



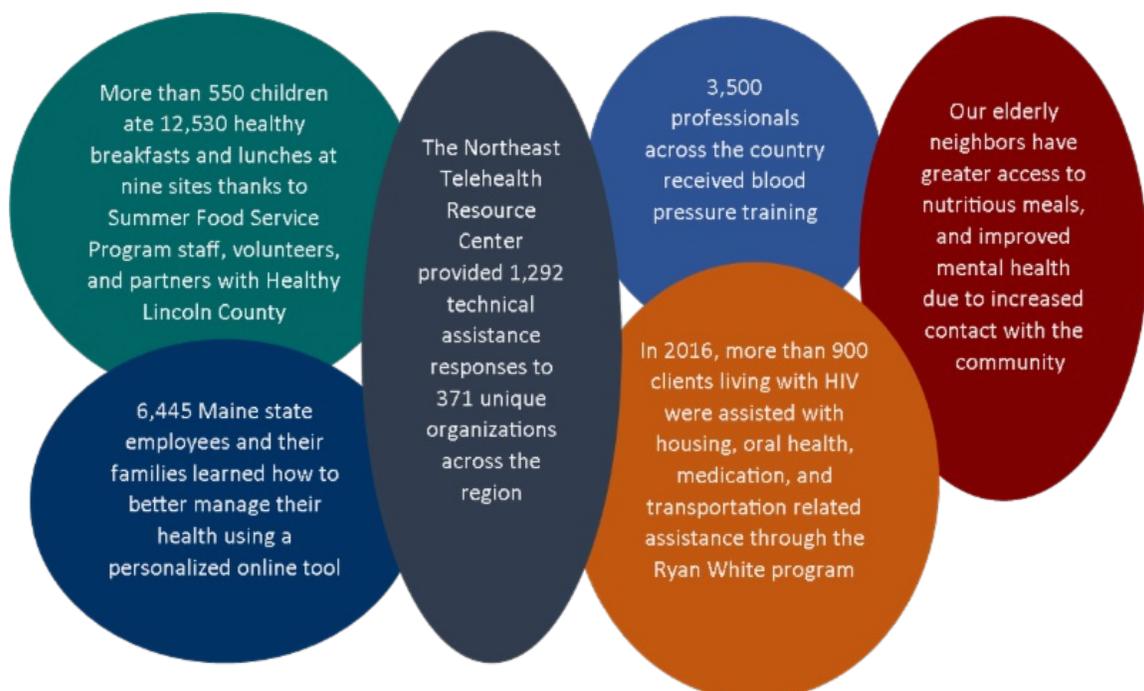
## This Month at MCD Public Health

Dear Colleagues:

In our last MCDPH e-Newsletter, our long-time leader and friend - Kate Perkins, shared that she would be moving on to new adventures, which have now placed her in the thick of things occurring in D.C. and within the [Center for Medicare and Medicaid Innovation](#). As Co-Directors of MCD Public Health, and on behalf of the entire MCDPH team, we would like to take this opportunity to pay homage to Kate's tireless efforts toward advancing public health, and its infrastructure here in Maine and beyond. We would also like to thank her for serving as a perpetual advocate for her team, and for those we have and will continue to serve under our mission. While Kate's departure is indeed a loss for our organization, and for our partners and stakeholders, we wish her the very best in her endeavors and look forward to what lies ahead for MCD Public Health!

Lisa Miller – *The Bingham Program* and MCD Board Member: "Kate is one of those unique finds – someone who is both a big thinker and a doer all in one – a real shining star..."  
Best wishes, Kate!

Change is occurring swiftly at the national level, and each of us will continue to see and feel the evolution of that change on regional and local levels in the coming months. That said, our commitment to improving the health and well-being of people, through a wide variety of collaborative and innovative efforts will NOT change. With a focus on bridging public and clinical health outcomes for the best collective impact, our team includes an increasingly diverse skillset among internal staff, as well as external partners within healthcare, communities, business, government, universities and other organizations. Our strengths lie in the relationships we have developed with our colleagues and stakeholders, and our "boots on the ground" approach to addressing the challenges and opportunities we face in achieving good health for all. Here are just a few highlights from our *2017 MCDPH Year in Review*, which will be released in full next month:



As we embark on our new path, we look forward to maintaining and growing the relationships that have been so vital to our work over the years. Please don't hesitate to reach out with new ideas, or just to reconnect around how we can best work together to achieve common goals around disease prevention, improved access to quality care, and enhanced health outcomes.

