

December 15, 2016

128th Maine Legislature set to begin work at the Statehouse



On Wednesday, December 7, members of the 128th Maine State Legislature took their oath of office, which was administered by Governor Paul LePage and marks the official start of their two-year term. Democrats retained a slim majority in the House (77 Democrats, 72 Republicans, and two Independents), while Republicans held onto the Senate with a slim majority as well (18 Republicans and 17 Democrats).

Members of both parties in the House and Senate elected their new leadership several weeks ago. Republican leadership in the Senate will remain the same, with incumbent Sen. Michael Thibodeau (R-Waldo) returning as Senate President. Sen. Garrett Mason (R-Androscoggin)

will serve as Republican Leader, and Sen. Andre Cushing (R-Penobscot) will serve as Assistant Republican Leader. Democratic Leadership will change: Sen. Troy Jackson (D-Aroostook) is the new Democratic Leader, and Sen. Nathan Libby (D-Androscoggin) is the new Assistant Democratic Leader.

Rep. Sara Gideon (D-Freeport) was elected Speaker of the House. Rep. Erin Herbig (D-Belfast) will serve as House Majority Leader, and Rep. Jared Golden (D-Lewiston) will serve as Assistant Majority Leader. Rep. Kenneth Fredette (R-Newport) will return as Republican Leader, and Rep. Ellie Espling (R-New Gloucester) will return as Assistant

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Governor LePage focuses on Question 2 and Question 4 during remarks on opening day of the 128th Maine Legislature

EDITOR'S NOTE: *The following remarks were delivered by Governor Paul LePage during the opening day ceremonies of the 128th Maine Legislature. We have reprinted it here for your review.*

Before I swear you in, I'd like to ask for your help. We must reduce the negative impact two of the referendum questions will have on our economy. We all respect the will of the people, but your first duty is to do no harm to our state. Two questions will cause significant harm to our economy. They will hurt restaurant workers, small businesses, successful people and particularly our elderly.

Question 2 hikes the income tax by 42% on successful Mainers, supposedly to boost funding for education. But it will punish high-earners with the second-highest income tax in the nation. It will drive them out of our state—we already have examples of this. These folks already pay the most in taxes. If they leave and take their income with them, it will result in even less money for education—and less revenue from property taxes, sales tax and excise tax.

Question 4 raises the minimum wage

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MAINE S T A T E CHAMBER *of* COMMERCE

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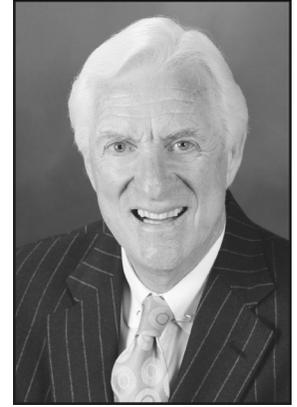
President: Dana F. Connors

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About the Maine State Chamber of Commerce: Since 1889, the Maine State Chamber has been fighting to lower your cost of doing business. Through our Grassroots Action Network and OneVoice program, we work with a network of approximately 5,000 companies statewide who see the value in such a service and provide the financial support that keeps our access, advocacy, and assistance efforts going strong. As Maine's Chamber, we make sure that the business environment of the state continues to thrive. The Maine State Chamber of Commerce advocates on behalf of their interests before the legislature and regulatory agencies and through conferences, seminars, and affiliated programs.

A message from the president...

“Gearing up for the 128th Legislature...”



by Dana Connors

Despite the hustle and bustle of the holiday season, I often pause to reflect on our progress of the past year and the potential of the coming year. As 2016 comes to an end, and we anticipate the 128th Legislature’s first session, we anticipate many critical issues impacting all aspects of the business community. Legislators appear ready to tackle a number of issues to encourage Maine’s economic prosperity. There will certainly be much work to be done on business issues this session, as Governor Paul LePage has already asked the 128th Legislature to consider actions regarding the recent ballot votes on minimum wage and the education surtax (see page 1). In addition to the Governor’s budget, the legislature will sift through several hundred proposals in the coming weeks.

