

June 2019 Edition

June Awareness Month Highlights

PTSD Awareness Month- Designated in 2014, after Congress previously established June 27 as PTSD Awareness Day in 2010 following Senator Kent Conrad's efforts to designate a day of awareness as tribute to North Dakota Army National Guard SSgt. Joe Biel. SSgt. Biel suffered from PTSD after two tours of duty in Iraq and subsequently died by suicide. This tragic event emphasizes the need for everyone to work together to help those living with PTSD.

Men's Health Month- Anchored by a Congressional health education program and spearheaded by Senator Bob Dole, Men's Health was signed into law by President Bill Clinton on May 31, 1994 is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe. It is celebrated with a specific week designation of June 10-16 and a **#showusyourblue** day on Friday June 14 in order to raise awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

LGBTQ Pride Month- The majority of Pride events



The Importance of Estate Planning for a Child with Special Needs- Special Needs Trusts? Life Insurance? ABLE Accounts? Navigation the world of special needs can be confusing but in the end, all that matters to any parent, is that their child will be taken care of.

Why is it so Important to have an Agent Under a Health Care Directive? Having an agent under a health care directive, which is Maine's specific legal terminology for a "Health Care Proxy" allows you to appoint someone else to act as your agent for medical decisions. It will ensure that your medical treatment instructions are carried out, and it is especially important to have a health care proxy if you and your family may disagree about treatment.

How to Fight a Nursing Home Discharge!

Once a resident is settled in a nursing home, being told to leave can be very traumatic. Nursing homes are required to follow certain procedures before discharging a resident, but family members often accept the discharge without questioning it. Residents can fight back and challenge an unlawful discharge.

Local Happenings in June and July!

are held in June to commemorate the anniversary of the Stonewall Rebellion in New York City on June 28, 1969, which most historians consider to be the birth of the modern LGBTQ movement. At the time, police raids on bars catering to LGBTQ patrons were common, but that night, the patrons of the Stonewall Inn fought back. While historical accounts of the night vary, the violent response ignited a national firestorm of activism that brought new visibility to the struggle for LGBTQ equality.

National Safety Month-In 1996, the National Safety Council established June as National Safety Month, aiming to increase awareness of the leading safety and health risks and ultimately decrease the number of unintentional injuries and deaths in the United States.

June Awareness Days

June 2- National Cancer Survivor's Day

June 14- World Blood Donor Day

June 16- Father's Day

June 27- PTSD Awareness Day

6/24-6/29- Helen Keller Deaf-Blind Awareness Week

June Tidal Chart for York!



Market Square Day- Saturday June 8, 2019 9AM-4PM in Market Square, Portsmouth, NH

South Berwick Strawberry Festival- Saturday June 29, 2019 9AM-4PM in South Berwick, ME.

York Days- July 25- August 4, 2019 in York, ME

York Days 5K: Miles for Smiles- Sunday July 28 at 8AM starting at York High School. Register by June 24 to receive a t-shirt!

Christmas in July: Lighting of the Nubble- Saturday July 28, 2019 from 7PM-9PM Sohier Park.



The Summer Solstice officially marks the beginning of **astronomical** summer on June 21! This is the time of year we live for here in Maine- the beach, barbeques, swimming, lobster and just being outside enjoying all the natural beauty Maine has to offer. Think of it as our reward for enduring yet another harsh winter. We wish all of our wonderful clients a wonderful start to the summer season!

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Monday - Friday: 9am - 5pm
Saturday: By appointment
Sunday: Closed

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