



~July 21st Issue~

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**15th Annual Hike and Bike Fundraiser:
Sunday, September 17th,
2006 Bradbury Mountain,
Pownal, Maine**

Here's a fun and enjoyable way for outdoor enthusiasts, active families, and community advocates to support 35 nonprofits working to prevent and solve human and environmental challenges in Maine. Participate in the 15th Annual Hike and Bike sponsored by MaineShare on Sunday, September 17th, registration between 8 and 10 am. The Hike and Bike will be held at Bradbury Mountain State Park in Pownal, Maine, conveniently located 4 miles west of Freeport, just follow the signs off I-295 exit 22.

This year the event boasts three different bike rides along charming country roads, a mountain bike ride that will twist and turn it's way along the trails of Bradbury Mountain and for those who prefer to keep two feet on the ground, guided hikes by Chewonki Foundation's world-renowned naturalists.

Participants are asked to raise pledges to support the work of MaineShare.

This event is a great opportunity to get out in the natural beauty of Maine's early autumn, travel remarkable routes by foot or by bike, and end the day's activities with a wonderful gourmet lunch and relaxing live acoustic music. For more information and to register, please visit www.maineshare.org or call 207-622-0105.

New Deputy Director of Maine CDC

From: Mills, Dora A.

Sent: Thursday, July 13, 2006

I am pleased to announce Chris Zukas-Lessard as the new Deputy Director of the Maine CDC! Chris comes to us with a very strong background in state government agency operations management and statewide policy work.

Chris has a degree in Health Administration and Planning. She served as a Provider Relations Specialist, then a Comprehensive Health Planner, and then the Director of the Division of Policy Development at the Bureau of Medical Services (BMS=Medicaid=MaineCare, now OMS) from 1983 - 1998. She then served as the Deputy Director of BMS and also served as Interim Director of BMS. Currently, she is the Director of the Behavioral Health Managed Care Initiative.

In these positions, she aquired significant experience in policy development and decision-making relative to the Medicaid Program and other State-funded health services. With BMS's budget at that time of \$1.4 billion and over 200 personnel, she also gained breadth and depth of operations management experience of a state agency. Recognized for her contributions to the goals and successes of Maine DHS, she received the Commissioner's Award for Exemplary Service in 2003.

With her experience in Medicaid and in Behavioral Health, Chris will be able to help us further the Commissioner's goals of improving service integration and collaboration between Maine CDC and other DHHS agencies.

Chris lives in Belgrade with her husband and two sons.

Her starting date will be announced soon.

In the meantime, I am very pleased that Valerie Ricker will continue for the time-being as Acting Deputy Director, and in the long run will continue her exemplary leadership as the Division Director of Family Health and will lead the Maine CDC in some agency-wide public health initiatives.

Thank you to all who participated in the interview process - your input was greatly appreciated.

Thank you! Dora Anne

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MPHA Awards

MPHA awards, conferred each year at our annual meeting, offer a unique platform to honor our local public health heroes and the programs they create. Each award sheds light on the achievements of our colleagues, and in doing so honors the values we embrace as Maine's public health community. Attached are award nomination forms; I encourage you to take a few minutes to honor a colleague who contributes in a unique and lasting way to the advancement of public health in Maine. We are accepting nominations for The Ruth Shaper Award, The Phebe King Award, and Program Recognition Award.

Awards will be presented at our annual meeting, October 30, 2006, at the Augusta Civic Center.

For your convenience, we have also posted the nomination forms to our web site. You can find them at www.mcph.org/mpha/news/html. The forms can be downloaded, filled out, and returned via email to dianec@mcd.org.

We are also accepting nominations to the MPHA Executive Committee -- we are looking for nominations for President-Elect, Vice-President, Treasurer, Secretary, and three at large members. The nomination form is attached and can also be found on line at the web address mentioned above.

Please return nominations **by August 10, 2006.**

Thank you all for your participation in this and for all the work you do every day.

Amanda Sears, President

Calling All Clean Air Advocates

As you may know, the Land Use Regulatory Commission (LURC) will be holding public hearings on the Redington Wind Farm project at Sugarloaf during the evenings of August 2 and August 3. Maine Mountain Power will help provide transportation (including food and refreshments) to and from the hearings, as outlined in the message below. There is currently a bus scheduled to leave Portland on the afternoon of August 2. They could arrange for additional transportation depending on demand. Please feel free to contact Corey at Maine Mountain Power for more information: info@mainemountainpower.com or 207-347-6077.

Thank you for supporting efforts to improve air quality through green energy.

DATE and TIME:

The public (that's us!) will be welcome to sit in and/or speak up on:

- Wednesday, August 2nd from 6pm to 10pm
- Thursday, August 3rd from 6pm to 10pm

LOCATION:

Sugarloaf Grand Summit Conference Center –
5092 Access Road, Carrabassett Valley, Maine 04947

WHAT YOU CAN DO:

Come. Just come to the hearing on one or both of these dates.

If you are also willing to read a short statement of support for the Redington Wind Farm project and wind power in Maine, that would be a bonus. The public is allowed **about 3 minutes each** to tell the LURC commissioners what they think.

