



Healthy  
Peninsula  
20<sup>th</sup> Celebrating our  
Anniversary



## Little Sapling News

*"Promoting healthy growth for our youngest."*

Coming Events, Resources and More

Covering the Blue Hill Peninsula, Deer Isle and Stonington

Late Summer 2021 Edition

### *What's Inside the Newsletter!*

We created a logo for our early childhood newsletter and are working on a new format for delivering you events, resources and more! Let us know what you think! Please feel free to share with everyone you know!

- [Local Events and Activities](#)
- [New Parent Classes and Supports](#)
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### Local Events and Activities for Children

Check out the new Brooksville Elementary School and Brooksville Free Public Library Story Trail, a .75 mile loop on the newly expanded trail behind the school. "At One: In a Place Called Maine" by Maine author Lynne Plourde is featured on the trail.

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**Tails & Tales Story Time** at the Friend Memorial Library in Brooklin

Join Hilary Tobin on Wednesday August 17th at 1pm for Tails & Tales story time!

Come make a crown or belt using fabrics glitters and paints, listen to a story, and release your inner artist with the help of Island Meadow Arts!

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**Garden Tea Party** - Kids are invited to a garden tea party with Youth Services Librarian Claire and Anna Wind from the Magic Food Bus on Thursday, August 19 at 10 am. We will be meeting in the Magic Food Bus Community Garden in front of the Healthy Peninsula office, across the street from the library. Kids will have the opportunity to harvest herbs to make tea and snacks will be provided. Bring a picnic blanket if you have one! We will also read a magical story together.

This program is free and everyone is welcome. It is cosponsored by the Blue Hill Library and Healthy Peninsula. For more information, contact Claire at [claire.malina@bhpl.net](mailto:claire.malina@bhpl.net) or call 374-5515.

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**Frogtown Mountain Puppeteers: "The Legend of the Banana Kid"** - Everyone is invited to a free performance by Frogtown Mountain Puppeteers of "The Legend of the Banana Kid" on Tuesday, August 24 at 6 PM on the library lawn! Little Chucky heads to the Wild West to outwit outlaws in this cowboy adventure. With a fistful of bananas, Chucky rides into town on his trusty goat for a showdown with Big Bad Bart and his gang of bandits. (\*please note that there are no guns in the show).

Frogtown Mountain Puppeteers is a small puppetry troupe based in Bar Harbor consisting of three siblings – Erik and Brian Torbeck and Robin Erlandsen. Founded in 2000, Frogtown Mountain Puppeteers has performed at festivals, schools, libraries and theatres in the United States and Canada. They write and create all the shows they perform and have received three Citations of Excellence from UNIMA-USA, the highest national award in puppetry.

Thanks to the generosity of the Friends of the Library, admission for this puppet show is free. Reservations are not necessary. Bring a picnic blanket and/or lawn chairs if you have them. For more information, call the library at 374-5515 or contact Claire at [claire.malina@bhpl.net](mailto:claire.malina@bhpl.net).

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**Stroll & Read!** Community Compass presents Stroll & Read on August 28th from 10am to 12pm starting at the Blue Hill Public Library.

Stroll through downtown Blue Hill for five stations that feature games, activities and a story. Start at the Blue Hill Public Library and end at the Blue Hill Town park. First 30 families will receive a copy of the book and all will walk away with great family memories, connections and activities.

To register or for more information, please email [director@communitycompassdowneast.org](mailto:director@communitycompassdowneast.org).

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**Every Kid Outdoors** is sponsoring **free** passes to all federal and national parks/land for 4th and 5th grade students. Sign up [here](#).

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**Acadia National Park** is children's programming to include Junior Rangers and Tree Ramble. Visit their [Facebook](#) page for events.

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Blue Hill Heritage Trust - **Passports to the Trails** are now available at their office. Walk the trails, collect letterbox stamps, make observations, have fun! Whether it takes all season or all year, visit 10 or more trails of your choosing to collect a prize. Call their office at 374-5118 for more details or to arrange pick-up of your FREE passport.

## [New Parent Classes and Supports](#)

### *Looking for prenatal care or support for childbirth and newborn care?*

[Birch Moon Midwifery & Lactation Care](#) - Holly Arends Murphy, CPM, IBCLC offers:

- home birth midwifery,
- lactation consultation,
- water birth support,
- hybrid care,
- well-body care, and
- fertility planning and insemination.

