

Washington County:



Committed to improving  
the quality of life for  
Washington County citizens

**Washington County: One Community** is a grassroots organization whose purpose is to improve the quality of life for the citizens of Washington County - from infants to elders – through positive communication, promoting success, and ensuring residents receive the public health and other support they need to achieve healthy, substance-free, productive and financially viable lives while respecting cultural and community differences.

**Washington County: One Community** is supported by the Washington County Commissioners and Healthy Maine Partnerships.



The people dedicated to helping us live longer and healthier.

Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

### **This Issue**

- Wellness
- Social Capital
- Infrastructure
- “Farm to School” Initiative

### **Spring Issue of Newsletter**

- Economics
- Youth
- Energy

### **Coming Events**

#### ***Strategic Planning Workshop***

January 15, 2009, 11:00 – 4:00  
The Portside, Kimball Hall, UMM

#### ***Hall of Flags Exhibit***

State House in Augusta  
February 26, 2009, 9:00 – 12:00

## **Washington County: One Community**

### **Board of Directors**

Jim Roberts (Chair)

Gail Wahl (Vice Chair)

Wendy Harrington (Secretary)

John Shoemaker (Treasurer)

Linda Pagels Wentworth (Ex Officio)

Anne Perry

Cindy Look

Gary Edwards

Harold Clossey

James Moreira

Judy East

Betsy Fitzgerald

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# Social Capital Focus Team

## Status of Homelessness in Washington County

The Social Capital Team is gathering information to create a Washington County profile of the number and ages of the homeless.

This profile will include the reasons for homelessness and what agencies or services (if any) they have been referred to. No names are being collected.

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*“Washington County does indeed have a homeless population and limited resources to assist them.”*

– Betsy Fitzgerald,  
Machias Town Manager

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This assessment instrument is being sent to all school counselors, police departments and food pantries.

## Resource Directory for the Homeless

A second initiative is the creation of a ‘resource directory’ of homeless services across the county. The team suspects that this directory will be slim, as few formal services exist for the homeless.

A master list of contact people has been created. These people will be asked how referrals for services for the homeless are handled.

The team will assemble the directory and determine the most effective distribution for it.

Anecdotal and historical information will be assembled throughout this process and used

to support a feasibility study on the need for a homeless shelter in the county.

### Social Capital Focus Team Members

Susan Corbett (Co-Chair)  
Betsy Fitzgerald (Co-Chair)  
Jane Blackwood  
Poa-sheng Hsu  
Christine Talcott-Roberts  
Members of Mighty Women  
Rick Tanney  
Kathy Miller



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# Infrastructure Focus Team

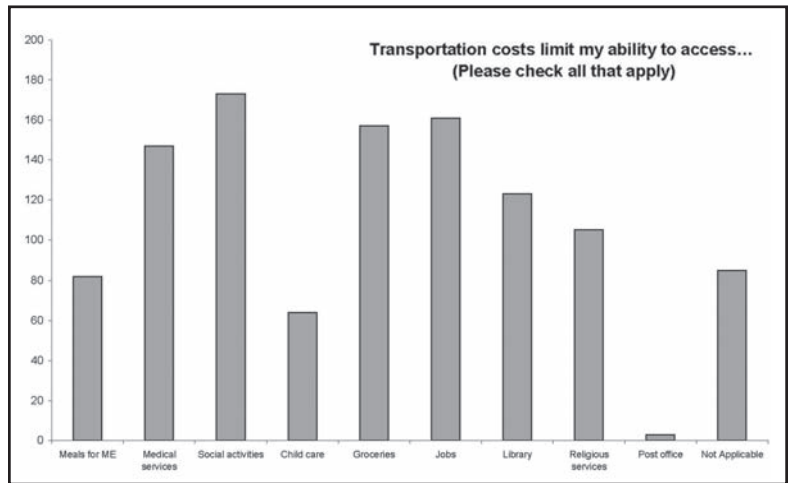
## The Costs and Challenges of Transportation

Currently, West Bus Lines and the Washington Hancock Community Agency (WHCA) offer transportation services to county residents.

West Bus has regular round trip runs from Calais to Ellsworth and Bangor, as well as shopping areas and hospitals within Washington County.

WHCA offers ride share and services for the elderly and disabled by appointment.

The missing link seems to be intra-county services for short trips to grocery stores, shopping areas, pharmacies, medical appointments and community events.



work with transportation providers to improve coordination, increase public information about transportation services and develop new transportation options, which may include expanding car pooling and van pooling, and additional bus service.

A County-wide survey of residents in 2007 revealed that lack of reliable transportation poses a very significant barrier to many for access to basic needs. This is therefore a central issue for the Infrastructure Focus Team.

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***“Coordinating travel patterns that link roads together and developing a pattern that fits the needs of our citizens is our greatest challenge”***

**- Jeremy Gabrielson, Senior Planner,  
Washington County Council of Governments**

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Recently, the Washington County Council of Governments (WCCOG) obtained funds to send three representatives of **Washington County: One Community** to the National Institute for Transportation Coordination in Washington, D.C.

Those in attendance, Barbara Drisko, Americorps Volunteer Coordinator for Washington County: One Community, Jeremy Gabrielson, WCCOG Senior Planner and Emory West of West Bus Lines obtained useful information about the way and means (funding options) to improve transportation services in Washington County.

Over the next year, the Infrastructure Team will

### Infrastructure Focus Team Members

Betsy Fitzgerald (Chair)

Jane Blackwood

Georgianna Kendall

Rick Tanney

Jeremy Gabrielson

Judy East

Poa-Sheng Hsu

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# Wellness Focus Team

## Keeping Warm and Well This Winter

In 2009 the focus of the Wellness Team will be on assessing and documenting local resources, including support groups, community programs, outreach programs and resources for basic needs such as food and shelter.

This information will be available on our website.

The Wellness Team is committed to ensuring basic life necessities. This fall we have secured funding for an AmeriCorps Volunteer Coordinator to assist the Washington County Food and Fuel Alliance. The Coordinator will help people find warming shelters, funding and

resources through the winter and plan for the 2009 heating season.

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***“Washington County: One Community believes that health is the foundation that will enable residents to achieve their aspirations and achieve personal success.”***

**– Eleody Libby, Executive Director,  
Washington County: One Community**

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For the 3<sup>rd</sup> year the Wellness Team is working with local food pantries and their clients to provide nutrition programming. Using a county-wide network of

Food Pantry Directors, the team continues to increase collaboration and resource sharing among the pantries in Washington County.

Coordinated by David Archer, this collaborative has helped over 40 families in Washington County and will continue to help many more!

## Farm to School Initiative Workshop Brings National Speaker to Elm Street School



Anupama Joshi, co-director of the National Farm to School Network, headlined a day-long workshop dedicated to connecting schools and local

farms on October 18, 2008.

The teachers, administrators, farmers and citizens who attended were enlightened on the ‘path from farm to fork’ and how to instill lifelong healthy eating habits by introducing locally produced, freshly harvested foods.

Establishing healthy eating habits early in life has been shown to reduce the tendencies for lifestyle diseases such as diabetes and high blood pressure.

### Wellness Focus Team Members

Cindy Look (Co-Chair)  
John Shoemaker (Co-Chair)  
Deb Eckart  
Gail Wahl  
Jane Brissette  
Penny Curtis  
Rich Fabri  
Rick Tanney  
Rose Arsenault

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