Local Public Health Across the Lifespan

Annual Meeting
April 28, 2014
Healthy Communities of the Capital Area (HCCA) is a non-profit public health organization working locally to improve the health and quality of life in our communities.

**Mission**
To convene people, organizations and communities to collaborate on quality of life and public health issues.

**Vision**
Happy, thriving, interconnected people, organizations, and communities who are empowered to improve their quality of life.

HCCA serves approximately 70,000 people across the towns of Augusta, Chelsea, Farmingdale, Fayette, Gardiner, Hallowell, Litchfield, Manchester, Monmouth, Mount Vernon, Pittston, Randolph, Readfield, Vienna, West Gardiner, Wayne, Windsor, Winthrop, and Richmond.
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June 2013 – April 2014

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Comments from the Board Chair

I start my brief comments with a thank you to the excellent staff at Healthy Communities of the Capital Area. From the Executive Director, Joanne Joy, to the newest staff member, their professionalism, deep knowledge of prevention and community engagement, personal passions, and creative responses to challenges create a powerful force to address prevention in our towns and across the state.

Over the past year, and in keeping with the core intentions of the World Health Organization’s definition of Healthy Cities/Healthy Communities⁴, HCCA has refocused on its mission to convene people, organizations and communities to collaborate on quality of life and public health issues. In this way, healthy change is owned more thoroughly by the community members.

Throughout this Annual Report you will read snippets of collaborations, successes and next steps related to many of our initiatives. I take this time to draw your attention to a particular project that fits our mission in an authentic way.

- T.I.M.E: Time to Increase Meaningful Engagement, is funded by a Maine Community Health Access Foundation (MeHAF) initial one year pre-planning process that convenes 1) representatives of organizations that serve our most vulnerable community members such as low income families and children and behavioral health clients and 2) members of those populations in group interviews, to identify local and changeable conditions that would improve health overall.
- This grant is in three phases, with the first described above. The second phase supports the planning needed to create an effective intervention, and if that planning is successful, the third phase will be to fund implementation.

This is a rare opportunity to have funding for this level of intensive engagement and analysis of the data. Stay tuned for updates on this project and others.

Thank you for your ongoing interest and commitment to local public health. Enjoy our report and the Annual Meeting.

Jim Wood, Chair
HCCA Board of Directors

⁴Healthy city is a term used in public health and urban design to stress the impact of policy on human health. Its modern form derives from a World Health Organization (WHO) initiative on Healthy Cities and Villages in 1986, but has a history dating back to the mid 19th century.[1] The term was developed in conjunction with the European Union, but rapidly became international as a way of establishing healthy public policy at the local level through health promotion.[2] It emphasizes the multi-dimensionality of health as laid out in WHO’s constitution and, more recently, the Ottawa Charter for Health Promotion.[3] An alternative term is Healthy Communities, or Municipios saludables in parts of Latin America. [http://en.wikipedia.org/wiki/Healthy_city April 23, 2014]
Board Secretary’s Annual Report to the Members and Guests

*HCCA Board Members:* Mary Frances Bartlett; Dick Dyer, Vice Chair; Dan Emery; Rob Gordon, Acting Treasurer; Virgel Hammonds; Kala Ladenheim, Secretary; Barbara Moss; Jane O’Rourke; Emilie van Eeghen; Fred White; Jim Wood, Chair