Each year public policy topics grow in intensity and play an increasingly important role in Maine’s prosperity. Whether we support or oppose a piece of legislation — and in some cases, encouraged vetoes to stop bad policy decisions — the Maine State Chamber’s constant goal is to promote good public policy that ultimately improves Maine’s overall business climate, helping employers and employees.

Maine is a place of relationships and it’s no different at the Statehouse. We are thankful for legislators and administrators who are willing to discuss the tough issues in search of equitable solutions; for partnerships with other associations as we build collaboration; and, for members who are willing to lend their voices to our grassroots efforts.

While you spend these last few weeks of 2016 with those that matter most, I can assure you that our team will be there, as always, to ensure that the interest of Maine’s employers is well-represented at the Statehouse and beyond. □

Maine State Chamber board announces new officers, welcomes new board members

On Monday, November 28, 2016, the Maine State Chamber of Commerce hosted its annual Board Orientation and Appreciation Dinner. The 2017 slate of directors were confirmed during the event. The Chamber also welcomed three new Board members, as well as four filling unexpired terms, and confirmed the reappointment of several directors.

The 14 reappointed directors include Michael Bourque of MEMIC; Brian J. Bowman of Bowman Constructors; Tom Brennan of Poland Spring Water Company; Dana Bullen of Sunday River; Daniel P. Corcoran of Anthem Blue Cross and Blue Shield; Stacey Fitts of NovatusEnergy; Craig Pendleton of Biddeford+Saco Chamber of Commerce & Industry; Dr. Christopher Quinn of Kaplan University; Mike Reed of FairPoint Communications; Stephen Rich of Stephen Rich | Architecture; Christopher Schaelling of Pratt & Whitney; Owen Smith of AT&T; Andrew Sturgeon of Hoyle, Tanner & Associates, Inc.; and, Josh Tardy of Mitchell Tardy Government Affairs.

The four replacement directors who are filling unexpired terms are Paul Bolin of EMHS; Joshua Esposito of Verizon Wireless; Andrew McMullin of Burns & McDonnell; and, Lizzy Reinholt of Summit Natural Gas of Maine, Inc.

New directors include Ryan Ratledge of Central Maine & Quebec Railway; Vanessa Santarelli of Maine Primary Care Association; and, Matthew Tonello of Consigli Construction Co. Inc.

The Maine State Chamber is also pleased to announce that Charles "Wick" Johnson of Kennebec Technologies will serve as the organization's board chair for a two-year term. In addition, Lawrence Wold of TD Bank will continue to serve as first vice chair. The board's Second Vice Chair is Clifton Greim of Harriman Associates. □

2017-2018 Board Officers

| | |
|---------------------------|---|
| Board Chair: | Charles "Wick" Johnson of Kennebec Technologies |
| First Vice Chair: | Lawrence Wold of TD Bank |
| Second Vice Chair: | Clifton Greim of Harriman Associates |
| Treasurer: | temporarily vacant |
| Chamber President: | Dana F. Connors |

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Members of the Maine State Chamber's Board of Directors gather annually to review the upcoming year's proposed program of work and to discuss various initiatives.

For the most current information, visit www.mainechamber.org

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128th Legislature... (Continued from Page 1...)

Republican Leader.

This year, the 128th Legislature will have plenty of work on their plates as legislators grapple with the outcome of several controversial referendum initiatives that were on the November ballot. These initiatives resulted in new laws to increase the minimum wage; to legalize marijuana; to impose a surtax on incomes higher than \$200,000; and, to institute a first in the nation rank choice voting system. While at the same time, Legislators will have deal with the passage of a two year biennial budget, which will obviously need bipartisan support if it is to pass in both the House and Senate.

