



HEALTHY PENINSULA

Healthy Peninsula mobilizes, supports, and collaborates with community partners to improve the health of the towns of the Blue Hill peninsula, Deer Isle, and Stonington.



Summer 2013

Health begins where we live, work, learn, and play.

Since 2001, Healthy Peninsula has used collective impact strategies to improve the health of the towns of the Blue Hill peninsula, Deer Isle, and Stonington. Healthy Peninsula brings community and regional partners together to establish common agendas, adopt shared measurable goals, and pursue evidence-based actions that reinforce one another's work and further those goals.

The collective impact approach takes the best of what our communities already offer and links them together in smarter and more effective ways.

**Conference
Registration Opens
Monday
August 12th
healthypeninsula.org
207-374-3257**

To find out more about
Collective Impact visit:
(doug supply)

Save the Date ! October 19, 2013

Nationally Honored
Keynote Speaker
and
Workshop Leader
**Dr. Donna
Beegle**
"Donna weaves
personal experiences
with research to
provide insights for
communicating and
working more
effectively across
race, poverty, gender,
and generational
barriers."



Healthy Peninsula
Third Annual
Early Childhood
Community
Conference
Saturday
October 19, 2013
Blue Hill
Consolidated
School

The Poverty Hurdle:
In Pursuit of Goals and Dreams
for Every Family, Every Child



for more information go to Healthy Peninsula
healthypeninsula.org

The **Magic Food Bus** is coming to Deer Isle, Stonington, Sedgwick and Blue Hill to bring **FREE fresh, locally grown vegetables!**

This summer in Blue Hill, Sedgwick, Deer Isle and Stonington, children won't be waiting to hear the ringing bell of the ice cream truck. They'll be watching out for the Magic Food Bus to make its weekly visit to their neighborhood! Every week in July and August the Magic Food Bus will visit 12 neighborhoods to deliver library books and FREE locally grown vegetables. The Magic Food Bus grew out of a desire to develop community-based support for healthy eating and to improve access to fresh produce. The Magic Food Bus also hands out information on local farms, recipes, and general storage and preparation tips. The veggie and book mobile improves access not only to healthy food, but to summer reading material. The Magic Food Bus is a successful "vehicle" to strengthen community support for healthy eating, local farmers, nutritional education, and for great summer time veggies and reading!

Healthy Peninsula has a new home! Blue Hill Memorial Hospital welcomed Healthy Peninsula as tenants in the Woodward Building, located on the Parker Point Road this June. "We are thrilled to be back in the Blue Hill area, and closer to so many of our partners, and being located on the BHMH campus is "perfect" says Denise Black HP Director."



Early Childhood Health Fair

Island Medical Center, Stonington

In April, Healthy Peninsula and Blue Hill Memorial Hospital partnered with Ready by 21, Child and Family Opportunities, Downeast Regional Child Development Services, local dentists and others to provide comprehensive health, dental and developmental screenings in a health fair setting free of charge to young children from 18 months to 5 years of age. Child Development Services offered play-based developmental screenings, nurses from Blue Hill Memorial Hospital primary care clinics provided height, weight, hearing, and vision screenings, and a local dentist provided dental screenings.

The event also included face painting, childhood nutritional information, healthy snacks and more!

Healthy Peninsula is using collective impact strategies in the Early Childhood Work Group to mobilize community partners for action and to ensure effective results to improve Early Childhood.

Why Early Childhood?

- The earliest years of our lives set us on pathways leading towards or away from good health.
- 90% of brain development occurs in the first three years of a child's life.
- High quality early child care can markedly improve childhood development and experiences.



Family and Early Childhood Resources

Maine Families— 667-5304
downeasthealth.org

Child Development Services (CDS) Office for Hancock County 255-4892
www.maine.gov/education/speced/cds/sites/hanck.html

Special Children's Friends 667-2430
specialchildrensfriends.org

Child and Family Opportunities 207-667-2995 or 1-800-834-4378
www.childandfamilyopp.org

Office of Child and Family Services 1-877-680-5866

Catholic Charities 775-5671
www.ccmaine.org/get-help

To view the entire Early Childhood Resource Guide visit:
www.healthypeninsula.org

What role do parents play in brain development and emotional health?

Ensure health, safety, and good nutrition: Provide wholesome foods, routine health care, and safe places for children to play.

Talk, read, and sing to children: Surround them with language. Play music, tell stories, and read books. Take advantage of libraries and play groups.

Become involved in childcare and pre-school: The relationships that your children form outside your home are also important to their emotional growth and ability to learn.

How can parents ensure their children will get what they need? Early intervention - identifying problems early in the life of the child is key. Talk to your child's health provider about developmental milestones and share any concerns or questions.

Sandy Phoenix is a Family Nurse Practitioner, and member of Healthy Peninsula Advisory Board

Healthy Aging

Transitions at Healthy Peninsula

The Advisory Board of Healthy Peninsula announced in March, the appointment of Denise Black as Director. Black has worked as the Community Health Coordinator for Healthy Peninsula since 2008, and had taken on much of the Director's role since Amy Vaughn's resignation in November 2012 when she assumed the position of Pastor for the Deer Isle Congregational Church.

Black has been engaged in community work on the Blue Hill Peninsula for the past fifteen years and recently under her leadership, and direction of the Advisory Board, begun collaboration with Blue Hill Memorial Hospital and Eastern Maine Health Care Systems to improve and identify health care needs in the community. For more information, like us on Facebook, or visit www.healthypeninsula.org.



Why Healthy Aging?

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www.healthypeninsula.org

A program of



Working together to
 improve the health
 of our communities
 since 2001

