

## Meet your Healthy Maine Streets Program Directors



**Roxanne Eflin** (Program Lead, right) is the Senior Program Director of the Maine Development Foundation's Maine Downtown Center, currently working in 30 downtowns statewide. She has over 30 years experience in downtown revitalization, community development, historic preservation and nonprofit management and serves as Maine's State Coordinator for the National Main Street Center. "We celebrate organized communities whose vision, bold leadership, attitude, ingenuity and courage create vibrant, healthy downtowns. These historic places are our legacies for the future."

*Favorite Physical Activities:* Walking (especially downtown), snowshoeing and kayaking

*Favorite Healthy Food:* Fresh Honey Crisp apples from the Sabbathday Lake Shaker Village orchard

*Favorite Health-related Accomplishment:* Trekking the Inca Trail in Peru (Ask me about Day 3! Whew!)

*Personal Health Pledge:* Daily stretching, weekly yoga and more time exploring the great outdoors

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**Kala Ladenheim** (Contractor Lead, left) is Medical Care Development (MCD) Public Health's Program Manager for the Healthy Maine Street Project. For over 30 years she has worked with state-level policymakers and programs to adapt health system improvements -- from insurance reforms to information technology -- to better serve small businesses and rural areas.

"Health is ... 'physical, mental and social well-being and not merely the absence of disease or infirmity.' Community, place and our networks of social connections are among the most powerful forces for health."

*Favorite Physical Activities:* Gardening, hiking around the woods foraging, and tai chi

*Favorite Healthy Food:* A bowl of salad picked fresh from my garden or from the farmers market

*Favorite Health-related Accomplishment:* Helped my husband give up smoking (4 times so far)

*Personal Health Pledge:* Minimize snacking before dinner, lose 40 pounds

## Meet your Healthy Maine Streets Program Coordinators



**Robin** is MCD Public Health’s Project Coordinator for Healthy Maine Streets

“What you have to do is have people take control of their own lives – be in charge and be committed to making healthy choices. Don’t tell people what to do – empower them to take control. Then assist them in making changes.” – Dee Edington

“Act as if what you do makes a difference. It does.” – William James

*Favorite Physical Activities:* Latin dance, yoga and walking anywhere and everywhere I can

*Favorite Healthy Food:* Moderation in all things

*Favorite Health-related Accomplishment:* Hiking Mt. Katahdin in a day

*Personal Healthy Pledge:* To laugh heartily every single day and to always be grateful for everything I have in life

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**Anne Ball** is the Maine Downtown Center HMS Program Coordinator

*Favorite Physical Activities:* nordic skiing, cycling, doing anything outside with my 3 kids

*Favorite Healthy Food:* anything picked fresh from my garden: baby cucumbers, tomatoes, carrots, string beans

*Favorite Health-related Accomplishment:* Completing a NOLS course: kayaking for 3 weeks in Baja California, Mexico

*Personal Healthy Pledge:* Outside is the best place to play!

## Meet your Healthy Maine Streets Program Staff



**Phil DiRusso** is Worksite Health Specialist, ME CDC - Cardiovascular Health Program and Project Consultant for Healthy Maine Streets.

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”

- Confucius

*Favorite Physical Activities:* Running, Cycling, and games with my 4 children

*Favorite Healthy Food:* Avocado (The complete food)

*Favorite Health-related Accomplishment:* Surviving cancer and then running 14 marathons and counting; 11 of them in under 3 hours. Never looking back!

*Personal Healthy Pledge:* One day at a time!

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**Emily Mullen** is MCD Public Health’s Administrative Assistant III for Healthy Maine Streets.

*Favorite Physical Activities:* Kayaking, yoga, and playing tennis

*Favorite Healthy Food:* Smoked Atlantic Salmon

*Favorite Health-related Accomplishment:* Hiking and zip lining through the Costa Rican rainforest

*Personal Healthy Pledge:* Eat one more serving of fruits and veggies each day