



## Maine Resources

### Information Resources

#### BICYCLE COALITION OF MAINE

[www.bikemaine.org](http://www.bikemaine.org)

- The Bicycle Coalition of Maine (BCM) advocates bicycling safety, education, and access in Maine. Their vision is that as a result of the Bicycle Coalition of Maine's work, people living in and visiting Maine will have accessible and safe conditions where they may comfortably and responsibly bicycle. They also can put you in contact with bicycling groups in your area.

#### Contact:

Jeff Miller

Executive Director

Bicycle Coalition of Maine

P.O. Box 5275

Augusta, Maine 04332-5275

(207) 623-4511 • E-mail: [BCM@Bikemaine.org](mailto:BCM@Bikemaine.org)

#### ME YOUTH BIKE COLLABORATIVE

(Part of Bicycle Coalition of Maine)

- BCM is planning the development of a bike program geared toward youth and young adults age 13 to 25. The purpose is to promote healthier living, a cleaner environment, and an improved economy. BCM is also currently running bike safety programs for school-aged youth.

#### Contact:

Pete Phair

Membership & Youth Education Coordinator

Bicycle Coalition of Maine

P.O. Box 5275

Augusta, ME 04332-5275

(207) 623-4511 • E-mail: [Pete@Bikemaine.org](mailto:Pete@Bikemaine.org)

#### HEALTHY MAINE PARTNERSHIPS (HMP), MAINE CENTER FOR DISEASE CONTROL AND PREVENTION, MAINE DEPARTMENT OF HEALTH AND HUMAN SERVICES

[www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)

- The Healthy Maine Partnerships facilitate the coordination of the State and local intervention activities to reduce chronic diseases by developing and implementing comprehensive community-level interventions that promote and support tobacco use prevention, increased physical activity, and healthy eating, primarily through policy and environmental change. For more about how to implement policy and environmental change, refer to the other HMP Physical Activity and Nutrition Action Packets available on the Web at [www.maine-nutrition.org/eatsmart.htm](http://www.maine-nutrition.org/eatsmart.htm).



#### Contact:

Healthy Maine Partnerships  
Maine Center for Disease Control and Prevention  
Maine Department of Health and Human Services  
Key Plaza 4th Floor  
11 State House Station  
Augusta, ME 04333-0011  
(207) 287-8417  
TTY: (207) 287-8015

### [MAINE IN MOTION—MAINE GOVERNOR'S COUNCIL ON PHYSICAL FITNESS, SPORTS, HEALTH, AND WELLNESS](#)

[www.mainephysicalactivity.org](http://www.mainephysicalactivity.org)

- *Maine in Motion* is a 12-week statewide physical activity program designed to increase the daily physical activity levels of Maine residents by using a pedometer. Participants use pedometers as a motivational intervention for tracking their daily steps. Goal-setting and self-monitoring are key components to the program.

#### Contact:

Diane Campbell  
Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness  
11 Oarkwood Drive  
Augusta, ME 04330  
1-800-427-7566, ext.230 • E-mail: [dianec@mcd.org](mailto:dianec@mcd.org)

### [MAINE YOUTH ACTION NETWORK \(MYAN\)](#)

[www.myan.org](http://www.myan.org)

- MYAN provides training, support, connections, and resources for middle and high school youth groups throughout the State that create positive change in their communities. MYAN can connect you to youths and their adult supporters who have creative ideas and energy for promoting healthy eating and physical activity. They can also connect you with various State and community organizations that can be a resource. MYAN provides broader support by assisting youth and adults in collaborative partnerships to best meet their goals.

#### Contact:

Catherine Perrault	Suite 204
510 Cumberland Avenue	309 Cumberland Avenue
Portland, ME 04101 (mailing address only)	Portland, ME 04101 (physical address)
(207) 874-0060 x 204 • E-mail: <a href="mailto:cmp@propeople.org">cmp@propeople.org</a>	



### *MARCH INTO MAY—HEALTHY PORTLAND*

- *March Into May* is a free 10-week walking program. It is designed to be a fun and effective way to increase physical activity for participants. Participants build lifelong, year-round healthy physical activity habits by creating more supportive social and physical environments, and utilizing what works best for them. The goal of the program is to improve the health of communities by increasing physical activity and raising awareness of its benefits.

Contact:

Rick Fortier

Coordinator

389 Congress Street

Portland, ME 04101

(207) 874-8618 • E-mail: [rmf@portlandmaine.gov](mailto:rmf@portlandmaine.gov)

### *MOVE AND IMPROVE—EASTERN MAINE HEALTHCARE*

[www.moveandimprove.org](http://www.moveandimprove.org)

- *Move and Improve* is a free community-based program designed to encourage and empower individuals to engage in a healthier lifestyle by increasing their level of physical activity. The Web site provides information about the 12-week program offered in the spring, along with helpful information about physical activity.

