

We only use cookies that are necessary for this site to function to provide you with the best experience. The controller of this site may choose to place supplementary cookies to support additional functionality such as support analytics, and has an obligation to disclose these cookies. Learn more in our [Cookie Statement](#).



Subscribe to updates from Maine Department of Health & Human Services

Email Address e.g. name@example.com

Share Bulletin



June 2025 Newsletter - Downeast Public Health Council

Maine Department of Health & Human Services sent this bulletin at 06/18/2025 02:44 PM EDT

Downeast Public Health Council June 2025 Newsletter



- [The Connection Initiative \(TCI\)](#)
- [Men's Health Awareness Month](#)
- [Alzheimer's and Brain Awareness Month](#)
- [Events/ Trainings](#)
- [News](#)
- [HANs](#)

The Connection Initiative (TCI)



The Connection Initiative (TCI) is a county-wide program hosted and coordinated by the Community Caring Collaborative (CCC) that links community members to needed resources. An online platform is used which allows the moderator to connect community members to needed resources or organizations.

TCI's mission and value are to make lives better by connecting our neighbors in Washington County to community resources; and responding to Washington County neighbors' needs with care, connections, and options.

History of The Connection Initiative

TCI began at the 2015 Community Caring Collaborative Visioning Day, when CCC and partners brainstormed the core of TCI's program as a response to community needs. Following CCC's designation of this concept as a program of importance, a committee was established to build the framework and methods and solicit feedback from community members and their providers.

How does TCI work?

TCI utilizes a customer service platform called Zendesk. Individuals seeking assistance reach out via

Next Downeast Public Council Meeting

Friday, July 18, 2025

10:00 - 12:00 PM

TBD

For Council information, please contact [Al May](#)



[Downeast Public Health Council](#)

[Facebook Page](#)

[Downeast Public Health Council](#)

[Website](#)

[Maine CDC Downeast District](#)

[Website](#)

To become a member of the Downeast Public Health Council please fill out our [Membership Application](#).

Downeast Public Health 2024 Priority Committees

Prevention Committee: Angela Fochesato, Chair

Older Adult Health and Safety Committee: Dante Zanoni, Chair

Emergency Operations and Response Committee: Andrew Sankey, Chair

Mental Health Primary Care Education Committee: Tracy Parker, Chair

2024 Ongoing Topics

Health Literacy

Palliative Care and Hospice

Maternal and Child Health

Final 2025 CHNA Reports:

[State of Maine](#)

[Hancock County](#)

[Washington County](#)

phone, text, email, chat, social media or website, then a ticket is automatically created where TCI's primary agent and Resource Partners can view and manage the ticket through accessing the Zendesk dashboard.

The TCI moderator directs the submitted request to one of three resource categories for ticket resolution:

- 1. Resource Partner: Organization employees that help community members meet their needs by collaborating with the main support person from TCI.
- 2. Agency: An agency can be any organization in Washington County that has services and resources available to it.
- 3. Groups: Resource Partners are organized into groups and further divided into specialty areas.

These resources connect with the customer to assist them with the request and TCI moderator follows up with the customer to ensure resolution and appropriate assistance was provided.

TCI's Future

With the guiding idea that people with needs have something to contribute, TCI will broaden its offers beyond simply linking community members to resources and adding life coaches, volunteers, and other individuals.

Downeast Population Health Initiative (D-PHI)

The Downeast Community Population Health Initiative is a 2-year collaborative effort funded by the Maine Community Population Health Initiative to improve health outcomes for Tribal and non-tribal community members aged 65 and older in Washington County and Passamaquoddy communities using a community health worker approach and leveraging the coordination and communication platform of The Connection Initiative (TCI). CCC through its TCI Program is the lead organization on this grant, partnering with Beth C. Wright, Downeast Community Partners, Community Health and Counseling Services, Eastern Area Agency of Aging, Eastport Healthcare, Harrington Health Center, Sunrise County Economic Council, Indian Township Tribal Government and UMaine School of Nursing (evaluation partner).

Connect with TCI:

Visit: www.connectioninitiative.org

Call: 207-255-7786

Emails: support@connectioninitiative.org

dzanoni@cccmaine.org

Men's Health Awareness Month

Events/ Trainings

May - June

[Rural Health Capital Resources Training Series](#)

June

[Alzheimer's Association- Maine Chapter: Education Programs](#)

June 19

[5th Annual Juneteenth Downeast Commemoration](#)

July 16 & 17

[MGT 403: Underserved Populations Preparedness Planning for Rural Responders and Volunteers](#)

August 26 & 27

[MGT-348 Medical Preparedness & Response for Bombing Incidents](#)

[PHEP training and exercise calendar.](#)

News

[Additional Impacts to Maine Medicaid \(MaineCare\) from Proposed Federal Changes](#)

[Maine Celebrates Record High Immunization Rates Among School Children; Prepares for Statewide Implementation of Docket for Schools](#)