Call 522.6043 or email at [holly@birchmoonmidwifery.com](mailto:holly@birchmoonmidwifery.com).

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[Northern Light Women's Health](#) is offering a range of classes and groups for new parents!

**Childbirth Class** – It's normal to have questions about your pregnancy, labor and delivery, and the postpartum period. We would be happy to have you join us for one of our one-day Childbirth Class to help answer your questions. The classes are taught by the NLMCH labor and delivery nurses giving you the most up to date information and options for your own labor and delivery. Some of the topics we will discuss include:

- Understanding the third trimester of pregnancy
- Understanding labor, including when to call the hospital
- Ways to manage discomfort during labor
- How your spouse, partner, or support person can help
- Medical interventions, including family centered C-sections
- Postpartum care for mom
- Newborn care
- Tour of the NLMCH Labor & Delivery/Postpartum Unit

As we cover the various topics, we will watch a couple of brief videos, discuss the many options to personalize your experience in the hospital setting, and try some "hands on" exercises to better understand labor, delivery, and the postpartum period. The class is free and is open to any expectant parents, regardless of where you plan to deliver. Please call 664-5464 to register for a class.

**Breastfeeding Class** – This class is ideal for first-time mothers or mothers who have had difficulties breastfeeding in the past. The best time to take this class is about a month or two prior to your estimated

due date. Please call 664-5464 to register.

**Nursing Moms Group** – This group is designed with new mothers in mind, who are new to breastfeeding and have a nursing baby under one year old. Please call 664-5464 for more information.

**Moms Support Group** – Our local WIC office has partnered with us to offer a support group for moms. This group is open to all mothers, both pregnant and postpartum. It's a great opportunity to connect with moms in the area and share the struggles and successes of motherhood. Babies-in-arms are welcome, but the space is not suitable for older children. The group is facilitated by the WIC Breastfeeding Coordinator who is also a Certified Lactation Counselor. The class is the 4th Saturday of every month, from 2-3:30 PM, in the Northern Light Women Care Office, 50 Union Street, Suite 3200, Ellsworth. For more information on the Moms Support Group, please email [shavey@mainefamilyplanning.org](mailto:shavey@mainefamilyplanning.org), or call NLMCH Labor & Delivery at 664-5464.

**Mindfulness Based Childbirth and Parenting** program available for a fee though no one is turned away for lack of funds. Sessions offered live on Zoom on Mondays from 6:00 - 9:00 pm. Registration is required. Contact Jane Gerlach, CNM at 460-1801 or [janemidwife@myfairpoint.net](mailto:janemidwife@myfairpoint.net).

## Child Car Seat Checks

Certified Child Passenger Safety Technician, Jessica Richards, at Bucksport Regional Health Center's Health Educator, can help you with your child's safety seat.

You can make an appointment to learn how to safely install a car seat and strap your child in.

If you need a car seat, BRHC can help. We will provide a new free car seat to those who qualify.

Call 902-1615 to learn more!



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## [Story Hours and More](#)

\*Please note that all programming listed is free of charge. All local organizations and libraries are following CDC guidelines for COVID-19. If you are attending an event in-person, please wear a mask and maintain social distancing.

### [Blue Hill Public Library](#)

To access the children's area of the library, please call 374-5515 to make an appointment.

### [On the Lawn Storytime](#)

Tuesdays, 10:30 am - 11:00 am

Join Youth Services Librarian Claire for storytime on the library lawn on Tuesday mornings at 10:30 am. We will read a few picture books, sing songs and make a craft. This program will be weather permitting and cancelled if it is raining. You're invited to bring your own picnic blanket!

### [Preschool Playgroup in the Park](#)

Wednesdays, 10:30 am - 12:00 pm

Kids 0-5 and their caregivers are invited to playgroup in the Blue Hill town park with Youth Services Librarian Claire Malina on Wednesdays in July and August from 10:30-noon for a variety of activities and play. This is a great way to meet and connect with other families in the area and to play together outdoors!