| Board of Directors | The HCCA Board of Directors oversees the policies and finances of this non-profit organization which serves as the local Healthy Maine Partnership (HMP) and a Drug Free Communities (DFC) coalition. The board represents a range of organizations including health care providers, municipal government, schools, a CAP agency, social services, businesses and schools. In keeping with the focus on serving the community across the lifespan, the board is interested in adding new members involved with adult, older adult, and youth issues. The 2014 nomination of Tom Warren, the new CEO of the Kennebec Valley YMCA meets those goals for physical activity across the lifespan. |
| Meetings | The Board of Directors met regularly in the past year on the 4th Monday, from 3:30-6:00 in January, March, May, July, September, and November in the offices of the United Way of Kennebec Valley. Current members are active and involved in providing direction, policy and programmatic oversight and budget review.  
- The Executive/Finance Committee met prior to the full board meetings.  
- Other Committees meet as needed.  
- Partnering organizations were presented at most meetings this year, reflecting the importance of networking for HCCA.  
- By-laws amendments were proposed, Executive Director and board evaluations were conducted, and director succession planning has started. |
| Summary of Programming | The convening and collaborating functions of HCCA have placed us in an excellent position to apply for and be awarded grant funding for a wide range of prevention efforts. Leveraging partnerships and building networks have been keys to HCCA’s activity this year. As the portfolio of funding gets increasingly diverse, HCCA has added financial management capacity to work with multiple small projects, and strives to balance a community-level perspective with meeting the requirements of the various funders. The public health programming focuses in large part on reducing use of an exposure to tobacco, increasing physical activity, improving nutrition and preventing substance abuse in many community settings. Additional programming includes SNAP-Ed classes, FoodCorps efforts, local foods assessment, a food hub feasibility study and a Farm-2-School initiative, increasing tobacco free living and tobacco treatment in behavioral health settings, and providing lead poisoning prevention supports. An innovative project is in a pre-planning process funded by MeHAF to identify a core issue related to health which may lead to an implementation process. The board is investigating ways to assure that its efforts truly reach across the life span. |
| Sustainability | A core strength of HCCA is the ability to convene and collaborate with key partners: not merely providing programming, but helping to build the capacity of each partner to integrate healthier, doable, viable options. Funding—particularly for core functions—and sustainability continue to be an important focus for the board. |
| Join HCCA | If you are interested in collaborating with HCCA, or joining our Board of Directors, contact Karen Tucker at 207-588-5012 or ktucker@mcd.org or visit the website at www.hccame.org. |

Submitted by Kala Ladenheim, Board Secretary: April 22, 2013

Service Area: Augusta, Chelsea, Farmingdale, Fayette, Gardiner, Hallowell, Litchfield, Manchester, Monmouth, Mount Vernon, Pittston, Randolph, Readfield, Richmond, Vienna, Wayne, West Gardiner, Windsor, Winthrop
Board Treasurer’s Summary Report

HCCA is a 501(c)(3) non-profit organization and the Local Healthy Maine Partnership (HMP). We host a Drug Free Communities Coalition and multiple prevention initiatives funded by federal, state, and foundation grant awards. The Local Service Area includes 18 communities in southern Kennebec County and Richmond in Sagadahoc County.

- Healthy Maine Partnership funding through the Fund for a Healthy Maine focuses on reducing tobacco use and exposure, improving nutrition, and ensuring adequate physical activity through policy changes.
- The Drug Free Communities coalition grant is through SAMHSA at the federal level. Funding is for five years and ends in September of this year with a possible 5 year extension. That application is pending. Additional substance abuse prevention funding includes the Federal STOP Act Grant to support law enforcement, and state funds to reduce youth alcohol and marijuana use, and to prevent prescription drug abuse at all ages.
- Many smaller funding streams help support a broader approach to collaborative public health including lead poisoning prevention, assessing local foods capacity/food hub viability/community food council format, integrating tobacco treatment in mental health and substance abuse treatment settings, and providing a home for the FoodCorps member.
- Medical Care Development provides financial, IT, HR, and employment services via a management services agreement.
- HCCA’s fiscal year starts July 1 as do the Maine awards. Federal grants start their fiscal year on October 1, and various foundations largely fund for one year from the date of the award, which varies. This budget reflects all grants awarded between July 1, 2013 and March 31, 2014 regardless of fiscal year of the grant.

Budget Summary: July 1, 2013 through March 31, 2014: Total awards of $741,004

- Personnel is the largest expense with 5 full-time and 4 part-time employees, a FoodCorps member and one intern.
- Healthy Maine Partnership funds maintain the coalition, community health planning, participation in Central District Coordinating Council and efforts to reduce tobacco use, improve physical activity & nutrition.
- Substance Abuse Prevention includes 2 federal grants and 5 streams of funding from the state of Maine.
- Access to Local Foods includes FoodCorps, assessing local foods and food hub potential, Farm-to-School efforts and SNAP-Ed.
- Small Grants range from $500 to $25,000 with most between $4,000 and $6,000 for short term efforts not covered by larger grants, but identified as needs by the board members, community partners, and staff.