Contact:

Nicole Hammar

*Move and Improve* Coordinator

Eastern Maine Healthcare Systems

43 Whiting Hill Road

Suite 500

Cianchette Building

Brewer, ME 04412

(207) 973-7245 • E-mail: [nhammar@emh.org](mailto:nhammar@emh.org)



### MAINEHEALTH'S PARTNERSHIP FOR HEALTHY AGING (PFHA)

- Provides programs aimed at elder wellness and health enhancement, examples of successful community partnerships, and information about evidence-based models. The PFHA provides a coalition of health care organizations, social service agencies, and educational institutions designed to foster supportive community partnerships that, in turn, can offer the information and resources to improve the health of older adults. The PFHA also provides education to social service and health care professionals, caregivers, policymakers, and others about issues related to the health and well-being of older adults.
- **A Matter of Balance Program**—A program specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults. The program is designed for small groups of older adults living independently in community settings or senior housing.

Contact:

Peggy Haynes

Director

Partnership for Healthy Aging

465 Congress Street

Suite 301

Portland, ME 04101

(207) 775-1095 • E-mail: PFHA@mmc.org

### SOUTHERN MAINE VOLKSSPORT ASSOCIATION

[www.smva.8m.com](http://www.smva.8m.com)

- Southern Maine Volkssport Association provides information about walking groups, maps of walks across the U.S., and informational newsletters.

Contact:

Denise Macaronas

President

P. O. Box 722

Westbrook, Maine 04098-0722 • E-mail: SMVA2005@yahoo.com



## *RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)–UNIVERSITY OF MAINE CENTER ON AGING*

- RSVP provides access to a corps of volunteers (adults age 55 and older) who are interested in addressing community issues. Volunteers provide important support in areas such as serving and delivering meals, child reading programs, youth mentoring and literacy programs, local emergency management projects, senior support programs, national homeland security programs, and elder security and fraud prevention programs.

### Contact:

Jane Harris-Bartley

Program Director

5723 Donald P. Corbett Business Building

University of Maine

Orono, ME 04469-5723

(207) 581-4418 • E-mail: [jane.harris.bartley@umit.maine.edu](mailto:jane.harris.bartley@umit.maine.edu)



## NATIONAL RESOURCES

### CENTER FOR THE STUDY OF SOCIAL POLICY—“BUILDING SOCIAL AND ECONOMIC SUPPORT NETWORKS WITH TIME DOLLARS”

[www.cssp.org](http://www.cssp.org)

- This document highlights information about peer matching, training, peer consultants, and increasing the ability for self-sufficiency for all ages and abilities.

Contact:

1575 Eye Street Northwest

Suite 500

Washington DC 20005

(202) 371-1565

### COMMUNITY TOOL BOX

- The Community Tool Box goal is to support promotion of community health and development. The Tool Box provides over 6,000 pages of practical skill-building information on over 250 different topics. Topic sections include step-by-step instruction, examples, checklists, and related resources.

Contact:

Work Group on Health Promotion and Community Development

4082 Dole Human Development Center

1000 Sunnyside Avenue

University of Kansas

Lawrence, KS 66045-7555 (U.S.A.)

(785) 864-0533 • E-mail: [Toolbox@ku.edu](mailto:Toolbox@ku.edu)



## GUIDE TO COMMUNITY PREVENTIVE SERVICES (COMMUNITY GUIDE)

[www.thecommunityguide.org/pa/default.htm](http://www.thecommunityguide.org/pa/default.htm)

- The Community Guide's systematic review of the effectiveness of selected population-based interventions is designed to increase levels of physical activity focused on interventions in three areas: informational approaches; behavioral and social approaches; and environmental and policy changes to increase physical activity.

### Contact:

Community Guide Branch

Centers for Disease Control and Prevention

4770 Buford Highway

Mailstop K-73

Atlanta, GA 30341

(770) 488-8189

Fax: (770) 488-8462 • E-mail: [CommunityGuide@cdc.gov](mailto:CommunityGuide@cdc.gov)

## NATIONAL YMCA

[www.ymca.net](http://www.ymca.net)

- While all YMCAs differ in what they offer based on community needs, all work to build strong, healthy communities through group, peer, and mentoring activities. YMCAs serve as an access point for physical activity programming for those without access in the community or the workplace.

### Contact:

Go to the Web site to find the YMCA nearest you.