

PHC

Quarterly

Partners for Healthier Communities, a program of Goodall Hospital

Upcoming
Events

Farmer's Market
Tuesdays @
Goodall Hospital
11 am - 2 pm



FreshStart: "A Quit
Smoking Program"
Free Monthly
Sessions
FMI and
Registration Details
Call 207.490.7704
ext. 311

Moose Prints Guide Students to School

Members of the Mainers baseball team were present on June 11 to help promote a new walking path for students of the Lafayette School. Thanks to the help of Partners for Healthier Communities, the Sanford School Department, the Sanford Planning Department, Sanford Public Works, Sanford Housing Authority, Sanford Police Department, Jobs for Maine Graduates, the YMCA Leaders Club, Sherwin Williams, the Sanford Mainers, and the YMCA Leaders Club, brightly colored moose prints guide walkers and bikers along a safe route to school.

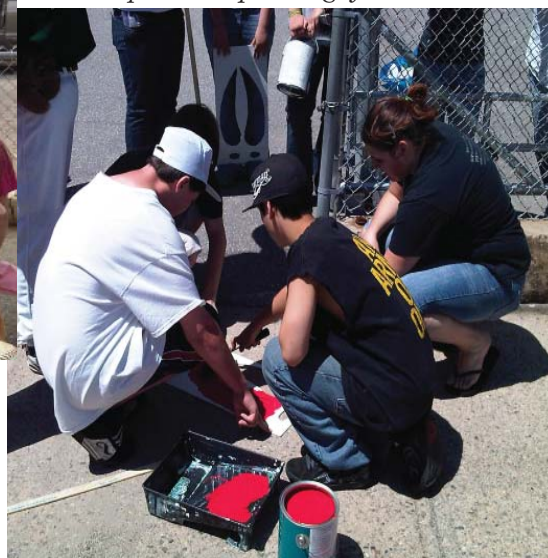
Moose prints will continue to pop up on sidewalks throughout the community over the summer months. Thanks to youth volunteers with "Learn and Serve," walking paths will be marked for Emerson School and Willard/Junior High. This project links with a national initiative geared towards increasing the number of youth who can safely walk and bike to school. Local police officers, planners, and the school department were involved in identifying the selected routes and the public works department has committed to putting the routes at the top of the list when it comes to clearing sidewalks after snowstorms.

As the local Healthy Maine Partnership, Partners for Healthier Communities is available to assist other school districts in exploring the implementation of Safe Routes to School strategies. For more information on the initiative visit: <http://www.saferoutesinfo.org> or email Patti Gulnac at pgulnac@goodallhospital.org.



Above, Sanford Mainers join in the festivities to celebrate the Moose Trails coming to Lafayette School. They walked the kids to school and signed autographs while talking to the students about the importance of physical activity.

Below, students from Sanford High School Jobs for Maine Grads paint moose tracks in the Lafayette neighborhood. The YMCA Leaders Club completed the painting of the trails.





*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Consistent messaging is key in reducing the rates of obesity among our youth. Partners for Healthier Communities, along with the other Healthy Maine Partnerships serving York County, have partnered with Lets Go of the Greater Portland United Way and the 5-2-1-0 Goes to School Program at the Barbara Bush Children's Hospital to promote the 5-2-1-0 message across various sectors. If you are a childcare professional, teacher, school administrator, worksite wellness champion, recreation director, afterschool advisor, physician, or practice manager interested in learning about FREE resources related to the 5-2-1-0 model, please contact Sarah Roberts at 490-7033 ext. 309.

KEEPMEWELL.ORG

Learn how to improve your health
and learn about low-cost healthcare services!
It's easy, private, and free.



Breathe easy, you're in Maine.

**Just a reminder...effective September 12, 2009,
all outdoor eating areas in Maine are smoke free.**

Smoking is prohibited in outdoor eating areas including patios, decks, or other property including bars, restaurants, and snack bars—at any eating establishment where food and drink is served to the public for consumption on the premises—24 hours per day, 365 days a year.

Eating establishments with an outdoor eating area shall post signs notifying patrons of the prohibition and requesting that all persons within the outdoor eating area comply with the law.

To request "Smoke-Free Area" signs to post at your business, contact your local Healthy Maine Partnership director at www.healthymainepartnerships.org. Simply select your town from the list on the website.

Pursuant to Public Law 2009, CH. 140 (effective September 12, 2009) and 22 M.R.S.A §§ 1542 sub-§ 1 & 1550.

Too Hot to Walk? Head Indoors!!

Sanford Walmart
Main Street, South Sanford
6:00 am - 8:00 am
7 days a week

Nasson Community Center
Main Street, Springvale
8:00 am - 9:00 am
&
12:00 noon - 1:00 pm
Monday-Friday

If you would like to receive this newsletter in hard copy or electronically, please contact Sarah Roberts, PHC Director, sroberts@goodallhospital.org, 207 490-7033 ext. 309.

To learn more about Partners for Healthier Communities, a program of Goodall Hospital, visit www.goodallhospital.org



Serving: Acton, Alfred, Cornish, Limerick, Limington, Lyman, Newfield, Parsonsfield, Sanford-Springvale, Shapleigh and Waterboro.