<table>
<thead>
<tr>
<th></th>
<th>Healthy Maine Partnership</th>
<th>Substance Abuse Prevention</th>
<th>Local Foods</th>
<th>Other Public Health</th>
<th>Small Grants</th>
<th>Total FY14</th>
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<tr>
<td>Revenue</td>
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<td>255,552</td>
<td>26,000</td>
<td>60,556</td>
<td>741,004</td>
</tr>
</tbody>
</table>

Personnel expenses include: Salary and fringe for all programs
Operating expenses include: Rent, maintenance, landline and cell phones, internet, website, professional development, advertising, materials and supplies, printing, postage, memberships, publications, meeting supports, staff travel reimbursements, 10% fee to MCD for management services agreement
Consultants and mini-grants include: Educators, a tobacco specialist, champions for school health leadership teams, youth engagement, UMA outreach, law enforcement, responsible retailer trainings, and drug take back efforts

Submitted by Robert Gordon, HCCA Board Treasurer: April 28, 2014

Service Area: Augusta, Chelsea, Farmingdale, Fayette, Gardiner, Hallowell, Litchfield, Manchester, Monmouth, Mount Vernon, Pittston, Randolph, Readfield, Richmond, Vienna, Wayne, West Gardiner, Windsor, Winthrop
Highlights: Efforts to reduce the impact of tobacco use in our communities continues to be a strong focus for HCCA. Quitting tobacco continues to be the most significant behavior change to improve the health of individuals and those around them; never starting is even better!

Moving Forward
Youth Prevention: NO BUTS for Kids Here: Blocking Underage Tobacco Sales
HCCA hosts interns from both UMF and UMA who spend some time “on the job” promoting NO BUTS trainings to tobacco retailers to prevent underage tobacco sales. This is an excellent hands-on introduction to public health policy and environmental change strategies. We look forward to continuing the internship relationships with our university partners.

Increased Smoke-Free Venues
HCCA works with community partners to promote increased smoke-free outdoor settings as we learn more about the negative impact of tobacco smoke and related litter in open air settings. HCCA is working with agricultural fairs, youth sports locations and the Kennebec River Rail Trail to be smoke-free settings and to provide appropriate signs. If you have a favorite outdoor venue that may be interested in a smoke-free or tobacco-free policy, let us know.

Project Integrate
HCCA currently serves as the fiscal agent for a statewide volunteer workgroup, Project Integrate, which focuses on increasing tobacco treatment options and tobacco-free settings available to behavioral health clients. These populations smoke at 2-3 times the rate of the general population, experience much higher rates of chronic disease, and die on average 20 years younger than the general population. Despite these grim statistics, tobacco policies and treatment opportunities for people in behavioral health settings lag way behind those available to the general population.

The Bingham Program is funding a two year effort ending June 30 to assist mental health and substance abuse treatment services to 1) improve smoke-free policies, and 2) increase capacity of staff to treat or refer clients for effective tobacco treatment. Two years of funding have progressed this cause, but more work needs to be done to address what is ultimately a social justice issue; everyone has the right to live a tobacco-free life.

Though this is a very high need project, there are few resources for funding. Statewide partners (the Breathe Easy Coalition; the Maine Public Health Association; and the Partnership for a Tobacco-Free Maine, CDC, DHHS) are contributing resources to improve smoke-free policies but more funding is needed to reduce the tobacco challenges facing behavioral health populations.
Highlights: The Alliance for Substance Abuse Prevention (ASAP) is the Drug Free Communities Coalition (DFC) hosted by HCCA with a primary focus on preventing underage substance use. Our DFC funding is in the fifth year of a five year federal SAMHSA grant award. The application for an additional five year grant (years 6-10) has been submitted with an anticipated notification in August or September. If awarded, many new projects will begin in October 2014, including youth-managed tobacco cessation groups and integration of substance abuse prevention with support of individuals in long-term recovery. ASAP members oversee all state and federally funded substance abuse prevention initiatives of HCCA. Currently ASAP is expanding and diversifying its membership.

Moving Forward:
Coalition groups will continue to meet to focus on how they can help youth:

Law Enforcement Taskforce: All law enforcement agencies within the 18 towns of southern Kennebec County are members of HCCA’s Law Enforcement Taskforce. Members meet regularly to plan on collaborative efforts to reduce underage alcohol and other drug use, including “compliance checks” with retailers, encouraging retailers to participate in Retail Beverage Sales Trainings, conducting detail regarding reports of youth drug or alcohol use, and supporting unused medication take-back days.

School Action Team: After a break for the summer, representatives from local school districts will continue to meet monthly to collaborate on substance abuse prevention efforts in schools, learn about resources available, and identify ways to most effectively reduce substance abuse in schools. The School Action Team serves as a pipeline for HCCA to assess the needs and assets of our schools so we can best support the students in each district.