### [Magic The Gathering](#)

Wednesdays, 3:00 pm - 5:00 pm

Tweens and Teens are invited to come play Magic the Gathering every Wednesday afternoon from 3-5 pm out on the library lawn, weather permitting. This will be a casual and fun opportunity for players of all experience levels to get together and test out various decks. Decks of cards will be available to use, though participants are welcome to bring their own card collections as well.

Joining us will be Blue Hill resident Josh Snow to help beginners understand the game and provide guidance. Josh currently teaches math and science at the Adams School in Castine and has more than ten years' experience playing Magic the Gathering.

This program is free and sponsored by the library. If you have questions, contact Teen Services Librarian Kendall Chapman at [kendall.chapman@bhpl.net](mailto:kendall.chapman@bhpl.net) or by calling 374-5515.

## [Stonington Public Library](#)

To access the library, call 367-5926 for the latest COVID policy information. Monthly Read Aloud and Activity with Take-Home Craft Kit! Follow on [Facebook](#) for announcements!

## [Friend Memorial Library](#)

## [Saturday Story Time](#)

Children of all ages welcome. Story and craft starting at 10:30AM

Walking Wednesdays has taken a little break, but stay tuned for their return this September! Meant for all ages and speeds!

### [Witherle Library](#)

#### [Magic The Gathering Club](#)

Thursdays, 2:00 pm - 4:00 pm

Come play Magic the Gathering at Witherle Memorial Library. There will be plenty decks to use so all you have to do is show up. If have a deck, bring it along because we'd love to see what you've built. Never played? Don't worry, there will be experienced players there to teach you. The age level is 3rd grade through middle school but older players are welcome.

#### [Storytime](#)

Saturdays, 10:00 am - 10:30 am

Join our summer intern Drew Smith in the Children's Room for reading aloud, crafts, and time with friends.

### [Ellsworth Public Library](#)

They offer curbside book checkout! Use this [google form](#) to get a Youth Book Bundle of up to 10 books! They also offer Grab-and-Go Craft Kits!

For the older siblings, EPL is also doing a Virtual D&D group. [Registration](#) required. Mondays at 3:00pm.

Call 667-6363 to set up your appointment to browse!

## [Food Resources](#)

\*Please note that all markets, pantries and community meal sites have COVID-19 policies in place. Please visit their websites or call ahead to learn more.

### ***Farmers' Markets***

[Blue Hill](#) – Saturdays from 9:00–11:30 am May 29th thru October 2nd at the Blue Hill Fairgrounds

[Brooklin](#) – Thursdays from 11:00–1:00 pm next to the library May 26th thru mid-October

[Brooksville](#) – Tuesdays from 9:30–12:00 pm at the Community Center - check FB for 2021 start date!

Castine – Tuesdays from 9:00–11:30 am on the Town Common June through August (need to update)

Stonington – Fridays from 10:00–12:00 pm at the Island Community Center mid-May thru mid-October

Stonington Garden Project & Cafe – Saturdays from 11:00–1:00 pm hosted by the Ready By 21 Project near the Transfer Station

Magic Food Bus – Free produce and books, provided peninsula wide from the last week of June thru the end of September.

### ***Food Pantries***

Tree of Life Food Pantry – Thursdays from 9:00 am to 1:00 pm at 23 South Street in Blue Hill – 374-2900

Stonington Island Pantry – Thursdays from 5:00– 7:30 pm at the Island Community Center

Loaves and Fishes – Wednesdays from 9:30– 12:00 pm and 4:00–6:30 pm, Fridays from 9:30– 12:00 pm at 119 Bucksport Road in Ellsworth or call (207) 667-4363

### ***Community Meals***

The Simmering Pot – Contact Healthy Peninsula at 374-3257 to sign up for pick up or delivery of soup and bread on Mondays.

Sedgwick North Baptist Meals Program – 2nd and last Fridays of the month.

Contact Community Compass Navigator Tammie Cox at 479-5397 or [neighborhoodnavigatorsedg@yahoo.com](mailto:neighborhoodnavigatorsedg@yahoo.com).

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*Did you know that most farmers' markets accept SNAP?*

**Also ask about Harvest Bucks!**

Spend \$1 in SNAP, Get \$1 in Maine

Harvest Bucks that can be used same day or save. More information can be found at [www.maineharvestbucks.org](http://www.maineharvestbucks.org) or call (207) 370-1524.