These aren't the only issues with which legislators will be dealing in the coming months. In addition to the referendum issues, there will be an onslaught of bills legislators will most certainly introduce in the first session. It is likely that as many as 2,000 bill titles could be submitted. Cloture, which is the deadline legislators have to submit bills, has been scheduled for December 30, 2016.

During the next few weeks, legislators will be vying for key committee assignments. Legislative leadership is currently working on committee assignments and usually releases that information just before Christmas. The Legislature will return to session on January 4, 2017, to begin its work in earnest.

The Maine State Chamber of Commerce looks forward to working with each and every legislator – newcomer or veteran – to strengthen our economy and ensure jobs and opportunities for our citizens, and the prosperity of Maine's diverse statewide business community. In the coming weeks, the Maine State Chamber's advocacy team will begin posting its weekly video updates, called "Legislative Week Ahead," to www.mainechamber.org, providing our members with insight into the issues and politics of events happening at the Statehouse. And beginning in the second week of January, our newsletter *Impact* will return to its weekly publication schedule until the session adjourns in June 2017.

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128th Legislature... **(Continued from Page 4...)**

There are considerable challenges facing the 128th Legislature and Maine's business community, but through them all, you can be sure that the Maine State Chamber will be there as *The Voice of Maine Business*, to ensure your voice is heard. □

Gov. LePage... **(Continued from Page 1...)**

too fast for local businesses to absorb. Combined with the higher income tax, local business owners will face a financial death spiral. Local businesses will first get hit with a 10.15% income tax, then they will have to pay a significantly higher minimum wage.

On top of that, the minimum wage will automatically go up every year based on the CPI. Even during an economic downturn, our local businesses will be required to raise wages. They may close up shop and go to New Hampshire — or another state with low or no income tax. Then their employees are out of a job—and the state would lose that income tax, too. We must slow down the rate of increase to the minimum wage. We must not eliminate the tip credit.

But those who will get hurt the worst are the elderly. 5,900 Mainers who now earn minimum wage will get a \$4-an-hour increase—but 325,000 Mainers won't get a raise. Those on Social Security will get an average increase of just \$4 a month. As labor costs rise so fast, local businesses will have to lay off workers and raise prices. The elderly will be left out in the cold. They will have to spend more of their fixed income on higher prices on everything they buy. This will push them even deeper into poverty.

I will submit legislation to delay implementation of these bills so we can work together to improve them. Let's work together to honor the wishes of the Maine people. But let's make sure we do no harm to our economy. Let's keep our small businesses here. Let's welcome professionals and successful people to our state. Let's make sure our restaurant workers can keep their tips. Most importantly, let's protect our elderly. Thank you. □



2017 Board of Directors

- Mr. David Barber**, AdvancePierre / Barber Foods
- Mr. Kim Vandermeulen**, Alternative Manufacturing, Inc.
- Mr. Daniel P. Corcoran**, Anthem Blue Cross and Blue Shield
- Mr. Owen Smith**, AT&T
- Mr. Stuart Jablon**, Backyard Farms, LLC
- Mr. Bob Montgomery-Rice**, Bangor Savings Bank
- Mr. Brian King**, Bank of America
- Ms. Kate Knox**, Bernstein Shur
- Mr. Craig Pendleton**, Biddeford + Saco Chamber of Commerce & Industry
- Mr. Brian J. Bowman**, Bowman Constructors
- Mr. David Brenerman**, Brenerman Public Policy Consulting
- Mr. Andrew McMullin**, Burns & McDonnell
- Mr. Dan Emerson**, Casella Waste Systems, Inc.
- Ms. Theresa Fowler**, Central Aroostook Chamber of Commerce
- Mr. Ryan Ratledge**, Central Maine & Quebec Railway
- Mr. Joel Harrington**, Central Maine Power Company
- Ms. Melinda Poore**, Charter Communications
- Mr. Tim Walton**, CIANBRO
- Mr. Joe Bruno**, Community Pharmacies, LP
- Mr. Matthew Tonello**, Consigli Construction Co. Inc.
- Mr. Peter Connell**, Courtcon, Inc.
- Mr. Alan Dorr**, Dead River Company
- Ms. Charlene McQuaid**, Emera Maine
- Mr. Paul Bolin**, EMHS
- Mr. Tom Violette**, EMHS
- Mr. Mike Reed**, FairPoint Communications
- Mr. David Colter**, GAC Chemical Corporation
- Mr. Jon Fitzgerald**, General Dynamics Bath Iron Works Corp.
- Ms. Judy Knapp**, Hannaford Supermarkets
- Mr. Clifton Greim**, Harriman Associates
- Mr. Edward Kane**, Harvard Pilgrim Health Care