[Safeguarding Public Health: What's at Stake for Maine Under the Proposed Federal Budget](#)

[Innovation and Inclusion: Advancing a Path for Maine](#)

[Federal Proposals Threaten Health Coverage, Nutrition Assistance, and Marketplace Stability in Maine](#)

[Primary Prevention Prescription Drug Misuse Mini-Grant Funding Available](#)

["Don't Let a Tick Make You Sick"](#)

[SUN Bucks, SUN Meals Programs Return to Help Feed Kids During Summer Break](#)

[Maine CDC Provides Tips to Reduce Exposure to Brown-tail Moth Hairs](#)

[Expanded Access to Breast and Cervical Cancer Services for Maine Women 21+](#)

HANs

[Measles Updates and Domestic Travel Recommendations](#)

[2025 Lyme and Other Tickborne Disease Information](#)

[Health Risks from Brown-tail Moths](#)



June is Men's Health Awareness Month and June 15 marks Father's Day. It's an opportunity to encourage men to prioritize their health and shed light on the health challenges they face.

Data shows that:

- **14.7% of men 18 years and older are in fair or poor health!**
- 30.9% of men 18 years and older have had 5 or more drinks in 1 day at least in the past year.
- 28.3% of men met the 2018 Federal Physical Activity Guidelines for aerobic and muscle strengthening activity.
- 12.5% of men are current cigarette smokers.
- 41.6% of men 20 years and older are obese and 40% of cancers are associated with overweight and obesity.
- 51.9% of men 20 years and older have hypertension.
- 10.4% of men younger than 65 years are without health insurance coverage.
- **Men die an average of 5 years earlier than women!**
- Men Mortality rate was 1,040.2 deaths per 100,000 population.
- In Maine the total number of deaths in men 15 years and older was 9,119 in 2022 (391 in Hancock county, 333 in Washington).
- Nationally the leading causes of death in men are heart disease, cancer and unintentional injuries.
- In Maine, the leading causes of death in men is cancer, followed by heart disease and unintentional injuries.

Men and Cancer

Men have higher rates of getting and dying from cancer than women. Some of the cancers that most often affect men are prostate, colorectal, lung and skin cancer. Lung cancer is expected to become the most diagnosed cancer and leading cause of cancer in men. A recent study reported that by 2050 global cancer cases in men are expected to increase by 84% and cancer deaths by 93%.

Men and Heart Disease

Heart disease is the leading cause of death for men in the United States with over half of men age 20 years and older had high blood pressure which is a major risk factor for heart disease and stroke. Diabetes is considered another risk factor for heart disease in men where 16.1% of men were diagnosed with diabetes, while 3.7% remained undiagnosed.

Men and Mental Health

The prevalence of several mental disorders is lower in men than in women, however men are also more likely to die by suicide than women and certain disorders are diagnosed at higher rates in men such

National Cancer Survivors Day® June 1

This day is celebrated to honor cancer survivors, raise awareness and provide support. It is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families and an outreach to the community.

The American Cancer Society uses the term cancer survivor refers to anyone who has ever been diagnosed with cancer no matter where they are in the course of the disease.

The National Institute of Health considers a person a cancer survivor from the time of diagnosis through the balance of life, with many categories of survivors including those living with cancer and those free of cancer. However the meaning of being a survivor may change overtime and some might prefer another term entirely to describe themselves.

Resources:

[Cancer Survivorship Resources](#)

[National Coalition for Cancer Survivorship](#)

[National Cancer Survivor Day](#)



American Family Health and Fitness Day

June 14

Numerous studies have demonstrated the importance of municipal parks, recreation initiatives, green areas, and outdoor access in fostering resilient, active, and healthy communities. Recreation and parks are essential for maintaining our physical and emotional health, and Family Health & Fitness Day is a wonderful chance to honor this.

Higher levels of physical activity among adults and children are regularly associated with living near parks and other recreational facilities. Furthermore, parks offer a link to nature, and research shows that this link reduces stress, strengthens bonds with others, and enhances mental health.

as ADHD. Men are less likely to receive care for mental health disorders than women.

Mental health support visit [OBH](#).

What organizations can do?

- Community health partners must work towards providing men with quality, reasonable and respectful services that are approachable to cultural diversity, language preferences, socio-economic and environmental circumstances and literacy levels.

- Raise awareness about preventive screenings and regular health care for men of all ages; prostate cancer screening, colorectal cancer screening and lung cancer screening.

- Introduce interventions that reduce smoking and drinking and promote healthy behaviors that can help prevent diseases and improve men's health.

Learn more about the [Healthy People 2030 Objectives and Goal for Men](#).

Alzheimer's and Brain Awareness Month



What is Alzheimer's Disease (AD)?

In healthy aging, the brain usually shrinks to some extent, but it does not lose many neurons, which are nerve cells that transmit signals throughout the body to enable breathing, talking, eating, walking, and thinking. Alzheimer's disease (AD) causes extensive damage to neurons, which leads to their malfunction, loss of connections with other neurons, and eventual death.

