



MCD Public Health

Insight Innovation Impact

September 2015

Director's Note

It is September and here in New England, apples are everywhere! Orchards are ready, teachers are primed, and reminders to eat right and exercise in order to get and stay healthy are strategically placed. Yes, you guessed it, September is [National Fruits and Veggies More Matters](#) month, just in time for back to school. Here at MCDPH, we know getting and staying fit takes more than just eating right. It takes doing things like exercise and moving around. Staying healthy also means choosing the right diet, exercise, and lifestyle habits that work for you. It can take trial and error as well as a little innovation before you can feel and see an impact. It can take translating research into innovative practices. I'm so proud to highlight just a few of our efforts this month to help our communities get and stay healthy. So grab an apple and read on!

- Kate



Kudo Corner

NERTC

On Thursday August 13, the Northeast Telehealth Resource Center (a project of MCDPH and the University of Vermont Medical Center) participated in a Telehealth Roundtable discussion convened by Senator Angus King. Moderated by Dr. Carol Kim of the University of Maine, stakeholders from across the state discussed specific opportunities for the Senator's office to support and strengthen telehealth policy and improve health access for rural Maine. Our very own Andrew Solomon, Project Manager for NERTC, was thrilled to speak at the meeting, providing an introduction and overview of telehealth. Read more from the [Senator's Office](#), [mHealthNews](#), and [MPBN](#). Some of the telehealth challenges highlighted include lack of access to broadband in more rural areas, insurance reimbursement, legal issues of licensure, varying state policies making cross border collaboration difficult, and uptake of provider adoption and training in new technology.

According to Senator King's website, "Senator King is a member of the Health Information and Management Systems Society's Capitol Hill [Steering Committee on Telehealth and Healthcare Informatics](#). As a member of the steering committee, Senator King is working with his colleagues to support technology developments that are revolutionizing the delivery of rural health care services."

In other telehealth news, [Maine Quality Counts](#) hosted a webinar on September 1 featuring our NERTC Telehealth Staff. Topics included types of telehealth; reimbursement policies in Maine; first steps to develop a telehealth program; and an overview of some no-cost resources available to help build or sustain a telehealth program. [Watch the recording here.](#)

NETRC and MCDPH are eager to work with our partners throughout the state to continue to improve opportunities for telehealth. For more information or to request technical assistance, please visit netrc.org.

Project Spotlight

AMERICORP is here.



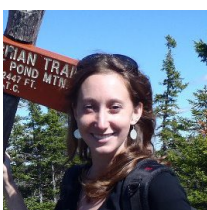
MCDPH is pleased to be a new AmeriCorp grantee. The effort will utilize financial support from the Maine Commission for Community Service and local partners to increase access to services and support in Somerset County! The goal of this project is to support our aging neighbor's abilities to make healthy lifestyle choices and to self-manage chronic disease.

With numerous challenges and few people to support them, many elderly and veteran individuals do not have confidence in their ability to achieve a healthy lifestyle, which often leads to feelings of being out of control, hopelessness, and depression. Specifically in more rural areas, challenges often include lack of transportation to health services, pharmacies, grocery stores and the limited opportunities for health education. There can also be limited access to safe and healthy physical activity. For instance roads which do not have a safe shoulder or sidewalk can limit just going for a stroll.



MCDPH AmeriCorp staff will train local community health outreach workers to identify seniors in need and link them to services. Focus will be on reaching seniors in isolation with others like themselves to overcome obstacles to a healthy lifestyle in rural Somerset County. Through one-on-one regular conversations, members and clients together will solve client-specific problems. By building a sense of community, specifically among veterans and elderly, it is hoped clients will become more tightly linked to primary health care services and social supports.

Those who have committed to hosting full time Americorp members include [Somerset County Public Health \(http://somersepublichealth.org\)](http://somersepublichealth.org), [Healthy Sebecook Valley \(HSV\)](#), [HealthReach](#), [Hospice Volunteers of Somerset County](#), and [Kennebec Behavioral Health](#). Other agencies have committed to assisting with implementation, coordinating services, hosting health education classes, and providing space and support include [Redington-Fairview General Hospital](#), [Kennebec Valley Community Action Program](#) (the only provider of limited public transportation in the county), and the Jackman School/Community Leadership Team.



To learn more about this initiative or how you can get involve, contact Liz Allen at ellen@mcdph.org.

Call to Action

An Apple a Day

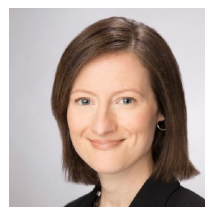


In honor of National Fruits and Veggies More Matters Month, check out Maine's Let's Go! 5-2-1-0 initiative and get moving! Five servings of fruits or veggies, 2 hours or less of screen time, 1 hour or more of physical activity, and 0 sugary drinks-it's that easy! Learn more by visiting: <http://www.letsgo.org>.

On the Move

Old Friends New Roles

MCD Public Health welcomes **Kalie Hess** and **Robin Hetzler** to their new roles as Healthy Maine Partnership (HMP) Lead Project Officers.