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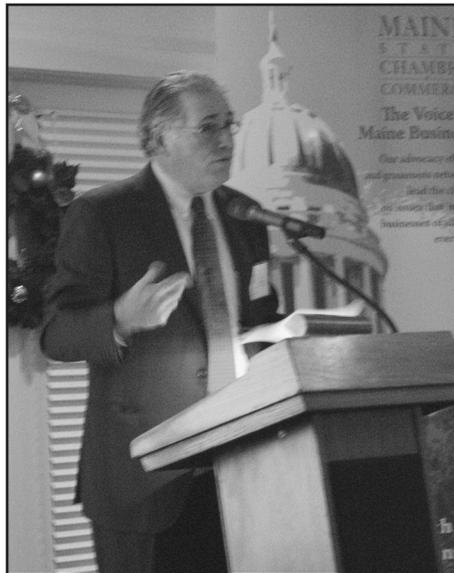
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The advertisement features a black and white photograph of a modern lounge area with several armchairs. In the background, a large screen displays the text "MAINE STATE CHAMBER of COMMERCE". The "headlight" logo is in the top left corner, and the slogan "TAKE A SEAT, WE'LL TAKE CARE OF THE REST" is overlaid in large, bold, white letters. At the bottom, contact information and social media icons are provided.



Senate President-elect Michael Thibodeau (R-Waldo, above) and House Speaker-elect Sara Gideon (D-Freeport, below) offered remarks during the Maine State Chamber's annual Board Appreciation Dinner.

At right, incoming board chair Wick Johnson of Kennebec Technologies outlines key priorities for the coming session. During the evening, current board members confirmed the elections of new, replacement and reappointed board members, as well as the organization's new slate of officers.



Board of Directors... **(Continued from Page 6...)**

- Mr. Andrew Sturgeon, PLS,** Hoyle, Tanner & Associates, Inc.
- Mr. Gary Merrill,** Hussey Seating Co.
- Mr. Geoffrey S. Baur,** IDEXX Laboratories, Inc.
- Dr. Christopher Quinn,** Kaplan University
- Mr. Wick Johnson,** Kennebec Technologies
- Mr. Stephen Krolkowski,** KeyBank Maine
- Ms. Carolyn Beem,** L.L. Bean, Inc.
- Ms. Melinda Caterine,** Littler Mendelson, P.C.
- Mr. Al Swallow,** MaineHealth
- Ms. Vanessa Santarelli,** Maine Primary Care Association
- Mr. Dave McKenney,** McCain Foods USA, Inc.
- Mr. Michael Bourque,** MEMIC
- Mr. Josh Tardy,** Mitchell Tardy Government Affairs
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- Ms. Jeanne Hult,** Northeast Bank
- Mr. Stacey A. Fitts,** NovatusEnergy
- Mr. Josh Madore,** On Semiconductor Corp.
- Mr. John Delahanty,** Pierce Atwood LLP
- Mr. Jim Hanley,** Pike Industries, Inc.
- Mr. Tom Brennan,** Poland Spring Water Company
- Mr. Christopher Schaelling,** Pratt & Whitney
- Ms. Holly Lusk,** Preti Flaherty, LLP
- Mr. Richard Malinowski,** Procter & Gamble-Tambrands
- Mr. Mark Thibodeau,** ReEnergy Biomass Operations LLC
- Mr. Connie Russell,** Samoset Resort
- Mr. Herbert R. Sargent,** Sargent Corporation
- Ms. Beth Shissler,** Sea Bags
- Mr. Eric Clapp,** Sevee & Maher Engineers, Inc.
- Ms. Ann Robinson,** Spectrum Medical Group
- Mr. Mark St. Germain,** St. Germain Collins
- Mr. Stephen Rich,** Stephen Rich | Architecture

