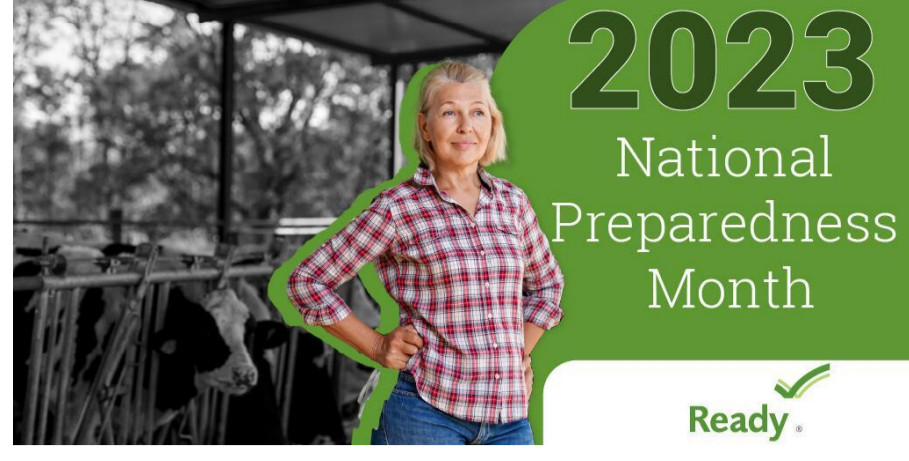


Downeast Public Health Council Newsletter September 2023

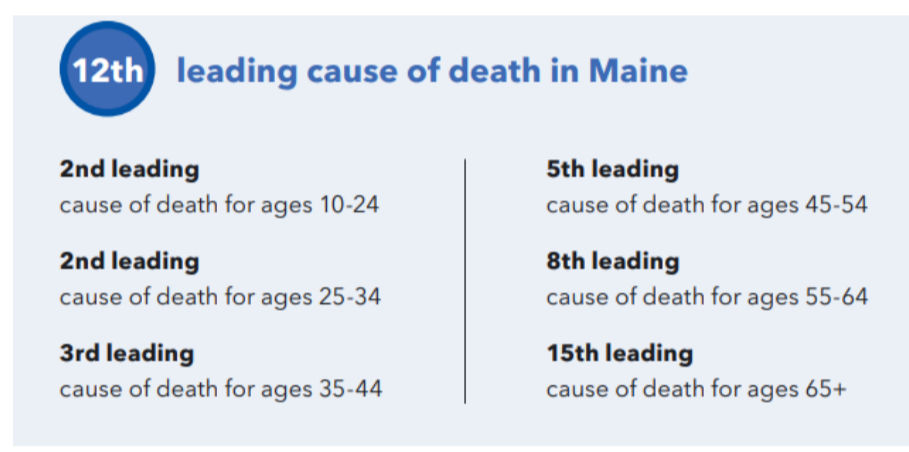


Call to Action

- Older adults and their caregivers can overcome these potential obstacles and increase their resilience by taking control in 1, 2, 3.
- **Assess your needs.** If you have medications that need refrigeration, rely on mobility or assistive devices or have a pet you'll need to understand how these variables will factor into what you'll need to stay safe in a disaster or emergency.
- **Make a plan.** Once you assess your needs, you can tailor your plans to make sure your needs are met. This can include building a kit that includes extra medication, having a way to store medications in an emergency and planning for your pets or service animals. If you're an older adult or work with and support older adult communities visit [Ready.gov/older-adults](https://www.ready.gov/older-adults) and [Ready.gov/es/adultos-mayores](https://www.ready.gov/es/adultos-mayores) for resources.
- **Engage your support network.** Reaching out to family, friends and neighbors can help you build a support network that can support you before, during and after a disaster or emergency. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Practice your plan with those who have agreed to be part of your personal support network.

[Read More](#)

Suicide Data Maine 2022



Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Maine	234	16.30	23
Nationally	45,979	13.48	

79.93% of communities did not have enough mental health providers to serve residents in 2021, according to federal guidelines.

Almost **six times** as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of **4,169 years** of potential life lost (YPLL) before age 65.

86% of firearm deaths were suicides.

56% of all suicides were by firearms.

Hate Exercise? 5 Tips That May Change Your Mind

You don't have to be a gym hero to get enough physical activity to improve your health. There are a lot of ways to make regular activity part of your life – which can help you have more energy, handle stress better, reduce your risk of illness and disease, and look and feel good! It's pretty much a no-brainer. But most of us (about 80 percent of Americans) don't make exercise a regular habit. And many say it's because they just don't like it.