On behalf of the MCDPH team, best wishes for a healthy and productive 2017!



**Elizabeth  
Foley,  
Co-Director**

Best Regards,  
Elizabeth and Danielle



**Danielle  
Louder,  
Co-Director**

## Kudos Corner

### **TDES<sup>®</sup> and TDES<sup>2!</sup>**

This is just one example of the incredible impact that MCDPH team efforts have on the individuals and stakeholders we serve. Led by Tina Love and Phonse Allen-Laney, TDES<sup>®</sup> has been an integral part of MCDPH's efforts to combat the impact of diabetes here in Maine for more than a decade. This particular story comes from a member with the Maine Municipal Employees Health Trust (MMEHT), a long-time TDES<sup>®</sup> client, and one of Maine's largest state-wide health trusts. Featured below is Ty Morin from the Sanford Sewerage District, a MMEHT member and recent TDES<sup>®</sup>/TDES<sup>2!</sup> Graduate. Ty has agreed to let us share his story. In his words, this is how TDES<sup>®</sup> worked for him  
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"I was extremely satisfied with both the TDES<sup>®</sup> and TDES<sup>2!</sup> Programs. I decided to enroll in TDES<sup>®</sup> because I was ready to make changes in my health. Doing the calls over the telephone was very convenient and the individual contact was more appealing to me than group classes, and I saved money with the co-payment waiver for my diabetes medications and supplies. The application and enrollment process was quick and easy. The information for both programs was clear and easy to understand and the diabetes educator was organized, on time

and very helpful.

I am proof that this program works! My A1C was 10.5 and I weighed 235 pounds. My A1C is now 5.9-6.0, I have been able to reduce my medications, and now weigh 165 pounds! I actually had to go buy new clothes - down 2 sizes!

The cost for strips and medications are a big factor, and not having the stress of co-pays was a huge relief. Also, getting recipes from the dietician kept the menu from getting boring. If you have been diagnosed with pre-diabetes or type 2 diabetes, this is your opportunity to take control! It's easy, it's free and all about you!"

Congratulations and many thanks again to Ty for sharing his story! Our sincere thanks as well to all of the wonderful TDES educators out there making a difference every day, and to our TDES team for their long-time commitment to increasing access to innovative and practical education and resources through this meaningful program!

## Project Spotlight

### **AmeriCorps Somerset County Program**

The AmeriCorps Somerset County Program spent time visiting with residents of the Skowhegan Cedar Ridge nursing home in honor of the **Martin Luther King Jr. National Day of Service**. Members helped out with a serious game of Bingo and handed out treats at a musical ice cream social. Members had a great time chatting with residents, learning about their families, and hearing some of their favorite memories. One resident really encouraged our group to get out there and learn how to waltz. Another resident told members a surprising joke about medicare eligibility! We had a lovely day getting to know more of our senior neighbors in Somerset County.



L to R: Lourine Weller, Amy Lessard, and Liza Russell

## Mark Your Calendars!

**National Wear Red Day** - February 3, 2017. Help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health. [Click here for more information.](#)

**Tobacco Intervention: BASIC Skills Training**, 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.](#)

**SAVE THE DATE - QC2017 - In It Together: Achieving Excellent Patient & Provider Experience**, April 5, 2017, Augusta Civic Center. Join us this year to investigate the emerging link between patient experience and provider experience - and the profound impact that both have on quality and cost. [Please email](#) for more information.

**Tobacco Intervention: Intensive Skills Training**, April 5-6, 2017. Two-day training at DoubleTree by Hilton in South Portland. 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.](#)

**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.](#)

**SAVE THE DATE - APHA's 2017 Annual Meeting & Expo - Creating the Healthiest Nation: Climate Changes Health**, November 4-8, 2017, Atlanta, Georgia.

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