



Healthy
Peninsula



Little Sapling News

"Promoting healthy growth for our youngest."

Coming Events, Resources and More

Covering the Blue Hill Peninsula, Deer Isle and Stonington

Spring/Summer 2023



It's getting warm, and pretty soon the kids will be on summer break! Here are just a few of the fun activities and resources I have found for families. I am sure I missed many but I have included website address for many as organizations as I could so you can keep checking in to see what they have going on. If there are any activities that you know of that I

have missed please reach out to me so I can add them to our Birth - 5 Facebook page. Thank you to everyone working so hard to make this a great place to raise families!!

Local Events and Activities for Children

Walk In Cafe: <https://www.healthypeninsula.org>

Hosted by Healthy Peninsula, the Walk-In-Cafe is held every Wednesday from 10:00-11:30 in the Congregational church in Blue Hill. Enjoy snacks, tea, coffee, hot cocoa and juice. Have the kids burn off some energy on the Murphy Trail and the playground. Fun for all ages.

Family Beach Walk at Scotts Landing with Island Heritage Trust and Healthy Peninsula

June 20th at 10:00

Exploring nature in the company of other kids and parents. - snacks too!

Call Vanessa at Healthy Peninsula if you have any questions 207-469-1119

Family Beach and Story Time at Naskeag Point with Friend Memorial and Healthy Peninsula.

July 26th at 10:00

Enjoy a beach story and a kid friendly beach activity

Call Vanessa at Healthy Peninsula if you have any questions 207-469-1119

Every Kid Outdoors: <https://www.everykidoutdoors.gov/index.htm>

Free passes for all fourth graders for all federal/national parks and land.

Blue Hill Heritage Trust: <https://bluehillheritagetrust.org/>

Passport to the trails - Collect all the stamps by hiking the Blue Hill Heritage Trust trails.

Wilson Museum: <https://www.wilsonmuseum.org/events/opening-2023>

Season Opening! Saturday, May 27 from 2:00 PM 5:00 PM. Located at 112 Perkins Street Castine, ME 04421

Fun activities all summer. Check out their website for more information.

Stonington Opera House: <https://operahousearts.org/>

Bud Carter Memorial Scholarship Concert on Saturday, June 17 at 7pm

Island Meadow Arts: <https://www.islandmeadowarts.com/>

Explore, Play, Discover, Grow, Develop Confidence.

Art Classes that meet students where they are in their art education

Island Meadow Arts will be teaming up with local libraries so summer classes will be held at the Blue Hill Public Library and the Chase Emerson Memorial Library in Deer Isle.

Hatch Community Youth Fund: <https://thehatchfund.org/>

The fund is for year around residents from Castine, Brooksville, and

Penobscot. Helping kids enjoy all athletic pursuits for all seasons. A

wonderful opportunity to try an activity that might otherwise be outside your budget.

Sailing Classes at KSEA: <https://www.kycbluehill.com/ksea>

* Membership is not required for sailing lessons

There are still openings left, call before they fill up.

Sailing Lessons and Tennis Lessons at Castine Yacht

Club: <https://www.castinegolfclub.com/lessons-clinics-races/>

<https://www.castinegolfclub.com/tennis-lessons-clinics/>

* Membership is not required for sailing lessons or tennis lessons

There are still openings left, call before they fill up.

New Parent Classes and Supports

Birch Moon Midwifery & Lactation Care

Holly Arends Murphy, CPM, IBCLC offers:

Home Birth Midwifery

Lactation Consultation

Water Birth

Hybrid Care

Well-Body Care

Fertility Planning and Insemination

Call 207-522-6043 or email Holly at holly@birchmoonmidwifery.com

Northern Light Women's Health:

<https://northernlighthealth.org/Our-System/Blue-Hill-Hospital/Locations/Womens-Health>

Breast Feeding Classes

Nursing Moms Group

Bay School: <https://bayschool.org/>

Moon Garden - For families with newborns up to six months old

Star Garden - For families with children six months to eighteen months old

Morning Garden - For families with children eighteen months to three years old

Island Community Center: <https://www.islandcommunitycenter.net/>

Mommy and Me play group

Camp Kooky

Sunrise Prevention Council: <https://sopreventioncouncil.com/>

Mommy and me play group

Maine Families: <https://mainefamilies.org/mapMF.asp?type=MF&county=16>

Family visitor

WIC: <https://www.womeninfantschildrenoffice.com/ellsworth-wic-clinic-maine-wci5670>

Free Car Seat checks

Free Car Seat distributor

Breast Feeding Support www.birthready.com

Robin Snyder-Drummond, BA, IBCLC

Positive and practical breastfeeding guidance for families and those who support them.