Parent Action Team: The Parent Action Team is in the early stages of development and has been very helpful so far! Parents meet once a month to share resources and identify programs in which they can take part, thereby supporting substance abuse prevention efforts in their local schools. We are looking forward to further developing this group in the coming school year.

Youth Engagement: HCCA and ASAP are focused on encouraging social norm change through the development and support of youth groups at local schools. This year at Maranacook, students mentored 7th graders and sat on a youth panel at a substance abuse prevention conference. At Winthrop, students went to the Maine Youth Action Network conference, participated in “Sticker Shock” to raise awareness about providing alcohol to minors, and will be presenting at a middle school wellness day. We will continue to support these groups and hope to expand the youth group initiative into more school districts.

Recovery Community: Collaborating with people in long-term recovery from substances ensures that all levels of prevention are supported through ASAP’s work, including supporting students who might already have an issue with substances or are at greatest risk. We will foster this relationship and continue to work together to ensure that all students have access to the resources they need to live a healthy life.

Emerging partnerships: HCCA continues to build and expand community partnerships with Spurwink Services and the University of Maine at Augusta (UMA). Contracting with Spurwink allows HCCA to offer educational sessions on mental health and substance abuse as a co-occurring issue to local schools and other community groups. Through working with UMA, HCCA welcomes interns to support our substance abuse prevention work and to support local workforce development.
Highlights: In the third year of implementation, FoodCorps programming in Gardiner and Augusta has become a catalyst for substantial change in the school food environments and has encouraged over 1,000 students to eat healthier.

Moving Forward:
Growing Gardens for Smarter Students
Research indicates kids are more likely to come to school, be engaged in their learning, make healthier choices at lunch, feel more confident and test higher in science, technology, engineering, and math subjects when engaged in a school garden as part of their curriculum. Since beginning with HCCA three years ago, FoodCorps has built three school gardens at Gardiner schools, and ground has just broken on a fourth in Augusta! This March, Cony School received a grant written by FoodCorps Service Member Andrea Snow in partnership with Brenda Weis, a health teacher and long-time school garden and student wellness advocate. With the partnership of Cony staff, students, parents and community partners, the new Cony Garden will flourish as a hands-on science and nutrition laboratory for the 7th and 8th grade, as well as provide summer engagement for the Augusta Boys & Girls Club for Teens. Gardiner Area High School was also recently awarded a donation of seven fruit trees, and plans to begin their academic orchard in mid-May of this year. Every garden with FoodCorps involvement is tied into the curriculum for several classes or a student group, to ensure that children are developing food literacy as well as a taste for fresh fruits and vegetables.

Improving School Lunch
Changing the eating patterns of children growing up in a fast food world is not easy. However, school lunch provides an opportunity to help our youngest develop healthy habits that will last their whole lives. In Gardiner and Augusta, FoodCorps activities promote fresh, delicious, wholesome food in cafeterias through taste tests, student-planned meals, and featuring produce grown by local farmers or the students themselves. Every Riverview Community School student tried Super Butternut Squash soup, made with local produce at a price cafeterias can afford, and students emphatically approved! Similar events at the Gardiner Area Middle School with blueberry-kale smoothies on National Kale Day, and Gilbert Elementary with carrots and student-made dip brought excitement about vegetables to the lunchrooms. With continued collaboration between staff, nutrition directors and FoodCorps, both Gardiner and Augusta are working towards improving healthy choices for their students.
Highlights: SNAP-Ed provides nutrition education to individuals and families who are eligible for SNAP benefits. Five HCCA staff contribute to the success of this demanding initiative. Jacqueline Wainoris continues as the coordinator and provides educational sessions at schools and community locations. As of June 2013, HCCA added Rachael Reynolds to the staff as a nutrition educator specializing in early childhood settings. Karen Tucker conducts store tours while Renee Page and Jane Hutchinson provide administrative supports. Below are descriptions of three of the current educational offerings.

Pick a Better Snack and Act (PABS&Act): PABS&Act, for grades K-3, allows students to try a new fruit or vegetable every month and gives them the opportunity to learn fun facts about that particular food and how it is helping their bodies. With existing connections in MSAD 11 and help from FoodCorps for connections to Gardiner and Augusta Schools, PABS&Act started with a bang in November of 2013 with six series at T.C. Hamlin School, River View Community School and Gilbert School in Augusta. Libby Tozier School in Litchfield signed on all eight of their classrooms in March of 2014 followed by Lincoln, Farrington and Hussey Schools aftercare programs in Augusta. This gives us a total of 17 series of PABS&Act going strong! Jacqui also reached 80 students grades 1-4 in March at Pittston Consolidated School during their Fuel Up to Play 60 event with a fun and interactive Eat the Rainbow themed class where students made colorful fruit kabobs. Teachers and students all rave about the fun they have during the energized PABS&Act lessons!

