



YORK DISTRICT PUBLIC HEALTH COUNCIL

Quarterly Meeting Notes

December 10th, 2025

9am – 10:30am

Virtual on Zoom

Present: Cheri Anderson, Pam Buck, Jessica Bolduc, Arthur Capello, Emilee Caradonna, Laura Cashell, Bonnie DeFiore, Chelsea Farrington, Bethany Fortier, Sgt. Rick Frost, Adam Hartwig, Reagan Hebert, Nancy Hooper, Betsy Kelly, Kayla Lewis, Sally Manninen, Martha Morrison, Stephanie Masters-Plamondon, Cassie Ring, Andrea Sarris, Michelle Sawtelle, Ted Trainer, and Matt Wellington.

	Item	Details	Next Steps
1.	Welcome and Introductions: Adam Hartwig, Maine CDC District Liaison	Adam Hartwig, York District Public Health Liaison with Maine CDC, welcomed participants and introduced today's meeting agenda.	
2.	Maine CDC Updates: Adam Hartwig, Maine CDC District Liaison	Adam shared that there are two upcoming staffing changes within the Office of Readiness and Response – the District Liaison of Midcoast District, Drexell, is retiring and the Director of PHEP will be working with DOL. If you know anyone who is interested in these positions, please look out for those job postings or let Adam know. Public Health Educator, Emilee, is working on a December edition of the Holiday Food Resource Guide. If you have any updates/additions, please email Emilee – Emilee.Caradonna@Maine.gov The York District Healthcare Coalition will be meeting in-person for a tabletop exercise around hurricane evacuation. There is work around the State Health Improvement Plan, and updating state Emergency Operations Plans.	Please email Adam for more details: Adam.Hartwig@Maine.gov

Vision: We envision a comprehensive, well-coordinated, accessible, and equitable public health system for all in York County.

3.	Public Health Storytelling and Communication, Matt Wellington, MPHA	Matt Wellington with Maine Public Health Association shared a robust presentation, highlighting the work that MPHA does, power and timing of communication, audience, and the difference between “advocacy” and “lobbying” as many folks cannot lobby due to their job/grant requirements: Lobbying: strategic communication to influence policymakers and laws for better health, involving activities like meeting legislators and asking for their vote/support around specific bills on issues Advocacy: a broad effort to influence policies, systems, and environments for better health, including education and awareness Power and timing lead to effective advocacy timing. Power is influence, credibility, and bipartisanship. Maine is small, and making connections and building relationships is important. Listening to people can often be more impactful than speaking. Understand what matters to your audience, and tailor your pitch, comments, and solutions to their priorities. Participants discussed empathy, relatability, building relationships and finding common ground.	For more information, visit MPHA’s website: www.mainepublichealth.org/ or email Matt at: mwellington@mainepublichealth.org
4.	Adjourn	The full Council expects to be meeting again in March 2026 – the Executive Committee will continue to meet and looks forward to connecting soon. Questions or comments? Please email: Adam.Hartwig@Maine.gov or Emilee.Caradonna@Maine.gov	