



## Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

March 2016

### In This Issue

[An Update From Our Director](#)

[Engaging Active Communities](#)

[South Berwick RALA](#)

[Complete Streets Workshop](#)

[CTBH Provides Nutrition Guidance](#)

[Opiate Treatment Meeting](#)

[Regional Youth Training](#)

### Stay In Touch!



Choose To Be Healthy Coalition: YOUR Local Healthy Maine Partnership



[www.ctbh.org](http://www.ctbh.org)

Sue Patterson,  
Coalition Director

Devin Rowe,  
Healthy Maine Partnership  
Coordinator

Sally Manninen,  
Substance Abuse  
Prevention Coordinator

Michelle Mason,  
Program Assistant

### An Update From Our Director



Happy Spring!

We hope everyone is continuing to lead an active lifestyle despite winter limitations. This month we want to bring the focus to active living and showcase

opportunities to increase exercise where we work, live, learn and play.

What can you do? The York District Public Health Coordinating Council has an active sub-committee called the Obesity Workgroup/Let's Go Action Team. This group meets every other month and members share and collaborate on various projects. Please contact me if you'd like to attend our next meeting planned for April 6th.

Check out the invitations to our coalition meeting on March 17th and Complete Streets workshop on March 23rd. We also have copies of the York County Physical Activity Resource Guide-if you'd like one, please let me know or [visit our website](#). Another great resource for local outdoor activities is the Gateway to Maine Outdoors [website](#).

Please contact me at [spatterson@yorkhospital.com](mailto:spatterson@yorkhospital.com) with questions or for more information.

*Sincerely,*

*Sue Patterson*

Join us For Our Coalition Meeting on March 17th:  
Engaging Active Communities

## Upcoming Events

### [Organic Gardening Course](#)

March 5th, 12th, 19th  
10AM-12PM  
Berwick Public Library  
\*Pre-registration required

### [Opiate Treatment Conversation](#)

Monday, March 14th  
9AM-12PM  
York County Shelter  
Alfred, Maine

### [Kick Butts Day](#)

Tuesday, March 16th

### [Annual Problem Gambling Conference](#)

Thursday, March 18th  
9AM-4PM  
Bangor, Maine

### [Moonlit Beach Hike](#)

Tuesday, March 22nd  
7PM-9PM  
Wells Reserve

### [Changing the Legacy of Addiction: Families Recovering Together](#)

March 24th, 2016  
8AM-4PM  
Bangor, Maine

## Resource of the Month



Want FREE signs like these?

Have an upcoming event you are willing to market as being "tobacco-free?" We have mini grants available. Contact [Devin](#) or visit our [website](#) for more info.

## Spring 2016 Drug Take Back Day



Please join us to hear speakers from The Bicycle Coalition of Maine, Let's Go 5210, and Mount A to the Sea Coalition, as well as networking and a discussion on how we can collaborate to help make our communities active and

healthier!

**When:** Thursday, March 17th from 3:30-5PM

**Where:** The Coastal House at 2128 Post Rd in Wells, Maine

**Register** [here](#). For more information, contact [Devin Rowe](#).

## South Berwick Completes Rural Active Living Assessment

The Choose To Be Healthy Coalition, the Town of South Berwick, and other community partners have recently completed an assessment of the town.



The Rural Active Living Assessment (RALA) is a tool that was developed by the Maine Rural Health Research Center at the University of Southern Maine to help assess the "friendliness" of a community for biking, walking, and playing, especially for youth.

For more information about RALA and other active living initiatives, or to read a copy of the completed report, contact [Devin Rowe](#).

## Complete Streets Workshop



Do you want streets that improve safety and health, benefit the local economy, lower transportation costs for families, and foster strong communities?

Attend a public forum being held on Wednesday, March 23rd from 5-7PM at Saco City Hall Auditorium at 300 Main Street in Saco. Share your ideas about how cities and towns across Southern Maine can build complete streets that are safe and welcoming for everyone, including car drivers, bicyclists, pedestrians, wheelchair users, and bus drivers.

This event is free and open to the public. Light food and refreshments will be served. Please RSVP [here](#).



Mark your calendar!  
The next Drug Take Back Day is Saturday, April 30th from 10AM-2PM.

**Berwick:** Police Dept  
**Eliot:** Police Dept  
**Kittery:** Fire Dept  
**N Berwick:** Police Dept  
**Ogunquit:** Transfer Station  
**S Berwick:** Community Ctr  
**Wells:** York Hospital  
**York:** York Hannaford

For more information, including prohibited items, visit our [website](#).

## Dear Me Campaign



The DearME campaign features tobacco users writing letters to themselves about why they should quit.

These letters are personal, emotional, and present an extremely powerful cessation message

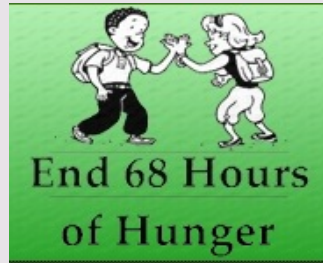
To see the ads, visit the Partnership for Tobacco-Free Maine [YouTube page](#).

## Our Fiscal Agent



## Our Funders

## CTBH Receives Funding to Provide Nutritional Guidance



The Choose to Be Healthy Coalition has received a one year grant from United Way of York County totaling \$5,000. This investment will enable CTBH to provide nutritional guidance and technical support for End 68 Hours of Hunger in York County.

End 68 Hours of Hunger is a nonprofit organization that provides backpacks full of food for children in need over weekends. CTBH has worked on obesity and hunger prevention for ten years, and this partnership with End 68 Hours of Hunger will be an extension of this work. Through this investment, CTBH seeks to promote improved nutrition for children and to support food insecure households.

For more information, contact [Kaytlin Kimball](#).

## Opiate Treatment Meeting March 14th



The York District Public Health Council invites you to attend a meeting concerning opiate addiction treatment on **March 14th from 9-12 at the York County Shelter in Alfred.**

The goal of this meeting is to develop a roadmap on how to move forward with the best treatment & recovery support plan for our communities. Please register [here](#).

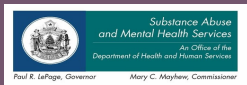
For more information, contact York District Public Health Council President Deb Erickson-Irons at 207-351-2659 or [derickson-irons@yorkhospital.com](mailto:derickson-irons@yorkhospital.com)

## Regional Youth Leadership Training is a Success!

Over 50 amazing youth and adults from five Southern York County middle and high schools came together at Noble High School to learn youth leadership skills and help prevent substance abuse in their communities.



Choose To Be Healthy coordinated the training and the Maine Youth Action Network led the youth and adults through a series of activities focused on the protections and



assets that youth need to stay safe and healthy like bonding with positive peers and adults, public speaking, and advocacy skills. Youth talked about their "sparks;" the hobbies, interests and passions that help keep them healthy and happy. Interested youth got to volunteer to be a part of a statewide campaign titled "Be Yourself." The youth were filmed talking about their experiences avoiding the harms of smoking marijuana. Stay tuned for the PSA!

Thank you to Noble High School and Alastair Lawson from MYAN for being an amazing trainer! Thanks to Wells-Ogunquit High School, Traip Academy, Shapleigh Middle School, York High School and Noble High School youth and the adult advisors who got them there! For more information on the Maine Youth Action Network, visit <http://www.myan.org/>. To learn more about Sparks, check out [this video](#).

Choose To Be Healthy is a Healthy Maine Partnership serving Berwick, Eliot, Kittery, Lebanon, North Berwick, Ogunquit, South Berwick, Wells, and York