So how can you stop being a hater and get over exercise aversion? Here are some tips to help you add physical activity to your life – and maybe even learn to like it!

Find your jam.

Instead of forcing yourself to do something you don't enjoy, find ways to exercise that fit your personality. If you're a social person, do something that engages you socially – take a group dance class, join a recreational sports team, or start a walking group with friends. Connecting with your peeps is a great way to stay motivated and [avoid working out alone](#). If you're more of a lone wolf, running or swimming might be a better fit. And if you're not a morning person, you're not likely to get up at the crack of dawn to make a boot camp class.

Give it time.

It can take a while for a new behavior to become a habit, so give yourself time to get into a regular routine. One way is to try to be active around the same time each day. Exercise can become addictive in a good way. Once it becomes a habit, you'll notice when you aren't doing it.

Build it in.

Build activity into your schedule and lifestyle so it doesn't feel like a chore. There are many ways to [fit exercise into your life](#), and it doesn't mean you have to give up something else, like time with family and friends. [Get active together as a family](#), you'll all benefit. And if you just can't imagine life without your daily phone chat with your BFF, take that call for a walk around the block.

Break it up.

It's OK to fit in physical activity when you can. The American Heart Association recommends a total of [at least 150 minutes of moderate activity a week](#), but if that sounds overwhelming, try adding two or three short activity sessions most days of the week. It all adds up! You could do a quick yoga routine when you wake up, take a brisk walk after lunch at work, and if you commute with public transportation, get off a stop earlier and walk the rest of the way home.

Keep going.

If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you hit it again the next day. And if what you're doing just isn't working for you, revisit this list. You may need to try a different activity or a different time of day. Don't give up!

[Information](#) from the American Heart Association

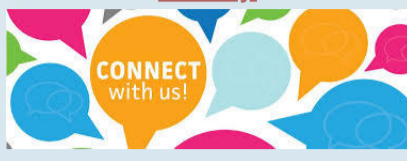
Next Downeast Public Council Meeting

Friday, November 17, 2023

9:00 - 11:00 AM

For Council Meeting information, please contact

[Al May](#)



[Downeast Public Health Council Facebook Page](#)

[Downeast Public Health Council Website](#)

[Maine CDC Downeast District Website](#)

To become a member of the Downeast Public Health Council please fill out our [Membership Application](#).

Downeast Public Health Priority Committees & Collaborations

Health Literacy Committee: Angela Fochesato, Chair

Hancock County Triad Coalition: Jo Cooper

Downeast Cancer Patient Navigation Steering Committee: Maria Donahue, Chair

Palliative Care and Hospice Committee: Al May, Chair

Emergency Planning: Andrew Sankey, Chair

Healthy Aging Committee: Helen Burdock, Chair

Build a kit with everyone in mind



By the year 2035, the U.S. Census Bureau projects that there will be more Americans over the age of 65 than under the age of 18. Over the next decade, it is imperative that the growing older adult population become more aware of their risks and better prepared for them.

[Source](#)

Infectious Disease Update

Eastern Equine Encephalitis Found in Mosquitoes in York County

For more information, see [Positive EEE in York County Mosquitoes](#)

Maine suicide prevention plans and initiatives

Housed within the Maine Center for Disease Control and Prevention (Maine CDC), the [Maine Suicide Prevention Program](#) (MSPP) is a collaborative initiative among state and local partners committed to preventing suicide in Maine. MSPP aims to (1) provide statewide leadership and coordination for suicide prevention, (2) improve integration of effective suicide prevention efforts within public and private organizations statewide, (3) increase access to suicide prevention and intervention services in health care and behavioral health settings, and (4) educate professionals working with Maine people about suicide prevention, intervention, and postvention.

Developed in collaboration with state and local partners that comprise the MSSP Advisory Council, in February 2021 the [Maine Suicide Prevention Program Strategic Plan 2020-2025](#) was published as a "blueprint" for organizations that want to provide evidence-informed suicide prevention in local communities.

[Information](#) from the American Foundation for Suicide Prevention

2022 Suicide Data: Maine

[View PDF](#)

See full list of citations at [Suicide statistics | AFSP](#)

[Information](#) from the American Foundation for Suicide Prevention

Alzheimer's Disease and Related Dementias

How to Improve Your Brain Health:

- Stay Physically Fit
- Consider a Healthier Diet*
- Stay Socially Active
- Stay Mentally Active – Exercise your Brain
- Stop Using Tobacco Products
- Use Alcoholic Drinks Carefully
- Get Seven Hours of Sleep daily

*Research suggests the DASH and Mediterranean diets as Brain Healthy.

[DASH Diet](#)

[Mediterranean Diet](#)