



The Brennan & Rogers, PLLC Journal *August 2019 Edition*



August Awareness Month Highlights



National Immunization Awareness Month (NIAM)

Annual observance held in August to highlight the importance of vaccination for people of all ages. Vaccines work with your body's natural defenses to help



How to Choose the Right Home Care Provider

Aging in place is the goal; wanting to stay in our homes as long as possible is the most quintessential decision we can make. One of the hardest choices to make is selecting the appropriate in-home provider for your loved one and yourself. Take a look at the criteria you should consider.

The Planning Documents

safely develop immunity to disease and are among the most effective ways to protect against serious diseases. Many conditions are no longer common thanks to vaccines.

We often think about vaccines when it comes to children; however, vaccines aren't just for kids. You have the power to protect yourself against serious diseases like whooping cough, shingles, pneumonia, and flu as an adult. Making sure you are up to date with your vaccinations as an adult can protect children who are too young to be vaccinated yet. Some illnesses, such as the flu can make it harder to control your blood sugar (glucose), which is especially dangerous if you have diabetes.

Before vaccines are licensed, they are tested and carefully monitored even after to ensure they are safe. Vaccines can cause side effects, as is the case with all medical products. The most common side effects are mild and go away quickly.

You can use the [CDC's Adult Vaccine Assessment Tool](#) to determine if you require any vaccinations. Also, if you are traveling to a foreign country, review if you need any [travel vaccinations](#).



[Medic Alert Awareness Month](#)

Medic Alert was born in 1953 when physician and surgeon Dr. Marion Collins' daughter Linda Collins had a severe laceration while on vacation. Linda's uncle

[Recommended for Execution After Receiving an Alzheimer's Diagnosis](#)

You or a loved one have recently received a diagnosis of Alzheimer's. That in and of itself is a lot to comprehend. While it is healthy to take some time to digest what that means, you shouldn't wait long before thinking about what the next steps are that you should consider. Even if the person has only intermittent periods of clarity, they may still be able to sign planning documents, and this is true even with a mental illness diagnosis. Don't wait until the last minute!

[TSA Cares Program: Assisting Disabled or Medically Challenged Passengers](#)

TSA Cares is a program launched on December 22, 2011, to assist those with disabilities or medical conditions requiring assistance for traveling. When a passenger with a disability or medical condition calls TSA Cares, a representative will assist with either information about screening that is relevant to the passenger's specific disability or medical condition or the passenger may be referred to disability experts at TSA. Passengers should call approximately 72 hours ahead of travel so that the TSA can coordinate checkpoint support with a Customer Service Manager located at the airport if necessary.

[Noteworthy](#)



Smilie Rogers was inducted as a member of the Kennebunk Rotary Club in July!

was following standard protocol when he spot tested her with Tetanus Antitoxin that contains horse serum. In a matter of minutes, Linda went into full anaphylactic shock, coming dangerously close to losing her life. "My parents realized that if one tiny drop of the antitoxin had produced that reaction, I'd probably be killed by a full dose," she recalled. "Thereafter, when I went away from home for a weekend or to a neighboring town for school events, they'd attach a note to my coat or have me wear a paper bracelet describing my allergies." Medic Alert was a combination of Linda's idea for a silver bracelet engraved with her allergy on it and the phrase "Medic Alert" with the staff of Asclepius added by her father Dr. Collins. A local San Francisco jeweler received their design and fashioned the first Medic Alert bracelet. Dr. Collins established the Medic Alert Foundation International a few years later with the help of fellow professionals. "We are not here to make money. We are here to save lives," he said. The family invested \$30,000 of their own money and spent many hours running the company from their home in the beginning.

Medic Alert ran public service announcements creating momentum for their company and making themselves a household name. In 1996, Chrissie Collins was awarded the American Medical Association's highest honor - "The Citation for Distinguished Service."

Their services have expanded beyond medical jewelry to include digital memberships. Options for medical information storage, physician and caregiver emergency alerts, Wandering Support, printable forms, and Advance Directive/ DNR form storage are available at a variety of price points.

Local Events in August and September



- [Wells HarborFest](#)- August 3, 2019
11am-4pm at 331 Harbor Rd in Wells, ME.
- [Kennebunk Rotary Club Annual Chicken Barbecue](#)-Thursday August 8, 2019 from 5pm-7pm at the Waterhouse Center in Kennebunk Maine.
- [South Berwick Lanternfest](#)- August 14, 2019 (Rain Date of August 15, 2019) at Spring Hill Restaurant.
- [Maine Sunflower Festival](#)- September 14, 2019 at Pumpkin Valley Farm in Dayton, ME.
- [Eliot Festival Day and 5K](#)- September 28, 2019. [Race at 8:30am](#) with festivities to follow

August Awareness Days

- August 4- [Coast Guard Day](#)
August 6- [National Night Out \(Kittery\)](#)
August 13- [National Left Handers Day](#)
August 16- [National Airborne Day](#)
August 26- [Women's Equality Day](#)
August 31- [International Overdose Awareness Day](#)





August Tidal Chart



August is here and summer is in full swing! It has been hot as of late so please remember to be smart in this heat. Enjoy these lazy days because before we know it, school will be back in session and the leaves will begin to change.



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Monday - Friday: 9am - 5pm
Saturday: By appointment
Sunday: Closed

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