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Board of Directors...
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- Ms. Lizzy Reinholt, Summit Natural Gas of Maine, Inc.
- Mr. Dana Bullen, Sunday River
- Mr. Lawrence Wold, TD Bank
- Mr. Chris Joyce, Texas Instruments
- Ms. LuAnn Ballesteros, The Jackson Laboratory
- Mr. Mitchell Sammons, The Sheridan Corporation
- Mr. Chris Condon, United Insurance
- Ms. Cindy Carroll, Unital Corp.
- Dr. James Page, University of Maine System
- Mr. Chuck Piacentini, Unum
- Mr. Joshua Esposito, Verizon Wireless
- Mr. Jim Cohen, Verrill Dana, LLP
- Mr. Christopher Buchanan, Walmart
- Mr. Robert Frank, III, WBRC Architects Engineers
- Ms Eleanor Vadenais, Wells Chamber of Commerce
- Mr. Gregory Wiessner, WEX Inc.
- Mr. Doug McKeown, Woodard & Curran Inc. □



Above, Maine State Chamber President Dana Connors and incoming board chair Wick Johnson of Kennebec Technologies acknowledge and thank outgoing board chair Melinda Poore of Charter Communications for her leadership, service, and dedication to the organization's board of directors. Poore has served an unprecedented three years as board chair in order to better align board leadership terms with legislative terms.

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Maine State Chamber hosts forum on the Future of the ACA in light of the recent election's outcomes

On Wednesday, December 7, the Maine State Chamber of Commerce hosted an informative and timely forum on the possible future of the Patient Protection and Affordable Care Act (ACA). This presentation was especially timely in light of the outcomes of the November election, in which long time critics of the ACA finally found themselves in a position to do something about changing or eliminating the existing law.

The free event, held at Bangor

Savings Bank in Augusta, showcased a panel of state and national experts who provided the more than 40 Maine employers in attendance with the most up-to-date information on what Congress might do, how soon they might do it, and what possible avenues might be open to change the act, but not altogether repeal it, in 2017.

Clearly, the election of President-Elect Donald Trump, coupled with the continued Republican majorities in both United States' congressional bodies, were



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unexpected by many political and policy experts. Since the ACA's enactment six years ago, Republicans have chafed at the bill, both because of deep philosophical differences between their approach to addressing rising health insurance premiums and access and those of the Democrats, and because of the partisan manner by which the law was originally enacted. Despite their desire and repeated attempts to "repeal and replace" the ACA, Republicans were defeated, thanks to President Barack Obama's veto pen.

This year promises to be different. Our panel agreed that there will certainly be changes made to the ACA. How deep those changes go remains unclear at this point. It appears the House and Senate may take somewhat different approaches. Some will call for outright repeal and replacement – perhaps with Speaker of the House Paul Ryan's "Better Way" proposal of the past session serving as a blueprint. Others may seek a more parsed approach in order to not upset health insurance market place too dramatically and too soon. All our panelist indicated change – significant change – was imminent; however right now, it was just too soon to tell what that change would result in.

"The Maine State Chamber put (this) forum together with the goal of helping Maine's business community better understand how the very complicated legislative and programmatic process that is about to take place in Washington, might impact

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Health Care Forum...

