

The Latest News From MCDPH - July 2018

Dear Colleagues;

We hope this month's newsletter finds you well, and enjoying the so-called "lazy" days of summer. The pace hasn't slowed down here at MCDPH, and while it's likely the same within your organizations, we hope folks have, or will take some well-deserved time away to refresh batteries, and come back ready to take on the exciting, and challenging work we all have before us. Whether focused on addressing substance use disorders, providing increased food security, combatting the marketing and use of electronic cigarettes among our young people, continuing the tireless work to prevent disease, or the host of other public health issues, the need to persevere in our practice has never been stronger. The list is long, and resources are limited, but please remember we're all in this together, and together we will continue to make a lasting impact, both nationally and globally.

July is National Ultraviolet (UV) Safety Month, and we've included a focus on sun safety and skin cancer prevention in this edition. Speaking from personal experience with having a surgical procedure for removal of a highly atypical nevus (mole) – it's no joke. It can be painful, leaves a scar, and slows you down for a few days while it heals. Needless to say, it's essential to remember your sunscreen and/or cover up when out in the sun in order to prevent skin cancer and other UV related issues. It's also important to be watchful of any changes in your skin, and report them to your primary care provider and/or dermatologist as soon as possible.

It's also a time of growth for the MCDPH Team. We currently have openings for two new staff, working with colleagues at MeCDC to provide project assistance to the Maine Radon and Maternal and Child Health Programs – see more information and a link to apply below. And please stay tuned for additional positions we'll be posting soon, for roles within the Maine School Oral Health Program. If you'd like to join our innovative team, or know of others who may be looking to dive into a new and exciting role within a great public health organization, please don't hesitate to reach out.

Enjoy these wonderful weeks of summer as they fly by – we'll be back in touch next month!

Best Regards,
Danielle Louder & Elizabeth Foley
Co-Directors, MCD Public Health

2018 NETRC Conference

Last month the Northeast Telehealth Resource Center was thrilled to host over 200 colleagues (representing all 8 NETRC states and from as far as Alaska, California, and Hawaii) at our **4th Annual Northeast Regional Telehealth Conference**. With 36 speakers presenting 24 sessions, we discussed topics ranging from telehealth

reimbursement and legal/regulatory considerations, to model programs such as **Project ECHO**, and clinical specialties that included telehealth for speech-language pathology and obesity management.



We would like to thank everyone who contributed to making the conference a valuable experience (96% of attendees representing health care organizations who completed the post-conference evaluation [n= 70] said that the information/experiences they gained would help advance telehealth at their organization). We would also like to send special thanks to our Keynote Presenter, Laurie Poole, who shared lessons learned from the very impressive Ontario Telemedicine Network (check out [their telemedicine promotional video](#)), as

well as plenary speakers Kenneth McConnochie (University of Rochester), Mary Zelazny (Finger Lakes Community Health), and Jonathan Neufeld (Great Plains Telehealth Resource and Assistance Center). If you were not able to attend this year, we hope to see you at our 2019 Conference or at one of the [many great telehealth events coming up this fall](#).

Local Success with National Summer Food Program

Healthy Lincoln County's sixth summer food-service program is in full swing, offering meals at multiple sites throughout Lincoln County.

The USDA-funded summer meals program is open to all children ages 18 and under, no questions asked, and no registration required. Healthy Lincoln County sponsors over a dozen meal sites in order to give children access to free, healthy meals.

While many children receive free or reduced breakfasts and lunches during the school year, the need for nutritious meals continues through the summer. Additionally, providing meals in the summer can be a financial burden for families that rely on school-based programs. In several Lincoln County Schools, over 50 percent of students receive free or reduced meals.



The Summer Meals Program is taking place all throughout Maine and the country. For more information on this program, visit the [USDA Food and Nutrition Service website](#).

LOOKING FOR A FREE SUMMER
MEALS PROGRAM?

TEXT: FOOD
TO 877-877

To find a Summer Meals
Program in your area!

Board Member Highlight

We are pleased to welcome Anita Barry, M.D., MPH, to the MCD Board of Directors. Dr. Barry, board certified in Internal Medicine and infectious Disease, has extensive experience in public health. Dr. Barry was the director of communicable disease control at the Boston Public Health Commission from 1984 to 2017. As the director, she was responsible for the surveillance and control of all communicable diseases in all of Boston. In addition, for over thirty years, Dr. Barry taught as an assistant professor of medicine at the Boston University School of Medicine and as an assistant professor of public health at the Boston University School of Public Health. Throughout her life, Dr. Barry served and continues to serve on various advisory groups and committees, including the National Association of County and City Healthy officials Infectious Disease Prevention and Control Workgroup. We are thrilled to have her join the MCD team.



Please join us in welcoming Dr. Barry!

News From the Nation and Abroad

July is National Ultraviolet (UV) Awareness Month

In May, many public health professionals participated in Skin Cancer Awareness month, highlighting risk factors and prevention strategies. This month, we are focusing on sharing the harrowing effects UV light can have on the skin and the eyes and ways for everyone to have a safe and healthy summer. Visit the American Academy of Ophthalmology for more information on how to be [SunSmart](#).



ULTRAVIOLET (UV) RAYS FROM THE SUN ARE THE MAIN CAUSE OF SKIN CANCER.

TO PROTECT YOURSELF FROM UV RAYS:

Wear sunscreen that provides both UVA and UVB protection. Make sure to reapply as directed.

Wear protective clothing such as hats, sunglasses, and rash guards.

Spend some time in the shade if possible. The sun is strongest between 10am and 4pm, so try to take a break from the sun during these hours.

Avoid tanning beds.

MCDPH Events & Opportunities



Two Project Assistant Positions Available

MCD's Public Health division is seeking talented individuals for the following positions:

- Project Assistant- Radon Program
- Project Assistant- Maternal Child Health (MCH) Referral Program

Both positions are full-time, 40 hour positions located at the Maine CDC KeyBank offices in Augusta, Maine.

For more information, full job descriptions, or to apply [click here](#).

MCDPH Events for 2018



[See All Upcoming Events](#)

Partner Events

World Hepatitis Day- July 28, 2018 - For more information or campaign materials, [click here](#).

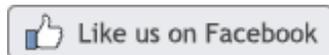
World Day Against Trafficking in Persons- July 30, 2018 - For more information or campaign materials, [click here](#).

MPHA 34th Annual Conference: Addiction & the State of Public Health in Maine- October 16, 2018 - Augusta Civic Center, Augusta, ME For more information, [click here](#).

New England Rural Health Round Table's 2018 Rural Health Conference- November 7-8, 2018 - Sunday River Resort, Newry, ME. For more information, [click here](#).

APHA Annual Meeting and Expo- November 10-14, 2018 - San Diego, CA. Theme - "Creating the Healthiest Nation: Health Equity Now." For more information and submissions, [click here](#). Registration will open on June 4th.

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