



August 2021

MONTHLY NEWSLETTER



Lead Poisoning Prevention

Lead is a toxin that can be especially harmful to children under the age of 6. Paint bought today does not have lead in it, but houses built before 1978 often still have old lead paint. Lead dust from old paint is the most common way children get lead poisoning. Children who live in rental housing are at greater risk.

[The City of Biddeford](#) has a program to reduce the amount of lead paint in rental housing. If you know a landlord in Biddeford that would be interested contact Gail Wilkerson at: Gail.Wilkerson@Biddefordmaine.org



International Overdose Awareness Day (Aug 31)

The pandemic has brought additional challenges and stressors to people all over the globe. According to provisional data from the CDC, there were more than 93,000 reported drug overdoses in 2020, and more than three-quarters were attributed to

opioids. [International Overdose Awareness Day](#) is a global event held Aug. 31 each year. Its purpose is to raise awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends.

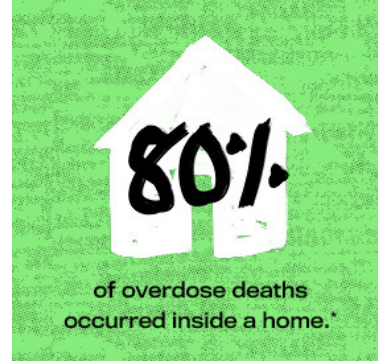


New SADD Chapter!

Project Alliance has started a new [SADD \(Students Against Destructive Decisions\)](#) chapter! SADD helps youth learn how to make choices that will impact their life. In our chapter, we are looking for student and youth involvement. Students and youth will gain valuable leadership experience, education about alcohol abuse and substance misuse, chances for scholarships, and travel to national conferences around the United States. Having a local SADD chapter will be an excellent opportunity for youth in our service area. If anyone is interested in learning more about this opportunity, please contact Morgan Bates at mbates3@une.edu.



SNAP recipients about these great benefits at the Farmers' Market. The SNAP-ed educators here at CHCC helped with these events at both the Kittery Farmers' Markets and Sanford Farmers' Market. Along with having fun activities centered around nutrition the educators provided information about Maine Harvest Bucks, POP club, SNAP-Ed and other great programs that are part of these Markets. For more information about these programs



Naloxone Distribution

The [CDC states](#), Naloxone is a life-saving medication that can reverse an overdose from opioids, including heroin, fentanyl, and prescription opioid medications. Often given as a nasal spray, Naloxone is safe and easy to use. Contact us to find out how you and your organization can acquire Naloxone. If someone overdoses at your workplace/organization or employees are in direct contact with at-risk individuals who may overdose, Naloxone can be crucial to have on hand.

For more information, contact Cheri Sullivan at: csullivan29@une.edu

**REVERSE OPIOID OVERDOSE
WITH NALOXONE** 

Farmers' Market Event

During the month of July Maine SNAP-Ed partnered with Maine Federation of Farmers' Markets (MFFM) and several Farmers' Markets to host a family-friendly tabling events at the market about healthy shopping and eating on a budget. The events were designed to promote the Maine Harvest Bucks program and educate

and the markets that are available in your area check out:

<http://www.maine farmers markets.org>

or contact Megan at mletendre@une.edu.

Myth: Legalizing Marijuana will help solve the Opioid Epidemic.

Fact: Researchers have found little evidence to support the claim that expanding access to medical cannabis by legalizing marijuana will reduce opioid overdose deaths in the United States. There is currently a large and growing body of evidence showing that cannabis use increases, rather than decreases, non-medical prescription opioid use, and opioid use disorder, concurrent use of marijuana and opioids by patients with chronic pain may indicate a higher risk of opioid misuse. For more information about the myths and facts of marijuana, visit the [Prevention Technology Transfer Center Network](#).



Community Partner Recognitions



Emily Estell's Departure from CHCC

Our Nutrition Program Manager at CHCC, Emily Estell, has accepted a position as the Assistant Clinical Professor of the undergraduate nutrition program at UNE!

Emily has worked for CHCC for several years. In addition to teaching SNAP-Ed curricula to various age groups across York County, Emily led the Healthy Retail Initiative through Local Food Local Places,

which included a retail assessment, a Biddeford-focused Healthy Retail Guide, and a student art contest to make healthy advertisements. She also helped support the start of the GATHER Fruit and Vegetable Prescription Program through Nasson Health Care and developed an assessment to identify program barriers. Additionally, Emily presented on behalf of the Maine SNAP-Ed at the Association of SNAP Nutrition Education Administrators Conference in Feb 2021. Emily has loved being able to share her passion for nutrition with the community.

We are so proud of you, Emily! We will miss you at the office but hope to be collaborating with you in the future!

Coastal Healthy Communities Coalition
207-602-3551
Tcote3@une.edu

Connect with us