(Continued from Page 9...)

our state and our business community,” said Dana Connors, president of the Maine State Chamber of Commerce. “Our panel of state and national experts gave an excellent synopsis of the key issues facing Congress, and the insurance, provider and business communities as the legislative process move forward during the opening week of the new Congressional session.”

Presenters included the following experts:

- Katie Mahoney, executive director of health policy at the U.S. Chamber of Commerce, who provided the audience with compelling insight into the discussions that are talking place on Capitol Hill regarding the legislative future of the ACA and what might come after it is “repealed or replaced;”
- Steven Larrabee, senior governmental affairs specialist for Harvard Pilgrim Health Care, who outlined the challenges insurance carriers are experiencing in the face of significant uncertainty – for themselves and for the customers they serve;
- Albert Swallow, executive vice president and treasurer at MaineHealth, the state’s largest health system and provider of health care services, who discussed the provision of medical services under the ACA, and what changes might mean for their industry, as well as how that would impact employers and the state overall; and,
- Eric Jermyn, vice president of Cross Insurance Agency’s business development division, who gave attendees the perspective of an insurance agent working with individual employers and what changes to the ACA may mean for clients in the next 12 months.

The available panelists’ presentations will be posted to our website at www.mainechamber.org. For additional information, please contact Peter Gore by calling (207) 623-4568, ext. 107, or by emailing pgore@mainechamber.org. □

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It's time to kick some "butts" (cigarettes, that is)!

When it comes to smoking, be a quitter. Quitting smoking is the most important thing smokers can do to live a longer, healthier life.¹ Yet, almost one in every five American adults smoke.²

You're not weak, you're addicted. If you've tried to stop smoking and always seem to pick it up again, you're not alone. Nicotine, the drug in tobacco, is as addictive as heroin or cocaine. When you breathe in cigarette smoke, the inhaled nicotine reaches your brain even faster than drugs taken through a needle.¹ Smoking, and the chemicals in tobacco products, affect the heart and blood vessels, your hormones, your respiratory system, your metabolism and your brain. And if you are a woman who is pregnant, nicotine affects your baby in the same ways.

A smoker who tries to quit faces up to a few weeks of withdrawal. The physical addiction to nicotine is in full force after just a few weeks of smoking. But also, there is a mental addiction to the habit of smoking. Both types of addiction have to be tackled when someone quits smoking.

Making it through the cravings...

Between the withdrawal symptoms and the challenge of breaking a habit, it's no wonder many smokers have a hard time quitting. Here are some ways to cope:^{3,4}

- **Take a brisk walk.** Even a five- or 10-minute walk can help you through your craving and withdrawal symptoms. It can also triple the amount of time it takes for your next craving to hit.
- **Spend time in places where you can't smoke.** Try the library, museums, bookstores and malls.
- **Change other habits too.** If you used to smoke when you watched TV, unplug the TV set. If you had to smoke with your morning coffee, have tea instead. Make plans to do something you enjoy when you would have smoked your favorite cigarettes of the day — take a walk outdoors, call a friend, take a bath or play a game. If you change your routine, you are less likely to feel something is missing.
- **List your reasons.** Make a list of all your reasons for quitting. Keep copies of it in your wallet, at your desk, and on the refrigerator. Look at it when you are tempted to smoke.
- **Don't be fooled.** Remember, there is no such thing as "just one" cigarette or puff. The strong desire to smoke will eventually pass.
- **Stall.** If you feel like you are about to give in, tell yourself you have to wait at least 10 minutes. This will often be enough time for you to get past the craving.

Continued on Page 13...

Running a small business takes courage and a lot of hard work. You make important decisions every day. And choosing the right health plan is definitely one of them. That's why Anthem Blue Cross and Blue Shield has made it easy with our Chamber BlueOptions program. Chamber BlueOptions offers plan designs that speak to who you are, how you run your business and your bottom line. And because you're choosing an Anthem plan, you can count on the quality and stability our customers have come to know for more than 75 years.

