

## DOWNEAST HEALTH SERVICES



# YOUR DOLLAR IN DOWNEAST MAINE

APRIL 2009

### PORTABLE DENTAL SERVICES OFFERED DURING WIC CLINICS

On April 28th, the Maine Coast Community Dental Clinic held portable dental services in conjunction with the Ellsworth WIC clinic, both programs of Downeast Health. Six WIC clients, with children ranging from 7 months to 13 months, took advantage of the opportunity to be seen by Carol Williams, RDH. Oral hygiene instruction was given and demonstrated to all parents and fluoride varnish was applied to all children with teeth. Future clinics are scheduled for May 8, June 8, 16, & 22 in Ellsworth. Clinics are also scheduled for the Bucksport and Sullivan WIC clinics.

This collaborative programming is enabling families to receive nutrition counseling, healthy food vouchers and oral health services in one appointment. The oral health and WIC partnership is one of many collaborative efforts Downeast Health Services has implemented. While these endeavors benefit clients by saving them time and transportation costs, Downeast Health Services is able to maximize available resources and operate in a highly efficient manner.

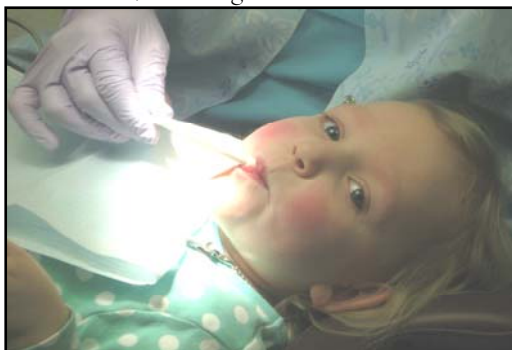


### GIVE KIDS A SMILE® 2009

In February, Maine Coast Community Dental Clinic, a program of Downeast Health Services, provided 46 uninsured children with free oral health services during their involvement with the American Dental Association's Give Kids A Smile® campaign.

Along with x-rays, exams and cleanings, many children also received more comprehensive preventative and restorative services. Sixteen local dentists and clinical providers volunteered their services for the day and performed 16 extractions, 13 fillings and 18 sealants.

Sponsored by Eastern Maine Healthcare Systems and Northeast Delta Dental Foundation, this local event provided \$9,500 worth of free care to directly support the improved health of our area children.



Abigail, age 3, enjoyed her Give Kids A Smile® experience.

### NEW BOARD MEMBERS WELCOMED

The Board of Downeast Health welcomed three new members in November. Each member brings a distinctive strength and perspective to further refine the guidance of Downeast Health.

- ◇ **George Schatz**, a professor with Maine Maritime Academy in Castine has joined the Board after serving for six years on the Big Brother Big Sister Advisory Council.
- ◇ **Sandra Kryder, PhD** is a psychotherapist, with a PhD in clinical social work.
- ◇ **Sonya Mitchell**, an employee of Bar Harbor Bank & Trust, is serving as the Fund Development Committee Chair for Downeast Health.

Downeast Health is always looking for talented community members willing to serve on Board committees. If you are interested, please contact Kathie Norwood, Executive Director at (207) 667-5304 ext. 238 or email [knorwood@downeasthealth.org](mailto:knorwood@downeasthealth.org).

## SUPPLEMENTAL NUTRITIONAL ASSISTANCE PROGRAM EDUCATION

Union River Healthy Communities, a program of Downeast Health Services, received a Supplemental Nutritional Assistance Program Education grant. After assessing needs and interests, the program is now piloting cooking classes for food stamp eligible individuals. Three pilot classes were planned, each targeting a different audience, including the Spanish speaking population of eastern Hancock County, the elderly in the Schoodic region and the rural populations of Mariaville and Otis. Participants are involved in preparing the meal while discussing topics such as: nutrition, appropriate portion sizes, healthy ingredients and recipes, buying on a budget, personal gardening and food storage.



Two classes have been held so far: one at the Mexican Restaurant in Hancock, and one at the United Methodist Church in Prospect Harbor. A total of 50 participants attended between the two classes. The next class will be held in Mariaville on the 17th of May. For more information, please contact Valerie with Union River Healthy Communities at 667-5352.



### UPCOMING EVENTS:

**Family Planning** will be providing *FREE* exams and pap smears to any women who have NO health insurance, and who have not had an exam or pap in the last two years. Ellsworth and Machias Fairs will be held on May 14th from 10 to 2 pm (Calais Fair will be May 5) Both walk-ins and appointments welcomed. Call 667-5304 for more information.