Anchored Women's Health <https://anchoredwomenshealth.com> or 207-573-0270

Dr. Kristen Hayward, DNP, CNM

Well Woman Annual Exams Breast Feeding Support

STI testing/treatment. Breast/Vaginal concerns

Paps UTIs

Birth Control Care for Women of all Ages

Summer Programming

Camp Kooky <https://www.islandcommunitycenter.net/>

Only a few openings available

Nichols Day Camp <https://www.nicholsdaycamps.org/registration/>

Blue Hill Recreation Department Summer Camp Openings are still available!

<https://bluehillme.myrec.com/info/default.aspx>

Blue Hill Rec is also running a Summer Track program

Calling all children ages 5-14! Summer track will be starting Tuesday June 22 at Blue Hill Consolidated School. Sign up at the Town Office during business hours, or contact David Stearns at d.stearns@georgestevens.org.

Food Resources

Farmers' Markets

Blue Hill – Saturdays from 9:00–11:30 am May 7th thru October 28 at the Blue Hill Fairgrounds SNAP benefits accepted

Brooklin – Thursdays from 11:00–1:00 pm next to the library June through October.

Brooksville – Tuesdays from 9:30–12:00 pm at the Community Center Parking Lot - June through September

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

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– 6:30 pm at the Island Community Center If there is a 5th Thursday in a month they will be closed. I just looked at the calendar and sure enough, there are a few months with 5 Thursdays :)

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

Community Meals

The Simmering Pot – **In person dining or pick up is back at the Blue Hill Congregational Church on Mondays from 2:30-6:30PM**

Contact Healthy Peninsula at 374-3257 to sign up for 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.

Discounts at local Blue Hill Coop for SNAP recipients.

Farm Fresh Rewards – SNAP/EBT shoppers receive a 50% point-of-purchase discount on eligible fruits, vegetables, legumes, and seedlings.



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 or call (207) 370-1524.



****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!

Shout out to our local Libraries!!

All of the libraries on the peninsula and Deer Isle - Stonington are providing excellent children and family programming. Here is a current list of what each library is currently providing. I would encourage you to check out our libraries websites as they are continually adding new events and programs.

[Blue Hill Public Library](#)

<https://www.bhpl.net/>

Preschool Storytime- Tuesdays, 10:30-11:15 AM

For babies and young children, each week we will have a read aloud story and a fun craft kids can make and take home.

Playgroup- Wednesdays, 10:30 AM-noon

Playgroup for babies and toddlers. This is a great opportunity for parents and toddlers to connect with each other. This is happening at the Blue Hill Town Park and everyone is encouraged to dress for the weather.

Chess Club- Thursdays, during the school year, 3:00-4:00 PM

Kids of all ages are invited to the weekly Kids' Chess Club.

Participants of all experience levels are welcome.

Wild Sun Catchers— Monthly program for kids and families that

celebrates the wild plants of the Blue Hill Peninsula, with focus on a different plant each month. This program is free and is co-sponsored by the Blue Hill Library and [Blue Hill Heritage Trust](#). [Register on our calendar](#) for upcoming programs to receive craft kits to use along with the videos, and enjoy getting to know the wild and wonderful growing things that are part of our ecosystem. Check out our [program archive here](#).

The library is a bustling after-school space for teens and young adults, and hosts programs and events for teens on an ongoing basis.

Kendall Chapman, BHPL's [Ruth Slaven Teen Services & Outreach Librarian](#), supports teenagers around the peninsula with programs and services designed for them, in collaboration with the library's Youth Services Librarian, Claire Malina.

Check out [Kendall's weekly blog](#) for updates on all things teen services!

