

YORK DISTRICT PUBLIC HEALTH NEWSLETTER

March 2024



PUBLIC HEALTH UNIT:

The Maine CDC York District Public Health Unit includes:

- **Adam Hartwig**, District Liaison
- **Joel Demers**, Health Inspection Supervisor
- **Matthew Cohen**, Public Health Nursing Supervisor
- **Craig Rothfuss**, Epidemiology
- **Kate Tufts**, Drinking Water Program
- **Emilee Caradonna**, Public Health Educator

YORK DISTRICT PUBLIC HEALTH COUNCIL UPDATES:

The York District Public Health Council (YDPHC) will hold their quarterly meeting virtually on Zoom March 18th from 10:30am – noon!

Please see the agenda shared with this newsletter for more details.

If you would like an Outlook calendar invitation, please send an email to: Emilee.Caradonna@Maine.gov

Visit the YDPHC website here: www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml

PUBLIC HEALTH UNIT SPOTLIGHT: MATT COHEN, PHN SUPERVISOR

Matt is relatively new to Maine CDC - being York District Public Health Unit's newest member. After a year of traveling with his wife, he found his way to Maine and subsequently into Public Health with Maine CDC. They settled into their new home and community here in Southern Maine.

Matt started in healthcare shortly after high school as an EMT while studying to be an airline pilot. His passions pivoted him to seek a career in healthcare.

He was a paramedic and worked over a decade in EMS before obtaining his RN license. As a nurse he worked in critical care, care management, and as a house supervisor before relocating to Maine.

Below is a picture of Matt at an ax throwing bar (a brand new entertainment for him) as he feels like he has hit a bullseye in life.

Join us in welcoming Matt!



TICK-BORNE DISEASES IN YORK DISTRICT:

Maine saw a record number of confirmed Lyme disease cases in 2023.

Last year, York District saw 331 cases of Lyme Disease, 54 cases of Anaplasmosis, and 21 cases of Babesiosis.

With a record number of Lyme Disease in 2023, coupled with a warmer-than-average winter, Maine CDC encourages continued precautions against tick bites this winter.

York District has already seen cases of Lyme Disease this year (see map below).

For more information, please visit: www.maine.gov/lyme



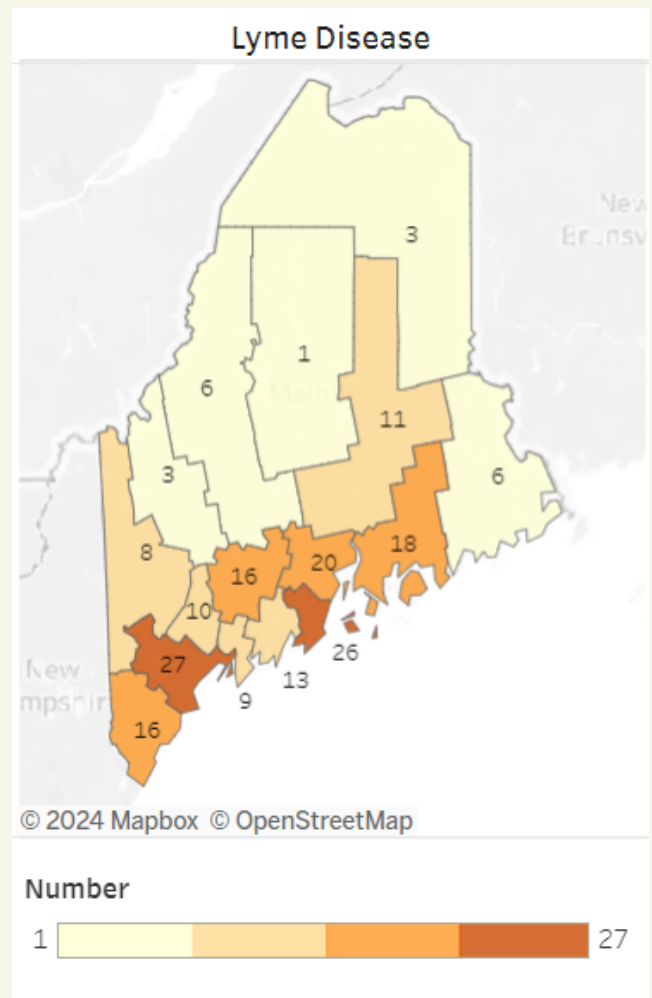
OUTDOOR RESOURCE, UPDATE:

The York District Physical Activity Resource Guide is currently being updated!

If you have any trails or resources you want highlighted, please feel free to send them to Emilee Caradonna, York District Public Health Educator, at Emilee.Caradonna@maine.gov

To find a copy of the 2019 York District Physical Activity Resource Guide, please visit:

www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/documents/yph-physical-activity-guide.pdf



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Number of Tickborne Diseases by County, 2024
Year-to-date, as of March 4

<https://data.mainepublichealth.gov/tracking/tickborne>