We're pleased to share our new options just for Chamber members like you. These new health plans give you ways to save money while offering your employees access to top providers and facilities. And, as always, Chamber BlueOptions customers need only enroll 60% of their eligible members, making it easier for small employers to offer health care coverage to their employees.

Our most cost-competitive suite of options...

Here are a few highlights of the 2017 Chamber BlueOptions health plans:

- **One package, more choices:** You can offer your employees a choice of five plans, so each employee can choose the health care plan that best meets their unique needs.
- **High-deductible plans can be paired with an HMO:** These plans, also known as consumer-driven health plans, give your employees more control over their health care spending, and you have more ways

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Workplace Wellness... (Continued from Page 11...)

- **Reward yourself.** Save the money you would have spent on tobacco for a daily treat or a major purchase.

The symptoms of nicotine withdrawal include¹ dizziness for the first day or two; depression; feeling frustrated or angry; trouble focusing; feeling really tired; headache; trouble sleeping and bad dreams; nausea or hunger; and, anxiety and irritability.

Getting help...

Between medicines and counseling programs, there is help for people who want to quit. Getting counseling and support can double your chances of success. Nicotine Anonymous (nicotine-anonymous.org) and smokefree.gov offer support on the phone, via text, online and in person. You can call 800-QUIT-NOW (784-8669) and 800-ACS-2345 (227-2345) for toll-free support.

Drug treatments can also help. Nicotine replacement therapy gives you nicotine through gums, patches, sprays, lozenges or inhalers, without the other dangerous chemicals in cigarettes. This way you can focus on breaking the habit of smoking before you have to go through the physical withdrawal. There are also prescription drugs that help with withdrawal symptoms or change the way your body reacts to nicotine. Your doctor can help you make a plan to kick the habit.

Timeline for withdrawal...

Quitting smoking is hard, but worth it! Withdrawal symptoms usually show

up within a few hours of the last cigarette. They are at their worst on the second or third day, then gradually go away during the next couple weeks. But while you're cranky, tired and depressed, good things are happening to your body:

- **Within minutes:** Your blood pressure drops.
- **Within 12 hours:** The level of carbon monoxide in your blood returns to normal.
- **Within a week:** Most of the nicotine has left your body.
- **Within three months:** Your circulation and breathing improve.
- **One to nine months after quitting:** Coughing and shortness of breath decrease; your lungs regain the ability to clean themselves, reducing your risk of infection.
- **One year after quitting:** Your risk of heart disease goes down.
- **Five years after quitting:** Your risk of stroke goes down.
- **Ten years after quitting:** Your risk of getting cancer of the lung, mouth, throat, esophagus, bladder, cervix and pancreas goes down.
- **Fifteen years after quitting:** You have no more risk of heart disease than if you had never smoked.

We've got you covered for all your workplace wellness needs. When employees feel good, they tend to perform better. That's why most Chamber BlueOptions' plans come with employee discounts on health products and services, as well as an

online health and fitness program. Just contact your Anthem-appointed insurance producer for more information, or go to the Chamber's BlueOptions web page (www.mainechamber.org/blueoptions.php) to find a producer.

For more information on the Chamber BlueOptions health plan, please contact Joyce LaRoche, executive director of the Maine State Chamber Purchasing Alliance, by calling (207) 623-4568, ext. 113, or by emailing jlaroche@mainechamber.org, or Amy Downing, program coordinator, by calling (207) 623-4568, ext. 104 or by emailing adowning@mainechamber.org. □



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9:00 a.m. to 5:00 p.m.

Holiday Inn By The Bay

88 Spring Street, Portland, Maine

Visit www.mereda.org to
Register Today!

