



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



August 2010

I ♥ a Smoke-free Fair



The Bangor State Fair, which runs from Friday, July 30th through Sunday, August 8th, will feature the state's first Smoke-Free Midway.

This new policy, enacted by Bangor State Fair organizers, was in response to comments made by fair patrons about secondhand smoke. It also addresses Maine law which prohibits second-hand smoke exposure near workplaces and a new law which bans smoking in outdoor eating areas.

Although smoking has always been prohibited in agricultural areas of the fair, this year the smoking policy will extend to the fair midway where rides, games and vendors are present. This policy also applies to all fair employees who sell food and merchandise and operate rides and games. Smoking will be permitted in designated smoking kiosks that will be located outside of the midway, agricultural area and fair entrances.

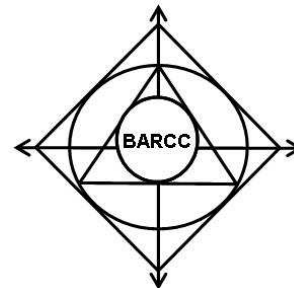
Because there is no safe level of secondhand smoke exposure, even in the outdoors, this new policy will benefit the health of fair patrons and make it more family-friendly. New research shows that the air within 20 feet of an outdoor smoker is as toxic as if they were smoking indoors.



3rd Annual Bangor Area Conference on Addiction Recovery

The Bangor Area Recovery Community Coalition (BARCC) is hosting the 3rd annual Bangor Area Conference on Addiction Recovery on September 9, 2010, from 8:30 am to 4:00 pm at Penobscot Job Corps, 301 Union Street, Bangor, Maine.

BARCC is a group of recovering individuals, their friends, and families who advocate and support addiction recovery in the greater Bangor area. Its purpose is to reduce the stigma and discrimination associated with addiction.



BARCC:

- Believes supporting recovery is a community responsibility
- Defines recovery from addiction as a process of change through which an individual achieves abstinence and improved health, wellness and quality of life
- Celebrates and makes recovery visible to the community.
- Embraces resiliency as the framework of recovery.

For more information on the BARCC conference or to register please visit www.bangorrecovery.org

Large or small, any event can be smoke-free. Contact your local Healthy Maine Partnership at www.healthymainepartnerships.org for assistance on which policy is best for your event and how to implement your policy.



Breastfeeding is Best

It's no secret that breastfeeding is best for you and your baby, but did you know:



- Breastfed babies are less likely to develop allergies
- They also have healthier lungs and fewer respiratory problems.
- Babies who are not breast fed get sick from infections like the flu more often and more severely than babies who are breast fed.
- It is okay to breastfeed your baby if you have the flu. As a matter-of-fact, it's the best thing you can do.
- You should continue to breastfeed your baby if your baby is sick. Your breast milk is the healthiest choice for a quicker recovery. If your baby is too sick to breast feed, he/she can always drink your pumped breast milk from a cup, bottle or eye dropper.

Offer your baby the best possible start in life by feeding them what is naturally the best choice for their health and wellness, and yours.

You can learn more about breastfeeding your baby at: www.cdc.gov/h1n1flu/infantfeeding.htm

Did you know that getting your children immunized....

Can also protect their friends, schoolmates, and others from the same diseases?

Some children can't get certain vaccines for medical reasons, and some don't respond to vaccines. For these children, the immunity of the people around them is their only protection.

Can help protect your grandchildren, their grandchildren, and future generations from diseases?

If enough people fail to get their children immunized, diseases that had been under control can come back to cause epidemics. This has happened in several countries.



Could, ultimately, help rid the world of diseases that have crippled and killed children for centuries?

Immunization allowed us to eradicate smallpox. Today polio is nearly gone, and in the future measles and other diseases will follow.

For more information visit: www.maine.gov/dhhs/boh/ddc/immunization/

What You Do For You—Breathe Deep for Stress Relief

Short on time, but heavy on stress? Deep breathing is a powerfully simple relaxation technique that is easy to learn and can be practiced almost anywhere. You just need a few minutes and a place to stretch out.

How to practice deep breathing:

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you have a hard time breathing from your abdomen while sitting up, try lying on the floor.

Breathe deeply and often for better health.

For more information visit: www.womentowomen.com/fatigueandstress/deepbreathing.aspx