

York District

PUBLIC HEALTH COUNCIL

District Update: February, 2019

Local Organization Highlight: Fair Tide



Fair Tide is a nonprofit located in Kittery, Maine with a mission to reduce homelessness by providing housing and supportive services to individuals and families in the seacoast. Founded over 20 years ago by a group of local citizens who were concerned about their homeless neighbors, Fair Tide has provided over 45,000 nights of shelter to people in need. The organization is in its second year of a five year strategic expansion plan which has them increasing their housing and services seven-fold. Fair Tide also operates a thrift store which provides significant revenue for the housing program in addition to serving as a source of low-cost clothing and housewares for the community. Visit their website at www.fairtide.org to learn more about who they are and what they do!

MaineCare Expansion: Update

On February 8th, Governor Janet Mills submitted her budget to the Legislature which includes funding for the expansion.

Who is now eligible for MaineCare?

Maine residents ages 19-64, who:

- are not already enrolled in MaineCare,
- are not eligible for or enrolled in Medicare, and
- have income below:
 - \$16,146 per year for a single person
 - \$21,892 per year for a household of two
 - \$33,383 per year for a household of four

Click here to visit the Maine.gov webpage for more information, frequently asked questions, or to apply for MaineCare and other services.

Try Our Trails: Vaughn Woods

Physical activity during a harsh Maine winter can be seemingly challenging at times. York District is packed with outdoor activities that are fun for all ages and abilities — all year long. Dress accordingly, get outside, and try a new winter activity or a new trail! For a winter stroll, snowshoeing, or back country cross-country skiing, give [Vaughn Woods Memorial State Park](#) of South Berwick a visit! For a small fee, enjoy well-marked trails that meander along the Salmon Falls River, and see the historic Hamilton House.

For an extensive (but not exhaustive) list of trails, check out our [Physical Activity Resource Guide](#) on the [YDPHC webpage](#)!



Photo by Emilee Winn, Council Coordinator
Vaughn Woods Memorial State Park
28 Oldfields Road
South Berwick, ME 03908
Park season: (207) 384-5160
Off season: (207) 490-4079
c/o the Lyman Forestry Office

E February is [Children's Dental Health Month](#) and [National Heart Health Month](#). Check out these [CDC.gov](#) links for more information and tips!

V March is [National Nutrition Month](#). Visit the [EatRight.org](#) link for inspiration and more!

Opioid Community Forum, February 28th, 5—7pm at Sanford High School, 100 Alumni Blvd.

E Agora Presentation Area through the Main Entrance ***snow date, March 5th*
Open discussion around barriers and gaps in the community for opioid treatment, access, recovery and prevention. Free and available to all York County Residents!

N Please RSPV to info@smhc.org or call 207-283-7234 by Thursday, February 21st!
Can't attend but want to share thoughts? [Click here for a survey!](#)

T Upcoming York District Public Health Council Meeting: Healthy Homes
Join us March 4th at the York Police Department from noon—1:30pm.

S Address: 9 Hannaford Drive, York, ME 03909

For questions about the YDPHC Meeting, please contact Adam.Hartwig@Maine.gov



For more information or to be removed from the mailing list, please contact Emilee, Council Coordinator, at Emilee.Winn@Maine.gov