



Preventing disease, promoting wellness, increasing access, and improving quality.



This Month at MCD Public Health

It's October, and in the words of a recent Nobel Prize winner, "The times, they are a-changin'." Here at MCDPH we are hard at work keeping you up to date on all things public health. First up is the latest from [AmeriCorps Somerset County](#)--new members, new year!



Kate
Perkins,
Director

In case you missed it, we've provided a recap and, if you were lucky enough to attend, a chance to give your feedback of the [MPHA's 32nd Annual Meeting](#). This month we also highlight our newest resource: an evidence-based national training for [Community Health Workers](#).

For Red Ribbon Week, we invite you to join us in [Taking the Pledge](#) to keep youth drug and alcohol free. As fall tends to bring us indoors, we've also included [Lead Poisoning Prevention tips](#). As always, we have also included [upcoming meetings and events](#) you don't want to miss.

Here's wishing you a safe and Happy Halloween.

Be well,

~Kate

Project Spotlight

AmeriCorps Somerset County

The AmeriCorps Somerset County Program is proud to announce it has been awarded a continuation AND has recruited two new AmeriCorps members, Lourine Weller, and Amy Lessard! Lourine and Amy join two members who are continuing to serve with us for a second year, Cheryl Curtis and Liza Russell. They will serve with Somerset Public Health to connect older adults to area health and social resources with a focus on assisting Somerset County residents to access primary care, food support and opportunities to volunteer in the coming year.



(l to r): Cheryl Curtis, Amy Lessard, Liza Russell, and Lourine Wel

On October 7, 2016, AmeriCorps Members were sworn in at the Maine State House and pledged to complete a year of service. Check out images from the day on [AmeriCorps Somerset County's Facebook page!](#)

Curious about how you can serve as an AmeriCorps member? [Click here](#) or email the Project Manager at allen@mcdph.org. Members are offered either full or part time positions with benefits that include a living stipend and eligibility for an education award upon successful completion of service. Members who are aged

55+ at the time of service can gift their education award to a child or grandchild to help pay for college expenses. All members receive training and professional development.

This program is managed by MCD Public Health in collaboration with local partners including Somerset Public Health and the Senior Strong Committee. The program is sponsored by the Maine Commission for Community Service and is funded by the Corporation for National and Community Service. The program is available to all, without regard to race, color, national origin, disability, age, sex, political affiliation or religion.

Around Town



Were you one of the 300+ lucky attendees at MPHA's 32nd annual meeting? Hopefully you enjoyed a productive, engaging, and inspirational meeting, and left with ideas and insight that will benefit your public health education and promotion efforts! MPHA asks you to take [a short evaluation](#) by Friday, October 28th (for QI, of course!).

In case you missed it or would like to relive the experience, check out these links:

- All **conference and presentation slides** are available [here](#).
- **Recordings of the Keynote and Plenary speakers** are on the [MPHA Facebook page](#).
- **Sizzle Reels** are posted on the [MPHA YouTube channel](#). MPHA asks that you subscribe and share! (See reel #2 for MCDPH's sizzling programs!)
- **Celebration Reception and Annual Conference photos** are also posted on the [MPHA Facebook page](#).

Kudos Corner

Community Health Worker Training

MCD Public Health launches their national Community Health Worker On line Training Program www.chwtraining.mcdph.org!

This training is intended for community health workers who assist clients in the prevention, management, and self-management of chronic conditions such as high blood pressure, hypertension, prediabetes, diabetes and asthma. The online training complements CHW in-person core competency training with added education, skill building and access to resources for managing chronic conditions. It includes over four hours of evidence-based training content designed to be self-paced, educational and interactive. FMI: visit www.chwtraining.mcdph.org, email chwtraining@mcdph.org or call us 207-622-7566 ext. 259.



Image from our evidence-based on-line CHW training

Raise Awareness

Take the Pledge

Did you know children whose parents talk to them regularly about drugs are 42% less likely to use drugs than those who don't? -yet only a quarter of teens report having those conversations.

Learn more about what you can do to help keep kids drug and alcohol free by visiting the [Healthy Lincoln County Facebook page](#), [HLC's website](#), the [21 Reasons website](#). Then [Sign the Red Ribbon Pledge](#) to talk to teens about drugs, set clear rules, a good example, monitor, and widen your net to include family and friends.



Take time to talk with youth about drugs and alcohol

Lead poisoning prevention



Check old windows for chipped paint.

If you live in a home built before 1950 you can assume your home has lead paint. You are also likely to have lead if your home if it was built before 1978 when lead paint was banned. When lead is absorbed into the body, children are especially at risk for learning disabilities, behavior problems, hearing damage, language or speech delays and lower intelligence. That means you need to do certain things to live safely with lead paint to protect your children from lead poisoning. [Click here to learn more about how parents, providers, homeowners, and others can play a role in preventing childhood lead poisoning here.](#)

Here are seven things you can do to help protect your family:

1. Contact us to get a FREE home lead dust test kit to find out if your home has a lead dust problem and what to do about it. [Order your free kit online.](#)
2. Ask your child's doctor about a blood lead test.
3. Once a week, clean floors, windowsills and tabletops with a wet mop or cloth.
4. Always wash children's hands after play and before meals, naps and bedtime.
5. Frequently wipe down toys, clean stuffed animals and wash bottles or pacifiers.
6. Routinely check painted windows, doors and floors for peeling or chipping paint.
7. Never dry scrape or sand chipping peeling or chipping paint. Learn how to renovate, repair and paint safely before beginning any home improvement projects.

Mark Your Calendars!

APHA Frontier and Rural Health Committee! Find out what's happening on all things rural at the Annual APHA meeting using the [APHA app](#). Search using the key word, "rural" and find all the presentations, posters, and for the date, time, location for our rural health "business meeting" scheduled for Monday near dinnertime. This meeting is in conference materials listed as part of the Medical Care Section... so you can search by section name or by date.

Maine Health Management Coalition & Maine Medical Association Annual Symposium. October 27, 8:00 a.m. to 5:00 p.m., Holiday Inn by the Bay. [Click here to register.](#)

Tobacco Intervention: BASIC Skills Training, November 2 & 15, January 11, February 7, March 2 & 15. All-day trainings at various locations around the state. Continuing Education Credits & Contact Hours (for nursing, dental, alcohol and drug, and physicians) will be available upon completion of an online evaluation. Participants must attend the entire training to receive a certificate or credit. [Click here for more information and to register.](#)

Tobacco Intervention: Intensive Skills Training, December 7-8, 2016 and April 5-6, 2017. Two-day trainings at separate locations. Continuing Education Credits & Contact Hours (for nursing, dental, alcohol and drug, and physicians) will be available upon completion of an online evaluation. Participants must attend the entire training to receive a certificate or credit. [Click here for more information and to register.](#)

National Association of Chronic Disease Director's monthly webinar (formerly a conference call), Thursday October 27th, 2016), 3:00-4:30 eastern, FMI [click here.](#)

Innovations in Managing Cardiovascular Disease (Maine Cardiovascular Health Council's 2016 Summit) November 10, 2016. To register, [click here.](#)

Comprehensive Sexuality Education Conference, April 7, 2017, Augusta Civic Center, sponsored by Maine Family Planning, Maine CDC, New Beginnings, UMF, MCEDV, MECASA, Maine DOE. [Click here to register.](#)

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