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\*\*If you have a child enrolled in one of our local, public schools, reach out and ask if they have a backpack program. The backpack programs vary school-to-school and not every school has one.

\*\*Many schools are offering free breakfast and lunch to ALL students this school year too!

## Needing Clothes or Baby Gear...? Check out these great local organizations!

[Community Closet in Ellsworth](#) - Mondays and Wednesdays 9:00 am - 2:00 pm and Thursdays 4:00 - 7:00 pm. First 10 items pay what you want, then \$1.00 each. Has furniture, clothes, shoes, books and more.

[Free Clothing Closet in the Parsonage at the Sedgwick North Baptist Church](#) - Due to COVID-19, the closet is only open by appointment. Contact Tammie Cox at 479-5397 or [neighborhoodnavigatorsedg@yahoo.com](mailto:neighborhoodnavigatorsedg@yahoo.com) to schedule an appointment.

[Deer Isle Adult & Community Education Resource Center](#) has nearly new and used children and infants gear and equipment. Shelves of school readiness materials and other parent-child activities to bring home. Run by a Shop and Swap idea - bring in your out grown items and swap for age appropriate items! Contact 348-6643 to learn more.



## 10 Local Online Groups to Follow

If you're looking for great ideas, activities and events for kids and families, we have a few places you can start, while scrolling your newsfeed on Facebook.

1. [Island Playgroups and Early Childhood Resources](#)
2. [Peninsula Birth-5 years Activities & Tips](#)
3. [Community Compass: Sedgwick Pals \(Parents are Leaders too\)](#)
4. [Community Compass Navigators: Castine & Penobscot](#)
5. [Community Compass: Blue Hill-Surry PALs \(Parents are Leaders Too\)](#)
6. [Peninsula 6-10 years Parent Group](#)
7. [Peninsula Middle School Parent Group \(11-13 years\)](#)
8. [Peninsula Parents of Teens Group](#)
9. [Ellsworth, MDI, Blue Hill - Family and Kids' Activities](#)
10. [Homeschool Families of the Blue Hill Peninsula](#)

There are many others to include homeschool groups, the public library pages, local school pages and of course, MORE!

*Do you have a group you love?*

## Local Childcare Providers



For up-to-date information on availability and cost, please contact each childcare center individually.

- [The Bay School "Morning Garden"](#) - Blue Hill - 374-2187
- [Community Childhood Learning Place](#) - Castine - 326-4800
- [Cubby Hole Too](#) - Blue Hill - 610-3488
- [Golden Sun Childcare](#) - Blue Hill & Sargentville - 266-6509
- [Hearthstone Forest Preschool](#) - Sedgwick - 359-8406
- Ladybugs and Dragonflies - Surry - 271-7405
- Little Bears Daycare - Blue Hill - 374-2526
- Muddee Hands \*Offers after-school care only - Deer Isle - 348-6727
- [Nestled Inn Child Care](#) - Penobscot - 624-1575
- [Puddle Jumpers](#) - Deer Isle - 460-8875
- Skip to My Lou Day Care - Penobscot - 702-1978
- [Snappers](#) - Deer Isle - 348-5228

For info about Head Start, contact: [Downeast Community Partners](#) - 664-2424



Thinking of becoming a licensed childcare provider?  
Visit [childcarechoices.me](http://childcarechoices.me) to learn more about the application process!

We are a community in need of more childcare access!

**Maine Child Care Subsidy Program:** [www.maine.gov/dhhs/ocfs/ec/occhs/step.htm](http://www.maine.gov/dhhs/ocfs/ec/occhs/step.htm)

Helps eligible families to pay for child care. Eligible families must meet income guidelines and at least one of the activities of: work, school or a job-training program.

