

Coalition Meeting  
Thursday, March 17th   
3:30-5PM  
The Coastal House, Wells, Maine

Meeting Minutes

1. Updates from Staff
   1. The Drug-Free Communities grant application that we have been working on was submitted on Monday. We are hoping to receive this federal funding for the next 5 years to help support local substance abuse prevention efforts
   2. DITEP (Drug Impairement Training for Educational Professionals) training was held at Marshwood High School Tuesday and Wednesday this week with a good turnout. Those in attendance included School Resource Officers, Guidance Counselors, and Administration.
   3. We have completed Rural Active Living Assessments for all 9 towns. We would like to recognize the following 3 towns for their commitment to active living and present them with bike racks: Ogunquit, York, and South Berwick.
2. Amy Bouchard, Let’s Go 5210
   1. The Let’s Go program focused on changing enviornment/policies in:
      1. Childcares
      2. Schools
      3. Workplace
      4. Communities
      5. Out of schools
      6. Healthcare
   2. 5210 stands for:
      1. 5 or more fruits and vegetables
      2. 2 hours or less recreational screen time
      3. 1 hour or more of physical activity
      4. 0 sugary drinks, more water
   3. Contact: [arbouchard@smhc.org](mailto:arbouchard@smhc.org)
3. Abby King, Bicycle Coalition of Maine
   1. Advocacy and education nonprofit
   2. What do we offer?
      1. Trainings
      2. Events
      3. Webinars
      4. Technical assistance
      5. Connecting people
      6. Connecting the dots
      7. Online toolkit
      8. Policy help
   3. Community spokes
      1. Statewide group of over 100 champions
      2. Represent all 16 counties
      3. 2 trainings/year, next training: May in Washington county
   4. Don’t have to be experts to be advocates!
   5. Contact: [abby@bikemaine.org](mailto:abby@bikemaine.org)
4. Karen Young, Mount A to the Sea
   1. Coalition of 10 conservation association in Southernmost towns in York County
   2. Websites: [www.mta2c.org](http://www.mta2c.org) and gatewaytomaineoutside.org
   3. Goal: engage new audiences and more people
      1. Mental health and physical benefits
      2. Children and families
      3. Physically disabled
         1. Universal access trail
      4. Underserved and under resourced
      5. Seniors
   4. Contact: [kyoung@mta2c.org](mailto:kyoung@mta2c.org)

Discussion

1. Collaboration ideas
   1. Farmer’s Market in York offers table to nonprofit agency to showcase work
   2. Chamber of Commerce in York needs help with parking for bicyclists leaving cars
   3. We should all meet for a walk/bike ride. Could involve local legislators. Possible date: June 4th after the York Hospital 5K
2. Other ideas
   1. Assisted living/senior centers
      1. More universal access trails
      2. Someone could draft sheet of active opportunities/resources and give to activity directors
      3. Outreach to these groups to get them involved. Work with AARP?
   2. Need for signs that encourage walking in promotion of activity
      1. Resource: [www.walkyourcity.org](http://www.walkyourcity.org)
      2. Can order/customize signs to promote physical activity in your town
   3. Physical activity and youth
      1. Can be a protective factor
      2. Promote healthy activities and well being
   4. Need more education about bike rules
   5. Economic development
      1. Get people moving, who will get healthier and possibly spend money in the process
   6. Traffic concerns