Robin Hetzler



Kalie Hess

In their new positions, they will support the HMP administration and initiative by serving as the primary point of contact at the state level to the HMP grantees. These two positions will work as conveners and leaders of District Support Teams, made up of the PH District Liaison, a staff member from SAMHS, to provide the necessary oversight and technical assistance to the local HMP's to assure that contractual obligations and work plan objectives are fulfilled. They will be working within Maine CDC Division of Population Health under the daily supervision of HMP Sr. Program Manager Andy Finch and work closely with MCD's own Dawn Littlefield-Gordon.

Robin and Kalie will be seated at the Key Bank Building and be joining Elizabeth Foley's team so you may see them occasionally in our MCDPH Augusta and Portland offices.

Brenda Hamilton has stepped aside from her role as Director at Healthy Lincoln County after four years at the helm of this now vibrant Healthy Maine Partnership. In her new role, she is based at our Augusta offices while she undertakes an oral health needs and resources assessment on behalf of the Maine CDC.



Brenda Hamilton



Anaise Williams

We also say "See you soon," to our fearless intern **Anaise Williams** as she moves to New York, NY to attend [Columbia University's Mailman School of Public Health](https://www.columbia.edu/cu/mailman/school_of_public_health/). Anaise came to us last fall after completing a Fulbright year researching women's reproductive health experiences in Bangladesh. While at MCDPH she worked closely on several projects including support for the Women, Infants, and Children project, Maine Immigrant Access Network (MAIN)'s community needs assessment (a project featured in July's newsletter), Healthy Lincoln County and 21 Reasons substance abuse prevention work, and other projects. We are hoping she someday returns to Maine to continue to impact the lives of her co-workers and the communities she serves.

National Health Observances

Suicide Prevention Week, September 7-13 <https://www.nami.org>

Farm Safety Week, September 20-25: <http://www.necasag.org>

World Heart Day, September 29: <http://www.world-heart-federation.org/index.php?id=123>

Atrial Fibrillation Awareness Month: <http://www.stopafib.org>

Childhood Cancer Month: <http://curesearch.org>

Childhood Obesity Awareness Month: <http://www.coam-month.org>

Mark Your Calendars!

Community Health Worker State Network Strategic Planning: How and Why?

Webinar, September 16, 3:30-5:00. FMI and to register:

<https://www.eventbrite.com/e/chw-state-network-strategic-planning-how-and-why-tickets-18058320924>

Northeast Regional Telehealth Conference, September 23 & 24, 2015, Burlington, VT. <http://netrc.org/conference>



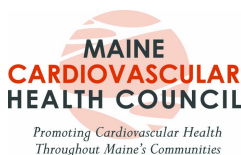
Got Drugs?

Turn in your unused or expired medication for safe disposal
Saturday, September 26th,
10 a.m. – 2 p.m.



National Prescription Drug Take Back Day, Saturday, September 26, 10-2. [Check here](#) for a location near you.

American Public Health Association Annual Meeting, October 31-November 4, Chicago, IL. <http://www.apha.org/events-and-meetings/annual>



Maine Cardiovascular Heart Council 2015 Cardiovascular

Summit: Apples to Oranges Heart Disease: Men and Women are NOT Created Equal, Thursday, November 12, 2015, Samoset Resort, Rockport, Maine. Potential for CME, ANA, and CHES credits, continue to check for FMI: www.mainehearthealth.org or contact Diane Campbell at 207-622-7566, ext. 230 dianec@mcdph.org or Tina Love at 207-622-7566, ext. 226 tlove@mcdph.org.

National Association of Chronic Disease Director's monthly webinar

3rd Thursday (September 17), 3:30

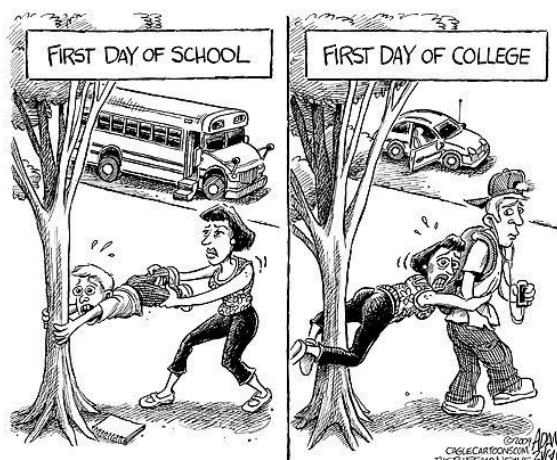
eastern, FMI contact: NACDDWebmeetings@chronicdisease.org



Rural Population Health Learning Community webinar Monday September 28th, at 3:00 pm eastern, FMI contact: kperkins@mcdph.org

FMI: Rural Healthy People 2020, the companion document to **Healthy People 2020**, was released in June. To download a copy visit:

www.sph.tamhsc.edu/srhrc/rhp2020.html



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