



YORK DISTRICT PUBLIC HEALTH COUNCIL

Quarterly Meeting Notes

September 26th, 2025

8:30am – 10am

York County Community College, Wells, ME

Present: Megan Abbott, Arthur Capello, Emilee Caradonna, Laura Cashell, Alexa Christie, Anne Crampton, Lauren Deegan, JoAnne Dowd, Bethany Fortier, Lauren Gauthier, Cait Grant, Elliott Greene, Theresa Haggett, Adam Hartwig, Audrey Kimball, Lee Klarman, Kayla Lewis, Elizabeth Mann, Sally Manninen, Holly Margeson Gamache, Stephanie Masters-Plamondon, Nina Misra, Meghan Richards, Cassie Ring, Lisa Robertson, Gerry Runte, Michelle Sawtelle, and Carolyn Schmidke.

	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 highlighted the Nurture ME Summit that Emilee Caradonna, MeCDC York District Public Health Educator, will be attending as a facilitator for a breakout group. Please email Emilee regarding the Nurture ME Summit: Emilee.Caradonna@Maine.gov He shared details around the Transforming Mental Health Grant and the Rural Health Transformation Grant. Please submit comments for the Rural Health Transformation program through October 1st: www.maine.gov/dhhs/ruralhealth/public-comments Adam also shared details around the transition from the Division of Public Health Systems to the Office of Readiness in Response (ORR). The York District Healthcare Coalition met with NOAA and will be hosting an in-person weather-related emergency preparedness tabletop exercise in December.	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.	ALICE Simulation: Lee Klarman, Elliott Greene and Nina Misra of The United Way of Southern Maine	Lee Klarman, Director of Community Resiliency, presented United Way ALICE (Asset Limited, Income Constrained, Employed) data. **See presentation attached. Elliott Greene, Director of Volunteer Engagement, walked participants through a simulation that allowed participants to experience some of the challenges faced by households in this segment of individuals and families who often fail to make ends meet, but make more than the federal poverty level. Participants were given a backstory as a family of 4, two working adults and two under 4 years old unable to attend public pre-k, and board that “priced out” basic needs including various levels of housing options, food, internet/phone, utilities, transportation, and childcare ranging from 0 tokens (or no financial obligation like skipping paying your utility bills) to 6 tokens (the most expensive costs like a 2 bedroom, 1 bath housing payment). Each participant was given 15 tokens that represent approximately \$375/token. Going through the simulation, participants noticed immediately that they didn’t have enough tokens to own a sizable home, pay for full-time quality childcare, eat 3 healthy meals with snacks etc. Participants had to compromise on areas, quickly recognizing there was no money remaining for savings, pets, travel and other miscellaneous expenses. The scenario unfolds as injuries arise, and you lose tokens and must readjust. Once more, the story evolves, and participants gained new tokens as they have access to food pantries, General Assistance and other social programs. The simulation emphatically showed that many families are one emergency away from significant hardship, while also showcasing how families can do more with community support. Many participants discussed how stress impacts health outcomes, policy, taxes, and highlight programs that could support our community such as Earn as You Learn. Some participants shared their personal experiences to emphasize the reality of this simulation. Many participants asked about using this simulation in their workplace.	United Way of Southern Maine will be hosting two large upcoming summits in the Spring around collective input regarding ALICE – one for employers and one for municipalities. Please stay tuned for more details. Please email Lee or Elliott with questions or comments: llklarman@uwsme.org egreene@uwsme.org Data on ALICE can be found at: www.unitedforalice.org/
----	--	---	---

4.	Maine Prevention Network Updates	Sally Manninen with York Hospital shared a collaborative overdose emergency kit initiative through the Maine Prevention Network: Contact Cheri Anderson of Coastal Healthy Communities Coalition for the Saco Biddeford area: canderson51@une.edu Stephanie Masters-Plamondon of Partners for Healthier Communities for the Sanford area: Stephanie.MastersPlamondon@mainehealth.org And Laura Cashell for southern York County: laura.cashell@yorkhospital.com **See attached documents for more information Cassie Ring with MaineHealth shared a high school youth summit “Own Your Wellness” with a focus on wellness, nutrition and exercise **See attached blurb and view their upcoming newsletter starting on October 1st: https://conta.cc/4nrFrLe	
5.	Adjourn	The full Council expects to be meeting again in December 2025 – 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	