Eat Well Play Hard (EWPH): EWPH is for child care settings and Pre-K settings and is similar to PABS&Act in that children can try a new fruit or vegetable each class. Programming is delivered in a child care setting or preschool classroom. Rachael has been delivering four series of EWPH through Head Start in Augusta and a two series in Pre-K classrooms at the YMCA. Every week, children are excited to see her and try new healthy foods.

Cooking Matters: Cooking Matters Classes serve teens and adults. The classes are going strong in several settings: teen classes at Cony Middle School, adults at the Augusta Food Bank, and older adult classes at Margaret Chase Smith House.

Moving Forward: As the school year comes to an end ,Jacqui and Rachael have plans to begin a curriculum called Nutrition to Grow On with students grades 4-6 at summer care programs in Augusta. More Cooking Matters classes are scheduled to begin at venues such as Gardiner Adult Education, Capitol Clubhouse, and River Rock Christian Fellowship in Chelsea. This summer, staff will continue to be familiar faces at farmers’ markets that have SNAP EBT machines to promote upcoming SNAP-Ed classes and provide recipe ideas using local produce. Collaborations with local schools will continue and new relationships will begin as the 2014-15 school year approaches; Jacqui is working with the Laura E. Richards School in Gardiner and Carrie Ricker School in Litchfield to provide programming in all of their classrooms during the 2014-15 school year.
**Highlights:** HCCA is collaborating with more partners and building capacity to increase access to local foods across southern Kennebec County as both a health improvement strategy and a way to increase economic development.

**Moving Forward:**

**Community Food Councils**
HCCA partnered with local foods consultant Sarah Miller to conduct a local service area-wide food scan to identify access points and gaps to local foods as a first step in convening a community food council. After conducting four community forums across southern Kennebec County, the greater Gardiner and Winthrop areas emerged as ready to convene community food councils to more closely examine the local foods system and identify priority areas to increase access to local foods and support local growers. Each group continues to meet and is recruiting new members.

**Farm to School**
HCCA received a two-year $100,000 USDA Farm to School grant to link two school districts (MSAD 11 Gardiner Area Schools and RSU 38 Maranacook Area Schools) to two existing online local foods buying clubs (Kennebec Local Foods Initiative and the Maranacook Local Foods Buying Club). This is an effort to streamline ordering, processing, and distribution of local foods to schools while vetting sources for food safety and reliability, all known barriers to local purchasing by schools. The intent is to develop a process that can be replicated in other schools across the region.

**Food Hub Feasibility Study**
HCCA partnered with Western Kennebec Economic Development Alliance to conduct a food hub feasibility study carried out by Dyer Associates to determine the supply and demand for a local foods hub, defined by the USDA as a centrally located facility with a business management structure that helps with collection, storage, processing, distribution, and marketing of locally produced foods. This was a very small step in determining if southern Kennebec County is ready for a food hub, but some of the immediate takeaways are that a farmer-owned model may work better than an investor-owned model as many existing food hubs nationwide struggle to make a profit and, though the demand may be present for a hub in southern Kennebec County, having one may drive up the cost of food. The Executive Summary of the study is available upon request.
Rural Active Living Assessment (RALA)

**Highlights:** RALA is a set of three assessment tools used with municipal officials and community members to assess the physical environment features and amenities, town characteristics, community programs, and policies that can affect physical activity among residents in rural communities. Three assessments (1. Town-wide Characteristics, 2. Programs and Policies, and 3. Street Segment review) are used together to provide a comprehensive measure addressing many of the unique factors believed to be important to active living in rural communities. Two of our towns, Gardiner and Winthrop, have completed all three assessments. Ten other towns have completed the first 2 of the assessments. We are well on our way to facilitating the completion of the RALA in our 19 towns by June of 2016.

