



This month at MCD Public Health:

This year March in Maine is making the slow transition from ice and rain to spring mud season without much hoopla. Shovels remain at the ready, largely ignored this year. Of course, this is still New England and all this could change in the next five minutes. Another New England standard is the volunteerism that runs deep in our communities. It is with that spirit we cover Healthy Lincoln County's participation in the [#KickButts!](#) campaign to curb tobacco use. When asked, our [NETRC team](#) helped recruit a national leader on telehealth for a conference keynote. Most compelling this month, is the community "connected-ness" our [AmeriCorps members](#) are forging in Somerset County. Together, we can and do have a collective impact.



Be well,

Kate

Member Spotlight

AmeriCorps Members Making an Impact



Cheryl Curtis



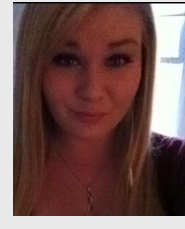
Liza Russell



Christine
Demchak



Emily Leighton



Sarah O'Meara

In celebration of **AmeriCorps week March 5-12**, we caught up with Cheryl Curtis, one of five MCDPH AmeriCorps members in Somerset County. Cheryl serves with two other members, Liza Russell and Christine Demchak, at Somerset Public Health, affiliated with Redington-Fairview Hospital. We are proud to welcome Emily Leighton and Sarah O'Meara who have just come on board to serve with Kennebec Behavioral Health. Our volunteers are hard at work supporting our neighbors to age in place, minimize their health disparities, champion healthy lifestyle choices, and to self-manage chronic disease. To learn more about this work, we caught up with Cheryl Curtis:

MCDPH: So where are you today?

CC: Today I am working out of the Medical Office Building which houses the Skowhegan Family Medical Practice. The building is connected to Redington-Fairview General Hospital. AmeriCorps members also spend a fair amount of time on the road traveling to meet with clients scattered all over Somerset County-all the way up to Jackman. In fact we travel to Jackman twice a month to meet with clients and community members-a three hour round trip.

MCDPH: How do you get connected to the people in the community?

CC: There are a few main channels that funnel folks our way. Sometimes this is a warm hand off right here in the medical building by medical providers or the hospital's case worker. From there we may connect for a home visit. Other cases may be referred to us

through town offices--like when someone comes into sign up for general assistance. Still others come from caring neighbors who know someone who could use a hand. Folks can also self-refer.

MCDPH: What kinds of services do you provide?

CC: It really depends on what people need. We provide people with resources to connect them to local primary care doctors, area food cupboards, local transportation, and even information for helping them with Advanced Directives. We can also connect them to volunteer opportunities, or with resources so they can better help others. For instance, we provide evidence based learning opportunities to the people who live in Somerset County, ME.

MCDPH: What kinds of learning opportunities?

CC: Spectrum Generations has trained us to deliver the "[Living Well for Better Health](#)," workshop. We have also been trained to facilitate the "[National Diabetes Prevention Program](#) (NDPP)."

MCDPH: What are your home-visits like?

CC: They are really varied depending on the needs of the client. For instance, some veterans live too far from Togus to travel there for services. So we help them to enroll in the [Veteran's Choice Program](#) which allows them to see a doctor closer to home. Another client had a stroke and needs help reading his mail. While this sounds easy enough, a lot of his mail requires him to respond by filling out forms, make appointments, call for services, or to make corrections. This is time well spent as this allows him to properly use the resources he has or to find other resources that will help him live as independently as he can in his own home. Some clients also need help and information in order to gain access to local food cupboards.

MCDPH: What are some of the challenges that come with rural living?

CC: No transportation, isolation, the "rural-ness" itself...being so spread out and the lack of easily accessible resources urban settings can offer. Even jobs are not as plentiful. You take what you can get. You also really have to plan. You can't go to a mall, the nearest is an hour away. You learn to live with what you don't have, and you adapt. It makes you a stronger person. It also makes for a stronger community when we pull together.

MCDPH: What are the most rewarding aspects of this work?

CC: When you are meeting with clients and participants you feel like you can have a little bit of an impact on their lives when you can give them independence and a feeling of well-being. By allowing us to help others and see them succeed, that is our reward, joy, and pleasure.

MCDPH: What would you say to anyone thinking of becoming an AmeriCorps member?

CC: I see this as both a job and a training opportunity to equip myself for my next adventure. What I have learned from people both in the community and the office is invaluable.