Was this email forwarded to you? Want to receive it directly in your inbox? [Click here to sign up!](#)

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# Family Photographers



- Lynn Betts - Brooklin - [www.facebook.com/perfectimagebylynnb](http://www.facebook.com/perfectimagebylynnb)
- HeidiAnna Photography - Sedgwick - (207) 479-8464 or find her on [Facebook](https://www.facebook.com/HeidiAnnaPhotography)
- Mooky Cherie Photography - Bangor - [www.mookycheriephotography.zenfolio.com](http://www.mookycheriephotography.zenfolio.com)
- Closer North - Brewer - (207) 902-2122 [www.closernorth.com](http://www.closernorth.com)
- Zi Photography - Ellsworth - [www.ziphotographymaine.com](http://www.ziphotographymaine.com)
- Fire Chicks Photography - Ellsworth - (207) 479-9909  
[www.firechicksphotography.com](http://www.firechicksphotography.com)
- Lovelle's Lens - Ellsworth - (207) 214-9164 [www.lovelleslens.com](http://www.lovelleslens.com)
- Jenn Marie Photography - Waldo - (207) 322-5430 <https://jennmarie.photography>

**Let us know if you have a photographer you love!**

## **PENINSULA FREE HEALTH CLINIC is fully staffed and ready to help!**



Are you uninsured and need to see a healthcare provider?

We are here to help!

Call for an appointment or walk in.

We will be requiring patients to wear masks and call the clinic from the parking lot to be pre-screened before entering the clinic.

Call 207-374-5585 or email [clinic@peninsulafreehealth.org](mailto:clinic@peninsulafreehealth.org) if you have questions.

### **August 2021 Clinic dates:**

- Monday, August 16 from 3pm to 6pm
- Monday, August 23 from 3pm to 6pm

If you don't have medical insurance, they are here to see that you can have professional medical care. They will make you welcome, and there is no cost to you for the visit.

They can do student's sports physicals if your child needs that done.

Please check their Facebook page (Peninsula Free Health) for days they're open, other announcements, and additional information and health tips.

In Blue Hill at 26 Hinckley Ridge Road, right beside the Superintendent's Office.

Please spread the word! <https://www.facebook.com/PeninsulaFreeHealth/>



## You can get your child a gift of a lifetime!

Children 15 years and under can get a lifetime fishing, hunting, archery, trapping, combination of two or combination of 3 lifetime licenses.

More information at: <https://www.maine.gov/ifw/fishing-boating/fishing/laws-rules/license-requirements.html>

## DID YOU KNOW?

For every baby born a Maine resident since 2013, the Alford Scholarship Foundation invests a \$500 Alford Grant for his or her future qualified higher education expenses. The Alford Scholarship Foundation invests these funds until the child is ready to use them. The funds can be used for education after high school – college or university, certificate programs and trade schools. And the funds can be used in Maine or out of state. Children awarded the Alford Grant have until age 28 to use it.

Learn more at: <https://www.myalfondgrant.org>

*my* **Alfond** *grant*  
Inspiring families to invest  
in their children's future

## Local Resources for Families with Young Children

Catholic Charities – 775-5671

Services include short-term therapy in-home or office, children's case management, therapeutic foster care, migrant family services.

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Child Development Services (CDS) Office for Hancock County – 1-877-770-8883

Child Development Services Early Intervention program is a free services provider to children and their families from birth to age 3 through the Maine Department of Education. Provides no cost developmental screenings and evaluations in the child's natural environment. CDS welcomes referrals from parents, caregivers or physicians.

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Community Compass – 479-3076

Services include local community navigators who connect individuals with basic needs, counseling, educational and job trainings. PALS (Parents are Leaders) groups in Blue Hill, Deer Isle- Stonington, Castine, Penobscot, Surry and Sedgwick. Camperships to Nichols Day Camp in the summer.

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[Deer Isle Adult Education Center](#) – 348-6443 – 251 North Deer Isle Road  
Offers family literacy, Apex classes, study space and internet access, enrichment classes, workforce training, exam proctoring, HiSET and college transitions for adults in the Deer Isle- Stonington community.

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[Downeast Community Partners](#) – 664-2424 – Lifespan opportunities and services. Early Child Care and Education Programs including Head Start in Deer Isle/Stonington. Heating Assistance, Transportation Assistance, Child Abuse and Neglect Services. Local CAP agency for the area.

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[Early Childhood Consultation & Outreach \(ECCO\)](#) – 667-7171  
Provides support and training to childcare staff, teachers and parents working with and raising children ages birth to 8 years old.

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[Versant Power](#) (formerly Emera Maine) - 973-2000  
Low-Income Assistance Program, Heat Pump Rate Reductions Available, Arrearage Management Program.

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[Healthy Acadia](#) - 255-3741  
Non-profit organization providing a broad range of collaborative community health initiatives to include Strong Beginnings, Let's Go! 5-2-1-0, SNAP-Ed, ECCO, and more.

