

The Latest News From MCDPH - June 2019

Dear Colleagues,

Last month, a group of us had the privilege of connecting with public health professionals across the country at the **National Network of Public Health Institutes** (NNPHI) annual conference in Washington DC. We walked away invigorated and hopeful, and we want to share highlights from the two keynote speakers that resonated with us:



Where you live shouldn't determine how long you live, but it does. Research shows that in many areas nationwide, a mile can mean 15 more years of life for someone living in an affluent neighborhood as compared with someone living in a poorer underserved community, just several blocks away.

Dr. Anthony Iton, keynote speaker, shared the work and impact of the **California Endowment's Building Healthy Communities** initiative that is dedicating its resources exclusively to addressing social determinants rather than paying for health care. Evidence is clear that higher levels of social spending, not healthcare spending, are strongly associated with better health; yet the US spending ratios are inverted. In the book, "The American Healthcare Paradox: Why Spending More is Getting Us Less", Dr. Iton shared that in the US, for every dollar spent on health care, fifty-five cents is spent on social services compared to an average two dollars on social services for every dollar spent on health care in other developed countries.

He left us with a strong message that to drive change, you must gather evidence and facts and also craft narratives that allow individuals and communities to tell their stories, because ultimately those narratives can help to build policies that advance equity. "You can change the narrative by investing in a new narrative, and letting it take hold," he said.

Keynote presenter, Rev. Canon Ronald David, M.D., "danced on thin ice" by discussing the importance of compassion in all public health interactions. He encourages us to honor the relationships with those we serve, insisting that "relationships are primary, and all else is derivative." He warns us that, "anywhere there is a tear in relatedness there is disease, despair, and premature death," and he asks us to look at where the tears are in our communities. By viewing our challenges through this lens, and by strengthening our relationships with empathy and vulnerability, we can discover solutions in abundance.

We were inspired by the information discussed by all the presenters and encourage you to explore ways to enhance the relationships in your communities— because if not us, who? And if not now, when?

Best Regards,

National Summer Food Program

Find Your Summer Meal Location!

LINCOLN COUNTY

LUNCH ONLY

- 1) Boothbay Clifford Park Playground
55 Back River Road
Boothbay, ME
6/17-8/23; M-F;
11:30AM-12:00PM
- 2) Boothbay Region YMCA
261 Townsend Ave
Boothbay Harbor, ME
6/17-8/23; M-F;
11:00AM-12:00PM
- 3) Jefferson Scoop Ice Cream Stand
271 Waldoboro Road
Jefferson, ME
6/19-8/23; M-Sun;
11:30AM-2:30PM
- 4) Waldoboro Public Library
958 Main Street
Waldoboro, ME
6/27-8/15; Th ONLY;
11:15AM-12:15PM
- 5) Prescott Memorial School
100 Waldoboro Road
Washington, ME
6/10-8/14; W ONLY;
11:30AM-12:30PM

BREAKFAST & LUNCH

- 6) Camp Knickerbocker
157 Barbers Island Rd
Boothbay, ME
6/17-8/23; M-F;
8:30-8:30AM;
L 11:30AM-1:00PM
- 7) CLC YMCA
525 Main Street
Damariscotta, ME
6/19-8/23; M-Sat;
B 7:30-8:30AM;
L 12:00-1:00PM
- 8) Miller School
145 Kalers Corner St
Waldoboro, ME
6/19-8/23; M-F;
B 9:00-9:30AM;
L 12:00-1:00PM
- 9) Warren Community School
117 Eastern Road
Warren, ME
6/24-8/23; M&F Only;
B 7:30-8:30AM;
L 12:00-12:30PM
- 10) Wiscasset Community Recreation Center
242 Gardiner Road
Wiscasset, ME
6/1-8/16; M-F;
B 7:30-8:30AM;
L 11:30-12:30PM



Healthy Lincoln County's seventh 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 nearly a dozen meal sites 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 takes place throughout Maine and United States. For more information on this program, visit the [USDA Food and Nutrition Service website](#).

Bringing Wellness to the Workplace

Over the last year, the MCD Wellness Committee has revamped their services in order to provide effective and engaging wellness programs to all staff across the organization. The goal of the MCD Wellness Committee is to promote overall health and well-being, by highlighting the **eight dimensions of wellness**. Two successful initiatives in recent months have included the addition of a "Wellness Wall" and an MCD Wellness Book Club.

Wellness Wall



The "Wellness Wall" is the center piece of MCD's new wellness corner. The Wall houses rotating information focused on various public health topics. For example, in May, the information on mosquito and tick borne disease prevention as well as sun/skin care was highlighted. The Wall also features key information regarding MCD's other wellness initiatives, such as the book club and use of a health tracking app that allows users to gain rewards. The newly developed wellness corner offers more than just the wall of information. In this space, the MCD Wellness Committee offers free healthy snacks to employees, books to read, and a comfortable space for employees to take breaks.

In May, the MCD Wellness Committee launched their first ever Wellness Book Club to all employees across the organization. The goal of the book club is to provide an opportunity to engage with team members and connect on a deeper level by reading constructive and engaging literature. In May, the book club read *The Culture Code* by Daniel Coyle. Reading this novel led to the book club engaging in rich and meaningful conversation regarding the culture of MCD as an organization.

Next month we are reading *Educated* by Tara Westover. We encourage you to read along with us, and reach out with your thoughts!

THE WELLNESS COMMITTEE
IS PLEASED TO INTRODUCE THE:

MCD WELLNESS BOOK CLUB

Do you love to read? Do you enjoy getting away from your desk during lunch? Looking to know your colleagues better? If so, please consider joining us for our monthly book club!

Meet Our Team

Korey Pow - Maine CDC



Korey is a Maine native who attended the University of Maine where she earned her bachelor's degree in Biology with a minor in Molecular and Cellular Biology. She earned her Masters of Public Health from Boston University School of Public Health where she studied Epidemiology and Biostatistics specifically focusing on infectious disease. Currently, Korey is living in Brunswick and is newly embedded in the Maine CDC as Project Coordinator of the Maine Integrated Youth Health Survey. In her free time she can be found doing anything and everything with her yellow lab, Finn.

Kiley Schramm - Maine CDC

Kiley is joining us as the Project Assistant for the Maternal and Child Health Referral Program. Kiley graduated from Husson University in 2015 with a bachelor's degree in Healthcare Studies. Before joining the MCD team, she was a staffing coordinator for a home health agency specializing in private duty nursing services for high acuity pediatric cases. In her free time she can be found horseback riding, walking outside, crafting, or listening to a podcast.



Join Our Team

MCD is seeking talented individuals for both domestic and international positions:

Domestic Public Health



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

International Public Health



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

Upcoming Events

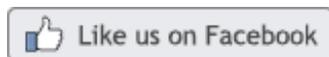
Prevention Professionals Days - October 29-30, 2019 - Freeport, ME. For more information, [click here](#).

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](#).

Get In Touch
MCD Public Health
11 Parkwood Dr.
Augusta, ME 04330
P: 207-622-7566
Email: info@mcdph.org



Join Our Team



Website

About Us

Contact Us