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This AmeriCorps program is funded by the Maine Commission for Community Service and the Corporation for National and Community Service. To learn more about this initiative or how you can get involved, contact Liz Allen at [eallen@mcdph.org](mailto:eallen@mcdph.org).

**Bonus Question:**

How many AmeriCorps members helped to meet local needs, strengthen communities, and increase civic engagement through national service in Maine in 2014-2015?

- a.) 1,000
- b.) 1,600
- c.) 2,600
- d.) 3,200

Test your understanding of the impact this program has!

[Check out our Facebook page to test your answer.](#)

# Kudos Corner



From left to right, front row: Tom Mahoney, Ricki Waltz, Nadejda Stancioff. Second row: Caren Clark, Tory Wright, Anni Pat McKinney, Patricia Buck Welton, and Mike Glennon.

## Healthy Lincoln County is ready to #KickButts!

HLC's Substance Use Prevention Partners have pledged to help anyone who wants to Kick Butts on March 16th. Won't you join them? Share your story on how you are kicking butts on the Healthy Lincoln County Facebook page: [HLC FB page](#) or learn more @ [#KickButtsDay](#)

# Project Spotlight

## Telehealth Solutions



Nina Antoniotti, PhD, MBA, RN Executive Director for Telehealth and Clinical Outreach, Southern Illinois University School of Medicine provides afternoon keynote at Maine Quality Counts

When our colleagues from Maine Quality Counts requested assistance with recruiting a compelling speaker for their **February Learning Session**, the NETRC team knew just who to connect them with! **Dr. Nina Antoniotti is Executive Director for Telehealth and Clinical Outreach at Southern Illinois University School of Medicine** and a national leader in advancing telehealth.

On Friday, February 5, Dr. Antoniotti's keynote focused on telehealth and its utilization in primary care entitled, **"Moving Beyond the Bricks and Mortar - Current and Future State of Telehealth in Primary Care: The Virtual Visit."** Over 200 Maine Quality Counts members and stakeholders, including healthcare providers, administrators and support programs staff from around the Maine learned about innovative telehealth solutions and their potential impact for increasing access and improving health outcomes in the primary care setting. The NETRC team was also on hand to network with many new and existing colleagues around how we can continue to help with integration of telehealth models across Maine and the region.

As always, please reach out with any telehealth related queries or challenges - our team is happy to help: call 800-379-2021 or click [netrc@mcdph.org](mailto:netrc@mcdph.org).

# At the Statehouse

Highlighting neighbors helping neighbors

On February 11, [Tina Love and Diane Campbell were at the Statehouse](#) representing the Maine Cardiovascular Health Council and MCD Public Health. They were showing off the 198 AED's that have been placed as part of the HRSA Rural AED Grant. Only 102 to go! Does your community need an AED? Contact Tina Love at [tlove@mcdph.org](mailto:tlove@mcdph.org) today!

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## Mark Your Calendars!

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### Don't miss out on these upcoming events:

#### **Comprehensive Sexuality Education Conference**

Sponsored by ME Family Planning, ME DOE, ME CDC, MECASA, MCEDV, UMF, and New Beginnings

April 8, 2016, 8:30 AM - 3:30 a.m., Augusta Civic Center

Workshops, keynote, exhibits, and plenary sessions for teachers, school nurses, health educators. \$50 registration fee.

FMI contact: Lynne Kaplowitz, (p) 248-3927 (f) 622-0836

email: [lkaplowitz@mainefamilyplanning.org](mailto:lkaplowitz@mainefamilyplanning.org), click: [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)

Annual "**Beyond the Basics of Suicide Prevention**" Friday, May 6, 2016. Cross Insurance Center - Bangor, Maine. Hosted by Maine Suicide Prevention Program. Details to follow.

**National Association of Chronic Disease Director's monthly webinar**, 3rd Thursday (March 17, 2016), 3:00 eastern.

FMI check out [NACDD calendar of events](#).

**Rural Population Health Learning Community webinar** Monday, March 28, 2016 at 3:00 pm eastern, FMI contact: [kperkins@mcdph.org](mailto:kperkins@mcdph.org). This month discussion will center on what's involved in implementing a telehealth program as a rural provider. We'll hear from researches, FQHC, and more.

**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](http://www.sph.tamhsc.edu/srhrc/rhp2020.html).

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