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[Healthy Island Project](#) - 367-6332  
Non-profit organization serving Deer Isle and Stonington with programming for youth and healthy aging; including bike safety, Health Bound, Mindful Island and Edible Island

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[Island Health and Wellness](#) - 367-5851  
Organization that supports Camp Kooky, free and reduced dental care, medical appointment transportation, school-based health programming, Opiate Free Island Partnership and more.

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[Maine Families of Hancock County](#) – 667-5304 (x-225)  
Home visitors provide information on infant development and support for

families with newborns.

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[Maine Family Planning](#) – 922-3222 – 248 State Street in Ellsworth  
Services include primary care, reproductive healthcare and family support services. Maine Family Planning is also our local WIC office. There is availability for virtual visits as well.

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[Maine Parent Federation](#) – 588-1933  
A non-profit organization connecting families of children who have disabilities or special health care needs to information, referrals, support and training. Services are offered at no cost.

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[Office of Child and Family Services](#) – 1-877-680-5866  
Information on types of childcare, voucher program, licensing and links to other sites.

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[Special Children's Friends](#) – 667-2430  
Community-based playgroups for children with developmental delays, nursery school programs, individual developmental therapy for children birth through five years, case management.

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[Wings](#) – 941-2988 or 800-823-2988 – 409 High St. in Ellsworth  
Mental health agency providing children's behavioral health home services, child targeted case management and adult community case management services.

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Spread the word!



Forward to friends and families!

## Early Childhood Interest Group

Healthy Peninsula hosts a monthly meeting called the Early Childhood Interest Group! All are welcome to attend. Meetings are the second Wednesday of the month at 4:00 pm on Zoom.

Meetings includes updates from early childhood programs and professionals, community conversations about early childhood and networking opportunities.

Contact Sandy Phoenix at [sphoenix@healthypeninsula.org](mailto:sphoenix@healthypeninsula.org) to learn more or for the

Zoom link!



## Do you have something you'd like featured?

Let us know! We'd love to hear about any activities, events, services or gatherings you may offer for families with young children!! Contact Erica Garvey at [egarvey@healthypeninsula.org](mailto:egarvey@healthypeninsula.org) or fill out this Google Form <https://forms.gle/f6CFDz29odUMAX9v9>.

## An Update from Healthy Peninsula

Healthy Peninsula is celebrating our 20th Anniversary this year! In celebration, we are hosting an ice cream social on Monday, August 16th at 5:00 pm - 7:00 pm, taking the party over to the Blue Hill Park for the Flash! in the Pans. Our ice cream social will be celebrating all of our work over the last 20 years and acknowledging and honoring the hard work of our volunteers! Additionally we are giving away t-shirts, totes and safety vests.

The Safety Vest Project is designed to provide bright orange, lightweight vests free for anyone who would like one, along with coordinating orange bandanas for Rover. To add to the fun, we invite everyone who gets a vest and/or a bandana join our summer/fall photo contest! Send us a picture and a caption showing a fun, healthy activity – wearing your vest and including you, your kids, your pets, or any combination through this link: <https://forms.gle/EbQLUZcnsth5MeZs9>. Two of our dedicated community volunteers, will choose 2 winners from all submissions. The third winner will be picked by you, the community, through an online voting on our Facebook page (TBA). The drawing will be on December 31, 2021.

Vests and bandanas can be reserved by emailing [egarvey@healthypeninsula.org](mailto:egarvey@healthypeninsula.org) or calling 374-3257, or you can pick one up at our partner distributors: Blue Hill YMCA, Blue Hill Heritage Trust, Island Heritage Trust, Blue Hill Public Library, Stonington Public Library, Friend Memorial Library, and Witherle Memorial Library. Check in with each of our partner distributors for ways to enjoy and use your new vests – through walking groups and plenty of trails.

Follow us on [Facebook](#) or visit our newly designed [website](#) for more information.

If you'd like to support Healthy Peninsula and our programs, you can donate here.

Our newsletter is funded through the generosity of the Maine Community Foundation through their Early Childhood Community Planning Grant under their 'A Strong Start' initiative.

Visit [www.mainecef.org](http://www.mainecef.org) for more information.



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