The most important thing is that you are there. Maine Mountain Power will have supporter stickers, pins and signs there for you.

[RIDES/CAR POOL to Sugarloaf/Carrabassett Valley:](#)

Maine Mountain Power is coordinating carpools and vans to take supporters of the project up to the hearing on Aug 2nd and 3rd. Right now, they have one leaving from USM-Portland on August 2nd at 3pm. We plan on arriving back in Portland by 12:30am (Yes, it's a long ride, but well worth it to support clean, renewable and domestic energy!)

The more people that need a ride, the more vans they'll get.

They need to hear from you so that we can reserve your ride! If you would like to come to the hearing and need a ride, please let us know. If we have enough people (at least 6) from one area, we can send a van to pick you up!

In addition, they will also provide a picnic dinner for those driving up with us.

[RESERVE YOUR RIDE!](#)

To let Maine Mountain Power know that you need a free ride, just email them at info@mainemountainpower.com <<mailto:info@mainemountainpower.com>> or call Corey at 207-347-6077.

[RESERVE HOUSING!](#)

They have also reserved a couple of condos up at Sugarloaf for all of you who will be traveling from afar to come and show your support for wind power at this LURC Hearing. So, if you need a place to sleep on the night of Aug 2nd or Aug 3rd, please let them know ASAP! It's free!

Ask your friends, family members, co-workers and neighbors to come with you... But make sure you come! This is too important.

As always, we thank you so much for your support of wind power in Maine! Let's make this happen!

Information provided by: Harley Lee, Maine Mountain Power,
www.Mainemountainpower.com, 57 Ryder Road, Yarmouth ME 04096, 207-847-9323
| info@mainemountainpower.com

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National Dental Hygiene Month

Sponsored annually by the American Dental Hygienists' Association (ADHA), National Dental Hygiene Month (NDHM) is a month-long observance of the importance of proper oral hygiene. Observed in October, with a specific theme chosen by ADHA, participating communities are given the chance to recognize the contributions of dental hygienists toward community outreach efforts. The 2006 topic is

“A Healthy Smile Lasts a Lifetime.”

Resources and supplemental materials will be available online. Please check back later this summer for updates and materials at: <http://www.adha.org/ndhm/index.html>.

On-Line Resource on Communicating with Diverse Populations

The 1,300-member America's Health Insurance Plans has published a free online guide, “Communications Resources to Close the Gap” http://healthdecisions.org/News/default.aspx?doc_id=70958 to help the healthcare industry address disparities in care for culturally and racially diverse groups. Industry experts helped AHIP identify "ways to incorporate culturally and linguistically appropriate messages into everyday communications with consumers," based on the premise that clear and proven approaches to health communications can reduce disparities and improve healthcare quality.

Save the Dates:

Maine Women's Lobby -- 2006 Breakfast of Champions

7:30-9:00AM

Featuring a gubernatorial candidates forum

Advance tickets are \$35, taickets at the door \$40

Student/low income \$15

October 5, Holiday Inn by the Bay, Portland

October 11, Spectacular Event Center, Bangor

October 12, Northern Maine Community College, Presque Isle

For sponsorship information call 622-0851 or email Bonnie Buckmore at development@mainewomen.org

The Maine Health Forum

The Maine Health Forum (www.MaineHealthForum.org) is Maine's only comprehensive, up-to-the-minute healthcare news and information website. Sponsored by Franklin Community Health Network, the Maine Health Forum is a public, non-partisan resource for the entire state of Maine.

The Maine Health Forum offers something for everyone.

- Events: Provider and community-based health-related events and programs
- Consumer Reports: health information on quality, cost, and patient satisfaction
- Employment Information: Job openings at health-related organizations throughout Maine
- Legislation and Policy Advocacy: proposed legislation, editorials, public opinions, position papers from health-related organizations around Maine

- Access Information: finding providers, available financial assistance for prescription drugs, available help paying for care, health insurance options
- Public Health: alerts, resources, data
- College-Based Health Education: career information, schools, programs, scholarships
- Special Features: Medicare D, living wills

The Maine Bird Flu Resource Center (www.mainebirdflu.org), a section of Maine Health Forum, is one of the most informative sources of bird flu news and information in Maine. Features on this page include:

- Updates and news on the spread and current state of the avian flu from authoritative local, national, and international sources
- Local, State, and National Pandemic Flu Plans
- Information on what you and your family can do to prepare
- Advice on how to keep pets and animals safe
- Travel tips
- And many additional resources

All use of the Maine Health Forum is provided without charge as a free public service.

The Maine Health Forum (www.MaineHealthForum.org): Sharing healthcare news, information, and opinions for all of Maine.

Questions? Comments? Contact Emily Brostek, editor of the Maine Health Forum at ebrostek@fchn.org or 779-2102 for more information.

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[Deadline for Next MPHA E-News](#)

The deadline for the next issue of the MPHA E-News is **Thursday, August 3rd for the Friday, August 4th** Issue of E-News.

Please keep this in mind when submitting information. If you have questions about this publication, please contact Michelle Caliandro at mcaliandro@mainelung.org or 1-800-499-5864 x 103.

Visit the web address below to tell your friends about this.
www.mainelung.org

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