



**Executive
Committee
2025**

**Angela Fochesato,
Chair**
Executive Director,
*Beth C. Wright Cancer
Center*

**Tracy Parker, Vice-
Chair**
Nurse Care Manager
*CHCS-ACFS
Behavioral Health
Home Program*

**Maria Donahue,
SCC Rep**
Community Health
Director
*Healthy Acadia
(Hancock)*

Helen Burlock
Maine Hospice Council
President

Andrew Sankey
Director
*Hancock County
Emergency
Management Agency*

**Kawther
Mohammed**
Public Health Educator
Maine CDC

Alfred May
District Liaison
Maine CDC

**Downeast Public Health Council
Friday, July 18, 2025: 10:00 am – 12:00 pm
Virtual Meeting by Zoom**

Minutes

Location	Name	Organization
<20>	Angela Fochesato	Beth C. Wright Cancer Resource Center
	Maria Donahue	Healthy Acadia
	Andrew Sankey	Hancock County EMA
	Kawther Mohamed	Maine CDC Public Health Educator
	Tom Meuser	Maine Bureau of Highway Safety
	Al May	Maine CDC Downeast Public Health
	Christine Day	Washington County EMA
	Lisa Hanscom	Washington County EMA
	Stephanie Lavigne	Maine CDC Public Health Nursing
	Clem Deveau	AMHC
	Drexell White	Maine CDC
	Jim Willis	Maine Bureau of Highway Safety
	Leona Alvarado	Tribal Liaison
	Matt Dana	SCEC
	Nicole Hammar	Northern Light Health
	Sara McConnell	Healthy Acadia
	Suzie Nutbrown	Healthy Peninsula
	Patrick Hood	Maine Bureau of Highway Safety
	Maura Lockwood	Maine CDC
	Misty Valzania	Town of Vanceboro



Agenda

- Welcome and Introductions
- Council Business/Events
- Older Adults Driving Safety and Mobility Training
- Develop 2025-2030 District Improvement Plan
- Action/Evaluation
- Concluding Remarks and Adjourn

Minutes of Meeting

- **Welcome and Introduction**
 - Angela Fochesato welcomed all to the meeting.
 - The meeting was recorded for taking notes and the chat was used for attendance and questions/comments.
 - Mission of the Council: Promote the health of all our communities by providing public health information, coordination, collaboration, and advocacy.
 - Vision of the Council: Downeast Maine Communities are among the healthiest in the state
 - 2025 Meeting Dates and Time: 10:00 am to 12:00 pm.
 - January 17; March 21; May 16; July 18; September 19; and November 21.
- **Council Business**
 - No previous minutes were available for review and approvals.
 - SCC Meeting of June 12, 2025: SCC District Representative, Maria Donahue presented some highlights:
 - The new Shared CHNA Interactive Dashboard was introduced at the meeting and feedback was requested from attendees.
 - Maine DHHS received 10-year funding for the TMah initiative for rural regions, that focuses on improving maternal health care that looks at alternatives for care specially with the closing of birthing centers across the state. Three counties have been prioritized for this work: Downeast is one of them. TMah initiative was introduced to the DEPHC leadership on Monday May 21, 2025.
 - DEPHC Communications: Kawther Mohamed, Public Health Educator
 - The DEPHC Facebook page was presented to attendees while giving a brief update on the currently posted content for the Month of July. Follow DEPHC: <https://www.facebook.com/DowneastPublicHealthCouncil/>
- **Older Adults Driving Safety and Mobility Training:** Dr. Tom Meuser, Community Educator- Maine Bureau of Highway Safety Consultant
 - Dr. Meuser is a clinical psychologist, applied gerontologist and social scientist. He moved to Maine from Missouri to serve as the Founding Director for the University of New England Center for Excellence in Aging and Health. In 2024, he retired and is



Vision: Downeast Maine Communities are among the healthiest in the state.

- now self-employed as geriatric neuropsychologist and researcher-educator with the Maine Bureau of Motor Vehicles and Highway Safety.
- Today's presentation is part of his 2025 speaking tour in Maine focusing on informing and empowering older adults, as well as clinical providers and caregivers who serve them to make reasoned decisions on driving mobility with an additional focus on Maine's regulations.
 - The presentation strived to inform attendees about how aging-related changes in health and function may impact driving safety, how the BMV addresses medical-fitness-to-drive concerns and how older drivers may self-regulate to remain safely behind the wheel or make a smooth transition into driving retirement.
 - Maine is a leader in translating medical fitness to driving.
 - Older drivers are commonly a risk for themselves rather than to passengers and others on the road.
 - 90% of medical conditions reported were self-reported cases in Maine.
 - A conflict arose whether the decision to take someone's driving lies upon the doctor or the family members.
 - A video case was presented with an altercation between an older driver and law enforcement, some comments:
 - Admiration over the law enforcement officer's attitude with the older adult and how considerate they were of his condition.
 - Noted issues about Mr. Green's condition and driving.
 - Two break-out rooms were organized, and attendees were assigned to discuss the Maine Self-reporting Form for medical conditions and to answer two questions:
 - Whether any condition should continue to be listed in the form and why?
 - If a condition should continue, decide if a rewrite might be in order and suggest an alternative?
 - Each group reported out answers and feedback to the questions posed:
 - Changing the term hypoglycemia to a plain language wording: low or high blood sugar.
 - Adding prescription medications/opioid use OR currently using or taking more than 6 prescriptions= polymedication/polypharmacy.
 - Combining Narcolepsy, sleep apnea and black out/loss of consciousness under one category: sleep disorder/disturbances.
 - Adding mobility issues or use of assistive devices to the list.
 - Adding examples for musculoskeletal and neurological conditions.
 - Thanks were given to all participants for attending the meeting and training.
 - Homework/Action:
 - Certificate of Attendance will be sent to those who attended the training.
 - Follow DEPHC Facebook page:
<https://www.facebook.com/DowneastPublicHealthCouncil/>
 - Thanks were given by Angela to all attendees and were asked to reach out with ideas for the agenda.

Meeting adjourned at 12:01 pm

Next meeting is Friday September 19, 2025 from 10:00 am to 12:00 pm (In-person).