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# Maine Pediatrics

January 2023 - Newsletter



**Laura Blaisdell,  
MD, MPH, FAAP**

## President's Message - Happy 2023!

The ancient Babylonians are said to have been the first people to celebrate New Years resolutions some 4,000 years ago. For the Romans, the month of January also carried a special significance. Its name was derived from the two-faced deity Janus, the god of change and beginnings. The Chinese New Year is perhaps the oldest of all traditions still celebrated today and following the invention of gunpowder the Chinese were the first to ring in the new year with fireworks!

However you celebrated this change, we hope 2023 will be filled with wonder, accomplishment and meaningful relationships. We at the Maine AAP are making our new years resolutions as a promising and full legislative session begins with opportunities to improve the lives of Maine's children. We hope you will join us in lending your voice in support of these efforts to ensure together we keep our resolutions!

[Read more about ancient new year's celebrations](#)

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## New Mentor Program!

Coming this January!

The Maine AAP's Mentor Program, newly formed in 2023, provides an opportunity for our members to grow professionally through skill attainment, knowledge building, and networking while strengthening relationships with professional colleagues in Maine. Be on the lookout for details and [register now](#) for our first Mentor Mixer - Feb 28th!

Click [HERE](#) to sign up to be a mentor!

Click [HERE](#) to sign up to be a mentee!

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## Diversity, Equity, Inclusion, Justice & Anti-Racism

We will be featuring information/readings/lessons on Diversity, Equity, Inclusion, Justice and Anti-Racism in our newsletters. Please join us by participating in the activities to increase knowledge, improve communications and expand your horizons!

The AAP has its own history of promulgating systemic racism. In an effort to acknowledge and accept responsibility for past wrongs, the AAP published [Truth, Reconciliation, and Transformation: Continuing on the Path to Equity in 2020](#). This Policy Statement describes the systems of oppression that Dr. DeGrate Smith and Dr. Scott experienced from our

organization and the commitment to enact change in order to prevent future mistakes.

Learn More!

## Advocacy/Legislation

The 131st Legislature is underway and bills are being printed and referred to the appropriate committee. Health and Human Services is meeting this week to plan and we expect public hearings to start by February. For Maine AAP, several gun safety bills have already been printed as well as a concerning bill relating to "obscene matter" in schools and another to allow the sale of pipes, rolling papers and electronic smoking devices to 18, 19 and 20 year-olds for the consumption of medical marijuana. Lots more to come, including a bill we have submitted to protect/expand the children's mental health access program.

Maine AAP members remain some of the most compelling messengers when it comes to policy relating to children's health, public health and safety issues. Please consider joining the Advocacy Team and plugging in to all that is happening at the Maine State Legislature this session.

Be sure to attend **Physicians Day at the Legislature on February 2nd** .

Register Here

RAFFLE/GIVE AWAY FOR JANUARY

Enter Here

## In the News

The Children's Oral Health Network of Maine's (COHN) Health Integration Action Team has embarked on a journey to fill the oral health literacy gap in families of young children. Members of COHN, including Jeff Stone, DO, AAP Oral Health Champion and Maine AAP Board Member, have created an oral health video library for each well-child visit from 2 months to 5 years of age. Each video is 2-3 minutes long and includes one digestible nugget of valuable oral health information. When complete, the library will be hosted on the COHN website and available to all providers wishing to integrate oral health education into well-child visits.

American Academy of Pediatrics Issues Its First Comprehensive Guideline on Evaluating, Treating Obesity in Children and Adolescents. [Learn more.](#)

November 2022, From the First Tooth updated their dental referral list. The list provides information on dental providers who are accepting MaineCare and approximate wait times for a new patient appointment. The list can be found [here](#) using password: Tooth. 2022 was a very busy year for the From the First Tooth program. For an overview of accomplished work, please view the annual report found [here](#).



Children's Oral Health Network of Maine

## Upcoming Maine AAP Programs

[TREAT ME Learning Collaborative](#) - Block Two Asynchronous is Live! Live Webinar Session is **January 19th** 12PM-1PM.

[Advocacy Training Series 2023](#) - 1st of 3 sessions on **January 19th**, 7:00-8:30pm

**SAVE THE DATE!** 2023 Maine AAP Spring Conference - "Advocacy, Awareness, Prevention" **April 28-30** at the Samoset Resort.



Maine AAP is a 501(c)(3) charitable organization - donations are 100% tax-deductible.

You can also donate to the Maine Chapter by shopping on AMAZON! By selecting the Maine AAP, each time you make a purchase on Amazon, the chapter will get a small donation. This is a no-hassle way for you to help our Chapter and children's health efforts in Maine! Simply click [HERE](#) to sign up - Thank you!

## Connect with us on Social Media!!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn and Instagram. <https://linktr.ee/maineaap>

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