**Moving Forward:** Community groups within municipalities will convene to complete the Street Segments Assessment over the summer and fall months. Interested groups such as conservation commissions and recreation committees have shown interest in this project and some have already begun to meet. *If you are interested in taking part in completing RALA assessments in YOUR community, call (207) 588-5012!*

Healthy Maine Streets

**Highlights:** Maine Community Foundation and Medical Care Development received funds to help create Healthy Maine Streets in communities already engaged in Downtown Networks and Maine Street programming. Gardiner Main Street and the Augusta Downtown Alliance both have created Wellness Committees. HCCA has provided supports for both with a special focus on Gardiner. Highlights include a walking challenge called “*Take a Hike*” which consists of measuring your steps using a pedometer to hike the equivalent of the Appalachian Trail through NH and ME, *Clean Air Zones* highlighting the 20 foot smoke free area around doors and windows of businesses at open air events, and a “*Walking Train*” featured on WCSH Fit at Five / Healthy Maine Streets.

**Moving Forward:** In June there will be a celebration with great prizes for those who have participated in the “Take a Hike” Challenge. Next up, Healthy Main Streets is launching “Passport to Good Food”: local restaurants will offer up their healthiest choices and customers will gather “stamps” on their passports, thereby earning a chance to win Gift of Gardiner Certificates.

Lead Poisoning Prevention

**Highlights:** Lead poisoning continues to be a public health concern throughout Maine. Augusta and Gardiner are a focus for the Maine CDC because of the age of the housing stock. With each sale of paint, a small fee is collected to fund some limited prevention efforts. HCCA presents “How to do a Lead Dust Test” to social service agencies, home visitors, and childcare facilities. HCCA also provides trainings and/or materials to landlords, municipalities, and hardware stores.

**Moving Forward:** Information about obtaining and conducting a lead dust test will continue. Additional supports will be made available in the future to either renovate safely or prevent lead dust exposure.
Joanne E.A. Joy, Executive Director of HCCA, began her work with the organization in April of 2001 as the first Healthy Maine Partnership Director, 6 years before HCCA became a non-profit and eligible to receive the HMP grant independently. Joanne continues to lead the organization with a clear focus on the mission to convene people, organizations and communities to collaborate on quality of life and public health issues.

Renee Page, MPH, CLC, Assistant Director, oversees SNAP-Ed and FoodCorps implementation, is the lead on Farm to School and local foods efforts, and is HCCA’s primary school liaison.

Shay Daily, BS, CHES, Substance Abuse Prevention Project Coordinator, coordinates substance abuse prevention services from state and federal work plans. Facilitates activities, actions, and processes for the Drug Free Communities coalition: the southern Kennebec Alliance for Substance Abuse Prevention (ASAP).

Holly Hamilton, BS, Spring 2014 Intern, assists with current projects and has lead the group organizing the Town Hall Meeting, CARE for Youth.

Kalie Hess, MPH, Project Assistant, works primarily on substance abuse prevention through direct engagement with schools and parents. She also works on efforts related to Project Integrate and helps coordinate HCCA events.

Jane Hutchinson, BS, Project Assistant, works with Medical Care Development processing accounts payable and accounts receivable and collaborates with staff managing budgets and financial reports.
Neill Miner, MSW, Substance Abuse Prevention Project Director, manages two HCCA/ASAP federal substance abuse prevention grants. He brings to this assignment three decades of local and state level experience, developing and implementing substance abuse prevention and recovery support programs.

Rachael Reynolds, BA in Social Science from UMA, works as a SNAP-Ed Educator delivering nutrition and physical education to the low-income community in southern Kennebec County.

Andrea Snow, BS, FoodCorps Service Member, serves in school gardens, classrooms and cafeterias in Gardiner and Augusta to teach children how to love kale, to help teachers inspire a love of science, and to help schools create a better food environment for stronger, smarter, healthier students.

Karen Tucker, MSTD, Communications and Outreach Coordinator, works in the community with municipalities on public health initiatives. She also is HCCA’s primary liaison to public and media outlets, and proofreader extraordinaire.

Jacqui Wainoris, MS, RD, LD, SNAP-Ed Coordinator, schedules and delivers nutrition and physical activity education to the low-income community in southern Kennebec County.

Carson, Office Dog, promotes workplace wellness at HCCA. He keeps HCCA staff calm and reduces office stress, encourages physical activity, and increases coworker camaraderie.
Healthy Maine Partnership statewide is a collaborative effort among 27 local coalitions, the Maine DHHS (Maine CDC and Office of Substance Abuse), supported in part by the Fund for Healthy Maine and federal grants from the US CDC and SAMHSA.