As a result, a person with AD gradually loses their capacity to live and function independently, and the condition eventually becomes fatal. Cognitive functions, including the ability to think, recall, and reason, as well as behavioral skills, are lost in AD. In the United States, it ranks as the seventh most common cause of death, yet the interval between diagnosis and death varies greatly.

More than 6 million Americans aged 65 years and older are estimated to have Alzheimer's as age is the biggest known risk factor for the disease. More than 29,600 people in Maine are living with AD and 66,000 caregivers dedicate 102 million hours of unpaid care.

Although there is currently no treatment for AD, there are medications that can help manage some of its symptoms and behavioral issues, slow the disease's course, and temporarily enhance or stabilize memory and thinking abilities.

What your organization can do?

1. Invite families to get active and healthy at their local park or recreation centers.
2. Host an event such as a health and wellness fair or family fun run/walk.
3. Local businesses and community-based organizations can sponsor or participate in an event.

[Find Parks in the Downeast](#)

[NRPA](#)



World Blood Donor Day

June 14

World Blood Donor Day (WBDD) is observed annually in many nations. The purpose of the event is to recognize voluntary, unpaid blood donors for their life-saving contributions and to increase awareness of the need for safe blood and blood products.

One essential element of a successful healthcare system is a blood service that provides patients with adequate access to safe blood and blood products.

Look for blood services [here](#).



Chlamydia Awareness

- Chlamydia is the most commonly reported Sexually Transmitted Disease (STD) in the United States and in Maine (the YTD number of Chlamydia cases is 601, compared to Gonorrhea 141 and Syphilis 15 cases).

- Most people who have chlamydia do not know it as the disease often has no symptoms.

- Sexually active females aged 25 years and younger need testing every year.

- Chlamydia is easy to cure, but if left untreated can impact a woman's ability to have children.

Prevention:

Prevention

Brain alterations take place years before AD symptoms appear; these early alterations provide a potential window for preventing or delaying dementia symptoms. Although there is conflicting evidence, there is encouraging evidence that some therapies can delay or prevent AD, including:

- 1. Cognitive training
- 2. Blood pressure management
- 3. Increased physical activity

What organizations can do?

- 1. Educate the public and Raise awareness by [requesting a speaker](#) from Alzheimer's Association (ALZ).
- 2. [Get involved.](#)
- 3. Educate health care providers on signs and symptoms of cognitive impairment and dementias to encourage [early detection and diagnosis.](#)
- 4. Read and Share NIH [Infographics.](#)

Learn more:

Alzheimer's and Dementia Prevention, visit: [NIH](#) and [ALZ.](#)

[10 Healthy Habits for your Brain](#)

[10 Early Signs and Symptoms of Alzheimer's and dementia](#)

[ALZ Maine Chapter](#)

Caring for a person with AD comes with unique challenges, some useful resources:

[Take care](#) of yourself and a person with Alzheimer's Disease.

Access support [here.](#)

The Alzheimer's Association (ALZ), Maine Chapter offers a 24/7 Helpline that provides reliable information and support to all those who need assistance. **Call toll-free anytime day or night at 1.800.272.3900.**

Invitation to Participate

A Master's student is conducting a study on the Utilization of Tele-dentistry in Downeast Maine. If you are a dental professional practicing in Hancock or Washington counties on adults and are interested in participating in this research, please contact: hikmoha3@liverpool.ac.uk.

Note: **Participation is voluntary.**

Are you a dental professional practicing in Hancock or Washington county?

A Master's student is conducting a study on Tele-dentistry in Downeast Maine.

If you are interested and would like to participate contact: hikmoha3@liverpool.ac.uk
The researcher will contact you with further information.

PARTICIPATION IS VOLUNTARY

- 1. Abstinence.
- 2. Monogamous with a partner who tested negative for chlamydia.
- 3. Using condoms the right way each time.
- 4. If pregnant and infected with Chlamydia, contact a healthcare provider for treatment.
- 5. Getting tested every year if sexually active younger than 25 years, 25 years or older with risk factors, pregnant in some cases or sexually active gay or bisexual man.

[STD testing in Maine](#)

Epi/Infectious Disease Corner

Infectious Diseases Data:

[Infectious Disease Dashboard](#)

[Maine Influenza Surveillance](#)

"In June, as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them."

Aldo Leopold, Naturalist and Conservationist (1887-1948)

Sources: U.S. CDC, CCC, Maine CDC, ACS, ODPHP, NIH, DHHS-OBH, HHS, ALZ, NRPA, WHO, Red Cross, NCSD, ACS.





Questions?

[Contact Us](#)

STAY CONNECTED:



SUBSCRIBER SERVICES:

[Manage Preferences](#) | [Unsubscribe](#) | [Help](#)

Powered by



[Privacy Policy](#) | [Cookie Statement](#) | [Help](#)