Magic the Gathering- Every Monday, 3:30-5:00

Teens and tweens are invited to come play the popular fantasy strategy card game Magic the Gathering, with new members always welcome. Participants can bring their own decks to play with or use one of the many prepared decks we have on hand. This is a fun and open group that welcomes all experience levels.

Teen Anime Club— Every Friday 3:30-5:00 PM

Ages 10+ are invited to the library's Howard room each week to watch a different anime, with input on viewing selections from club members,

and to socialize. There is also manga to read, drawing guides and drawing supplies available. New members are always welcome.

[Stonington Public Library](https://www.stoningtonlibrary.org/)

<https://www.stoningtonlibrary.org/>

Make a special Father's Day gift @ SPL Story Time & Craft: From 10.00 am until 11.00 am

Mark your calendars: SPL Story Time & Craft on the second Saturday of every month, 10-11am! Roll out of bed, come down to the library, and pull up a cushion for some read-aloud stories. Followed by glitter, glue, and oodles of crafts fun.

[Friend Memorial Library](https://friendml.org/)

<https://friendml.org/>

Story and activity on the beach, 10:00 at Naskeag point. A collaboration with Healthy Peninsula and Friend Memorial Library. All ages welcome, but geared towards a younger crowd.

[Witherle Library](https://witherlelibrary.net)

<https://witherlelibrary.net>

Hermit Crabs and Other Back Shore Creatures:

A Beach Walk and Exploration for Kids. Date: July 24, 2023 Time: 10:00 am - 11:00 am



[Chase Emerson Memorial Library](https://www.deerislelibrary.org/)

<https://www.deerislelibrary.org/>

Kids Summer Reading Challenge June 18-August 27

Saturday Story Time Fourth Saturday of the month. 10:00

Come join us in the Library on the fourth Saturday of every month.

We'll read a story aloud and follow it up with a fun craft!

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

[Community Closet in Ellsworth](#) - Open Monday's and Wednesday's 10-2 and Thursday's 4-7. Donations accepted during that time!

[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 to schedule an appointment.

Second Edition - Secondhand clothing store in Sedgwick, by ECS. This is the one I go to all the time. Our family loves it!



8 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. [Peninsula Birth-5 years Activities & Tips](#)
2. [Island Community Center](#)
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. [Sunrise Opportunity and Prevention Council](#)
7. [Ellsworth, MDI, Blue Hill - Family and Kids' Activities](#)
8. [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 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

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!](#)

Family Photographers



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

Let us know if you have a photographer you love!



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>

The Alford Grant May Already Have Made An Account For Your Child... This Is A Good Thing!

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 Alford grant
Inspiring families to invest
in their children's future

Car Seat Checks and Free Car Seat Distribution

Healthy Peninsula is pleased to announce our local Nationally Certified Car Seat Techs:

Sara Koontz

Jen Rosenthal

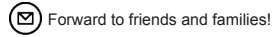
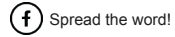
Heidi Burgess

If you have any questions about car seats please don't hesitate to reach out. New car seat, boosters and vehicles sometime bring up questions. If you are wondering when is the right time to change your child from a five point harness to a booster our local car seat techs can help.

We are also pleased to announce that WIC in Ellsworth is a Free Car Seat Distributor now. If you qualify you can get a free car seat from WIC.

For more information you can:

Email: Hancock.cpst@gmail.com



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 4:30 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 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 Vanessa Hatch at vhatch@healthypeninsula.org

An Update from Healthy Peninsula

Healthy Peninsula is working on connecting our high school students with community service requirements with meaningful opportunities within our community. If you have any ideas for community service with in your community which could use help from either GSA students or DISIS students let Healthy Peninsula know. vhatch@healthypeninsula.org

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

We are here to support our community! If you would like to volunteer for Healthy Peninsula or if you have any questions please contact us at 207-374-3257 or vhatch@healthypeninsula.org



*Copyright © *2023, All rights reserved.*

P.O. Box 945 26 Hinckley Ridge Road, Blue Hill, ME 04614

207.374.3257

info@healthypeninsula.org www.healthypeninsula.org

Do you want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).