

The Latest News From MCDPH - October 2019

Dear Colleagues;

We're building our team of public health professionals! Whether here in Maine or other locations, we all have a stake in improving the health and well-being of our communities and the people we serve. To accomplish this, it takes a diverse, dedicated and skilled team to tackle the numerous public health issues we face on a local, state, national, and global level. We encourage you to explore our more than [25 career opportunities](#) here in Maine, Maryland and in international locations across the globe, and hope you'll consider joining our team and together, we can collectively work toward improving health for all people.

As always, we hope you find our newsletter helpful and look forward to connecting with you in November.

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

MCDPH Attends MPHA Annual Conference



MCDPH Team members at the Maine Public Health Association (MPHA) 35th annual meeting.

Earlier this month, several MCDPH team members were fortunate to attend the Maine Public Health Association's (MPHA) 35th Annual Conference themed "One Maine, One Health." The largest statewide meeting dedicated to public health in Maine, this year's event pulled together hundreds of public health professionals from across the state, and featured an engaging keynote address by Maine CDC Director, Dr. Nirav Shah, who challenged us to think about collaborative and innovative ways to address key public health issues moving forward.

Attendees also heard key national updates and priority focus areas from APHA President, Dr. Pam Aaltonen, as well as a diverse set of breakout sessions covering a number of existing and emerging public health issues.

[Learn more about MPHA.](#)

October is Breast Cancer Awareness Month

National Breast Cancer Awareness Month is a worldwide campaign held every October to raise awareness on breast cancer prevention, screening, diagnosis and treatment. According to the [American Cancer Society](#), more than 268,600 cases of invasive breast cancer will be diagnosed in 2019. However, breast cancer prevention



can help reduce the number of people who develop breast cancer. It's important to know the risk factors, screening options, and symptoms of breast cancer. Take some time to educate yourself, and your loved ones.



American Cancer Society Recommendations for the Early Detection of Breast Cancer

Guideline for women at *average risk* for breast cancer



Ages 40 – 44

Woman should have the choice to start annual breast cancer screening with mammograms if they wish to do so.



Ages 45 – 54

Woman should get mammograms every year.



Age 55 and older

Women can switch to mammograms every two years, or can continue yearly screening. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

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Introducing Our New Board Members

Jennifer Morton, DNP, MPH, APHN-BC



Jennifer Morton serves as Associate Professor and Program Director of the School of Nursing and Population Health at the University of New England.

Dr. Morton has research and scholarship interests that are centered on nursing workforce development in community settings, while also serving and improving outcomes of some of society's most vulnerable. Most recently, in collaboration with Maine's Office of Child and Family Services (OCSF) at Maine's Department of Health and Human Services (DHHS), the Maine Advanced Nursing Education, Sexual Assault Nurse Examiner Training Grant aims to increase the number, capacity of practice, and reach in Maine's most rural

areas to respond to victims of sexual assault.

Dr. Morton has led health professions students and faculty in a cultural immersion in healthcare experience as a partnership with the Ghana Health Service and the University of Cape Coast in the Western region of Ghana.

Representative Holly Stover



Representative Holly Stover is serving her first term in the Maine House. Representing: Boothbay, Boothbay Harbor, Edgecomb, Southport, Westport Island and part of South Bristol District #89.

Representative Stover began her career in the non-profit sector, focusing on at-risk children, youth and families and overseeing residential programs and a homeless shelter. She went on to join the state Department of Behavioral and Developmental Services, now the Department of Health and Human Services, working in program and policy development and statewide partnerships with non-profits.

Representative Stover retired after 23 years of service and is now the Executive Director of Lincoln County Dental and the program director of the Addiction Outreach Program of the Boothbay Region Community Resource Council.

MCD is incredibly fortunate to add the knowledge and expertise of these two individuals to our diverse and passionate Board of Directors.

Meet Our Team

Katie MacDonald is the Project Coordinator of the Youth Suicide Prevention Program at the Maine CDC. She holds a Master's in Public Health, with a Bachelor's in Women's Studies. Previously, Katie worked at the Maine Coalition Against Sexual Assault (MECASA) as the Prevention Coordinator, and at the Maine CDC as a Health Educator in substance use prevention. During her time at MECASA, she helped create the Children's Safety Partnership (childrenssafetypartnership.org), a project to help schools implement the new child sexual abuse prevention law. She is passionate about primary prevention, with a specific interest in building strength and resiliency skills among Maine youth. Katie is also a certified dog trainer, and obsessed with her two dogs-- Dexter and Bennett.



Join Our Team

Domestic Public Health



[Click here](#) to see current opportunities

International Public Health



[Click here](#) to see current opportunities.

Upcoming Events

National Rx Drug Take Back Day



**DEA NATIONAL ^{Rx}
TAKEBACK**

**Saturday,
October 26**
10 a.m. – 2 p.m.

DEATakeBack.com



The National Prescription Drug Take Back Day is a country-wide event that addresses a growing public health issue. Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse. Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a health care provider's supervision. Help make a stand against prescription drug misuse by turning in your unused or expired medication for safe disposal.

For more information on Drug Take Back Day, visit the DEA's website.

Maine Cardiovascular Health Council Summit

The Maine Cardiovascular Health Council invites you to their 2019 Summit: Advancing Science in Cardiovascular Care on **November 7th**. This event brings together healthcare providers from around the state who are interested in the latest information regarding cardiovascular care.

For more information and to register, [click here](#).



Partner Events

Prevention Professionals Days - October 29-30, 2019 - Freeport, ME. For more information and to register, [click here](#).

2019 American Public Health Association (APHA) Annual Meeting & Expo - November 2-6, 2019 - Philadelphia, PA. For more information, [click here](#).

New England Rural Health Association's 2019 Rural Health Conference - November 6-7, 2019 - Newry, ME. For more information, [click here](#).

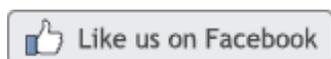
2019 Maine Cardiovascular Health Council Summit - November 7, 2019 - Rockport, ME. For more information, [click here](#).

Beyond the Basics in Suicide Prevention Annual Conference - April 10, 2020 - Augusta, ME. For more information, [click here](#).

Save the Date: Northeast Regional Telehealth Conference - June 8-9, 2020 - DoubleTree by Hilton, Manchester, NH.

Get In Touch
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