply unsettling. At the same time, our current technology also allows us to mobilize and provide collective support more efficiently in times of natural disasters or



injustice. Below are some resources to help learn more.

Here are 3 things you can do for your mental health this week:

- Make a list of 5 things you are grateful for today.
- Practice positive affirmations.
- Take a break from screens.

For a list of 71 affirmations visit: <https://bit.ly/3xEn5lq>

Learn more about the 988 Suicide & Crisis Lifeline number with this 3-minute video at:

<https://tinyurl.com/4s3ubwwz>

To access a copy of "The Feelings Wheel," from the University of Central Arkansas visit:

<https://tinyurl.com/2p8ar7zm>

Importance of Family Meals:

<https://www.youtube.com/watch?v=kuNDg0ErzdU>

Public Health Updates

The good news respiratory illnesses are diminishing as we change seasons.

The current health topic that the U.S. Centers for Disease Control (CDC) is monitoring is once again

Avian Flu. There have been outbreaks reported in a number of different states among both poultry and dairy farms.

For the most up-to-date information on Avian Flu

from U.S. CDC: <https://bit.ly/4cLVn6d>

For information from Maine CDC visit: <https://bit.ly/43S7VVG>

Can You Assist?

Are you aware that the Kennebunkport Health Council provides each newborn (and their family) in town with a welcome gift? Families receive a new baby backpack filled with a variety of useful items and information to welcome the new baby and help make the first few months a little easier.

One item that is included in each backpack is a new handmade baby hat. These items have typically

been made by residents within our town and donated for inclusion for these littlest new town members.

Currently, the Health Council needs more hats to fill future baby backpacks. If you can assist or have questions, please call the Kennebunkport Public Health Department at 207-967-4401.



Well Water Test Kits

Residents may obtain free well water test kits starting in May at the Community Open House on May 18th at Consolidated School, then kits will be available at Public Health Office on the porch for easy pick-up access through June 15th.

Nelson Analytical Lab in Kennebunk is offering a discounted lab fee to process water samples for Kennebunkport residents

- Standard Water Test-\$65.

- Standard with Arsenic Test-\$85.

- Comprehensive Water Test-\$120.

- Comprehensive with Radon Water Test-\$175.

- All other testing listed on water card is 20% off list price.

- PFAS testing can be done, costs range from \$285-325, however requires a special kit. Please call the laboratory for more information. 207-467-3478.

Drop Off: All collected water samples need to be dropped off Monday-Friday from 8 AM-5 PM between June 1st-June 15th at Nelson Analytical Lab, 120 York St. Kennebunk.

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, and obtain free Naloxone, please contact the Kennebunkport Public Health Office at 207-967-4401.

What Brings You Joy?

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. This is certainly something we all strive for in our lives.

Think about the things that bring you joy. Some will certainly be joy attained from our relationships to family and friends, other

feelings of joy may be found in things we enjoy doing, such as gardening, music, reading or other hobbies.

Another way to elicit these feelings of joy and happiness can come from some of our special possessions. Items in our homes might be special due to the memories attached to the item.

Consider creating a “pride shrine”—a place in your house that you pass a lot where you put items that trigger pleasant memories and positive emotions.

To learn more about creating a Pride Zone in your home visit: <https://tinyurl.com/4fepwz7n>

Food For Thought

May brings two wonderful food related celebrations, Mother’s Day and Memorial Day. Each one typically with a very different menu focus. What will you try?

Whipped Goat Cheese: <https://tinyurl.com/3mbrscr8>

Ham Cheese & Spinach Puffs: <https://tinyurl.com/yv8rzzrh>

Croque monsieur brunch bake: <https://tinyurl.com/52jbu2me>

Mexican-Style Black Bean Bowl: <https://tinyurl.com/5x7vna07>

Egg Roll in a Bowl: <https://tinyurl.com/4h99cd0v>

Easy Vegan Bulgur Tabbouleh Salad: <https://tinyurl.com/29x53x57>

Berry Swirl Frozen Yogurt Bark: <https://tinyurl.com/35k2z73w>

Fresh Blueberry Salsa: <https://tinyurl.com/4px75t58>



A Simple Hello to Boost Your Spirits

Think about your social interactions over the past few days. Within your own neighborhood when you might be out getting your mail, working in the garden or yard, or simply out walking, how many people do you interact with?

Do you stop to check how they might be, ask about their family members or say a simple hello?

If so, are you aware that these simple actions are enhancing your own well-being?

A 2023 Gallup National Health and Wellbeing Index Poll showed that Adults in the U.S. who regularly say hello to multiple people in their neighborhood have higher well-being than those who greet fewer or no neighbors.

To learn more about the benefits of “saying hello,” visit and link to the full 2023 Gallup Poll visit: <https://tinyurl.com/mphwzdky>



Pressing Matters

May is National High Blood Pressure Education Month. The National Heart, Lung and Blood Institute (NHLBI) have many resources on their website. This includes FACT Sheets, Small Steps to Take Control, Questions to Ask about

Your Blood Pressure, Self-Care for Your Heart and much more.

Learn more about High Blood Pressure from the NHLBI at: <https://bit.ly/3VQLgqG>

Are you unsure what the blood pressure numbers

mean? The American Heart Association has tools to help you learn more, visit: <https://bit.ly/3cAdf7y>

Take time this month to learn more about the importance of your blood pressure.

May Event Reminder

May 9, 2024, at 1 PM, the Falls Coalition Group, Portsmouth Regional Hospital, Injury Prevention presents-U-ExCel Balancing Act Program at Kennebunkport Parks & Recreation Building. This is a free program, call 207-967-4304 to register.

May 15, 2024 from 9-10:30 AM join us at the next Death Café at Graves Library. Limited space, call 207-967-2778 to register.

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

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E-mail
akenneway@kennebunkportme.gov

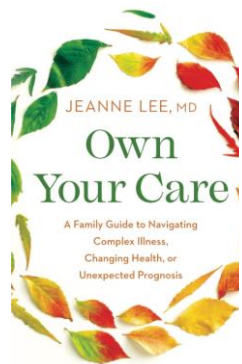
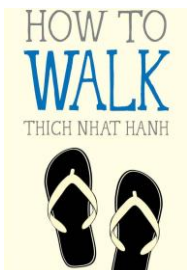


Web site address

<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 or leave message: 207-967-9704.

Sign up directly at: www.kportems.org

Your Health Matters: Book Recommendations

A morning cup of coffee or tea and a book, what a fabulous way to start the day! The weather is warming, and it is a great time to consider switching up your reading location. Get outside to enjoy some fresh air and sunshine. A few book suggestions for this month.

“How to Walk” by Thich Nhat Hanh explores mindfulness walking. This book challenges us to be present in the act of walking rather than rushing around, our minds on where we are headed, what just happened or what we need to do. (from

Goodreads.com) This is a small book and each page provides the reader with a mindfulness walking option.

“Own Your Care: A Family Guide to Navigating Complex Illness, Changing Health, or Unexpected Prognosis,” by Jeanne Lee, M.D., 2023. Dr. Lee is board certified in internal medicine and hospice and palliative medicine. This book is a guide on how to advocate for getting the best healthcare for you (or a loved one) when living with complex illness or declining health.

To learn more, visit the authors website: <https://bit.ly/3vHDgOh>

“Healing: When a Nurse Becomes a Patient,” by Theresa Brown, 2022. This book overviews the health and healing journey of the author’s experience with breast cancer. Ms. Brown, an experienced Oncology Nurse describes the surprises and lack of empathy she experiences, while also reflecting on her own prior care given to clients.

To learn more, visit the authors website: <https://bit.ly/43SgAra>