**Early Children's Fair** on Saturday, May 16th from 9 to Noon at the Knowlton School in Ellsworth—Families with children (infants up to age 5) are invited to come play together while learning about school readiness, area resources and other topics pertaining to early childhood.

### VOLUNTEERS FOR HANCOCK JAIL RESIDENTS & DOWNEAST HEALTH

On occasion, Downeast Health Services has served as fiscal agent for organizations with similar missions. One such group is Volunteers for Hancock Jail Residents (VHJR). While, Downeast Health has served as fiscal agent for the organization in the past, VHJR is not a program of Downeast Health and has not operated under Downeast Health Services management. All contributions made to VHJR through Downeast Health have been maintained in a separate operating account and were not included in Downeast Health financial statements. All questions concerning this group can be directed to Kathie Norwood at 667-5304 ext. 238.



### 11th Annual Bowl For Kid's Sake



Thank you to all the sponsors and 435 bowlers that participated in raising \$44,000 to support Big Brothers Big Sisters of Eastern Maine\*

#### Event Sponsors:

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#### Supporting Sponsors

Bar Harbor Bank & Trust

#### In kind/Product Donations

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Fat Cat Deli and Pizzeria  
Friendly's Ice Cream  
Helen's  
Machias Savings Bank  
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Machias Savings Bank

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WoodenBoat  
ZF Lemforder Corporation

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Eagle Lanes  
Ellsworth Bowling Center  
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Washington Academy  
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WoodenBoat

\*A program of Downeast Health Services

## CONTRIBUTORS TO DOWNEAST HEALTH PROGRAMS

<i>12 anonymous</i>	<i>James and Sarah Rausch</i>	<i>Ormond Lee Haynes, MD</i>
<i>Anna Ryan</i>	<i>James MacLeod</i>	<i>Phil and Phoebe Devenish</i>
<i>Arby's</i>	<i>James W. Nichols</i>	<i>Renate Moise</i>
<i>Bangor Daily News</i>	<i>Janan and John Eppig</i>	<i>Richard and Joanne Fuest</i>
<i>Bank of America</i>	<i>Jane S. Zirkilton</i>	<i>Robert and Kristina Stephens</i>
<i>Barbara Rappaport</i>	<i>Jean Aldrich</i>	<i>Robert and Persis Ray</i>
<i>Bart Clayton and Marta Riemann</i>	<i>Joeseeph Payeur</i>	<i>Robert Sawyer</i>
<i>Bill Browning</i>	<i>John and Gail Reeves</i>	<i>Robert W. Patterson, Jr.</i>
<i>Cathy and Jeff Jacobs</i>	<i>John and Shirley Pierce</i>	<i>Ron and Joann Marshall</i>
<i>Christine Kuhni</i>	<i>John Gaddis, MD</i>	<i>Rooster Brothers</i>
<i>Cliff Vaux</i>	<i>Joyce Johnston</i>	<i>Ruth Fraley</i>
<i>Costas and Sally Christ</i>	<i>June Davis</i>	<i>Ruth M. and Tristram C. Colket, Jr.</i>
<i>Dan and Shelly Susina</i>	<i>Kenneth and Holly Weinberg</i>	<i>Sally and Terrance Gray</i>
<i>Dick Cough</i>	<i>Louis and Carletta Bassano</i>	<i>Sam Gramiccioni and Patricia Bonness</i>
<i>Don Curtis</i>	<i>Machias Savings Bank</i>	<i>Shaw's</i>
<i>Donald and Thelma Eley</i>	<i>Mark and Sandra Kryder</i>	<i>Sheri and Marvin Glazier</i>
<i>Dorothy Silvers</i>	<i>Marshall and Audrey Hughes</i>	<i>Stephen and Mary White</i>
<i>Dr. and Mrs. Dean Booher</i>	<i>Mary Beth Dorsey</i>	<i>Steve Cough</i>
<i>Dr. and Mrs. Richard Faust</i>	<i>Mary S. Boyd</i>	<i>Susan McKay</i>
<i>Dr. Kerry and Deborah Crowley</i>	<i>Maude and John March</i>	<i>Sylvia Cough</i>
<i>Edward and Jacqueline Grohoski</i>	<i>Michael and Wendy Downey</i>	<i>Theresa Mairhuber</i>
<i>Ellsworth Rotary Club</i>	<i>Tom and Molly Collins</i>	<i>Timothy McCormick and Charles Alexander</i>
<i>Eric and Linda Grindle</i>	<i>Mr. and Mrs. Calvin Stinson, Jr.</i>	<i>Tradewinds Market Place</i>
<i>Fay Daigle</i>	<i>Mr. and Mrs. Everett Beal, Jr.</i>	<i>Treworgy Pharmacy</i>
<i>Gary and Marlys Lewis</i>	<i>Mr. and Mrs. Chris Cherry</i>	<i>Winfred and Patricia Stevens</i>
<i>Gordon and Cynthia Donaldson</i>	<i>Mr. and Mrs. Robert Malaney</i>	<i>WoodenBoat Publications</i>
<i>Howard and Freda Dunn</i>	<i>Mr. and Mrs. Arthur Blank</i>	
<i>Institute for Organomic Science</i>	<i>Orin Buetens and Christienne Beth Boisvert</i>	

### EMPLOYEE GIVING CAMPAIGN 2009

Downeast Health Services employees have pledged \$2,200 to support programming through automatic payroll deductions. As employees, they have the unique perspective to see first hand the positive impact our programs have on families in our communities.

I would like to make a contribution in the amount of \$ \_\_\_\_\_.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Mail to: 52 Christian Ridge Road, Ellsworth, ME 04605

To contribute by phone:  
667-5304 or 800-492-5550

To contribute securely online:  
www.downeasthealth.org

Please call for more information concerning the following methods of support:

- ◇ IRA's & Other Retirement Funds
- ◇ Life Insurance
- ◇ Real Estate or Personal Property
- ◇ Bequests
- ◇ Appreciated Securities and Closely Held Stock

Downeast Health Services (ID#: 01-0317427), is a 501 c-3 charitable organization. No goods or services have been provided in consideration of this gift.

## PARENT EDUCATION OPPORTUNITIES

Downeast parents and professionals continue to request weekly parent education classes and special workshops to address today's parenting challenges. Funded through the Maine Children's Trust, our current Positive Parenting series for parents with young children has been meeting on Monday evenings with Linda Levesque, Early Childhood Educator. During this ten week series, parents learn about empathy, appropriate behaviors, brain development, rewards and punishments, praise and self-esteem, non-violent discipline and ways to have fun as a family. In addition, we will cover topics on bullying, TV violence, communicating with young children and building self-esteem in the early years. We will practice strategies to be effective with discipline, help children learn to cooperate, and increase everyone's enjoyment and effectiveness as a parent.

Parents know their children best—their unique behaviors, interests, and abilities. But it is challenging for any parent to be an expert on all aspects of infant and child development or the most effective ways to support a child at each stage. Each week, parent's complete a family log of the changes they have noticed in themselves, changes they have noticed in their children, and the changes they've noticed in their family during the week. Parents will also share examples of their successes or provide unsolicited feedback about the class.

*"I feel energized and more positive every time I leave the class. Linda makes the class interesting and informative. I am really enjoying attending this Positive Parenting class and recommend it to anyone who is interested."*

While we appreciate the positive feedback, we also recognize today's parents and grandparents are struggling with balancing work, school, shared parenting in blended families, and working hard to implement their newly-learned skills. A recent workshop on "Alternatives to Spanking" provided many tools and practices for implementing positive discipline for all ages. Our monthly support group for families raising their relatives children continues to grow to meet the needs of our increasing "grandfamilies" population in downeast Maine. All families, biological two parent, single parent, blended or kinship families are seeking support to help their children succeed. There is extensive research linking healthy child development to effective parenting. As children grow and mature, parents need to change the way they respond to their children's needs. We look forward to meeting our families needs for parent education and support.

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# Downeast Folks on Spokes

*Bike to benefit children*

Come spin your spokes with us on

**June 6, 2009**



### Registration Forms available:

- ◇ Online at [downeasthealth.org](http://downeasthealth.org)
- ◇ By calling 667-5304
- ◇ At any Bar Harbor Bank & Trust Branch

Each rider will have the option of completing a **12, 30, 60** or **100** mile loop though Downeast Maine.

Children, ages 10 and up, are welcome to participate under the supervision of an adult. Free childcare will be provided for pre-registered riders.

Couples that pre-register can save \$50!

United Way Community Partner  
United Way of Eastern Maine

FOR MORE  
INFORMATION  
ABOUT HOW YOU  
CAN HELP THE  
CHILDREN AND  
THEIR FAMILIES IN  
DOWNEAST MAINE,  
PLEASE CALL  
667-5304 OR VISIT  
OUR WEBSITE  
[downeasthealth.org](http://downeasthealth.org)

52 Christian Ridge Road  
Ellsworth, Maine 04605



**Presented By:**