Resources provided by Anthem.com and the following sources:

- 1 American Cancer Society website: Guide to Quitting Smoking (accessed March 2015): cancer.org
- 2 Centers for Disease Control and Prevention website: Smoking & Tobacco Use Fast Facts (accessed March 2015): cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/
- 3 Taylor, Adrian H., Michael H. Ussher and Guy Faulkner. "The acute effects of exercise on cigarette cravings, withdrawal symptoms, affect and smoking behaviour: a systematic review." *Addiction* 102 (2007): 534-43
- 4 Mayo Clinic website: Quit Smoking (accessed March 2015): mayoclinic.org

For the most current information, visit www.mainechamber.org

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Chamber BlueOptions...
(Continued from Page 13...)

to save on premiums.

- **One statewide HMO network offers big savings:** Pathway network providers work closely with Anthem to maintain quality doctor-patient relationships, while also keeping an eye on cost-effectiveness.
- **Preventive wellness package is included.** Employees can get up to \$200 in financial rewards each year for getting and staying healthy, like getting their yearly wellness exam *and* flu shot, completing a health assessment and certifying that they're tobacco-free.
- **Blue View VisionSM:** It's automatically included with your medical benefits offering essential health vision benefits for children and vision exams for adults.
- **LiveHealth Online provides access to care anytime, anywhere:** Employees can now have face-to-face video visits with board-certified doctors or licensed therapists right from their computer or mobile device. To learn more or to register, employees can visit livehealthonline.com or download the free mobile app.

Chamber BlueOptions program requirements include membership in good standing with a local or regional chamber and an assessment form and \$50 fee annually to the Maine State Chamber Purchasing Alliance. To learn more about Chamber BlueOptions, contact a chamber insurance agent. A list of agents can be found online at <http://www.mainechamber.org/mx/hm.asp?id=blueoptions>.

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United States Postal Service Form 3526...

**Statement of Ownership,
Management, and Circulation**

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I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

System in Crisis: Vulnerable Mainers, Jobs at Risk

by the Maine Association of Community Service Providers

EDITOR'S NOTE: Guest columns such as this one do not necessarily reflect the opinions or policies of our organization. They are the opinions of the guest author and are solely provided for your consideration.

Long before the United States Supreme Court issued its 1999 landmark Olmstead decision that required states to provide services to people with disabilities in the least restrictive, most integrated setting, Maine was well on the way to deinstitutionalizing the care of people with intellectual disabilities (ID). In 1975, a class action lawsuit alleged that the Pineland Center, an institution for people with intellectual disabilities (previously known as mental retardation), did not provide adequate care. The resulting consent decree set standards of care and goals for community-based care. To forward those goals, Maine established a "waiver" program in 1983 that helped to establish a community-based system that sought to integrate the lives of people with intellectual disabilities into the everyday fabric of every community. Finally, in 1996, the Pineland Center closed.

To meet the community-based needs of these individuals, a system of supports developed that saw the establishment of small group homes managed by human service agencies and staffed by direct support professionals (DSPs). These services are funded through MaineCare (approximately 64% funded by federal Medicaid) with services provided by human service organizations across Maine. Organizations (sometimes started by a group of families) also filled other

needs, including day programs and employment programs.

Now, people with intellectual disabilities live in homes in neighborhoods all across Maine. Every day, they shop, work, learn, and have fun – in every community – all with the support of direct support professionals employed by provider organizations.

DSPs help people with disabilities live their lives as fully as possible, suited to each individual's needs. They might support one person to get dressed in the morning, provide assisted feeding, and help them to shower and use the toilet. Another person might need prompting to wake up, but then just needs the support of a friendly person to get help cooking, cleaning, using transportation, and handling finances. The job of a DSP requires compassion, patience, and a desire to help someone grow toward independence and self-sufficiency in their own way.

If you were asked to think of a Maine business or industry that accounted for 10,000 jobs, the usual suspects would likely come to mind – L.L.Bean, Hannaford, BIW, or perhaps the skiing, lobster, and forestry industries. They would all be incorrect. Today, the Intellectual Disabilities services system in Maine employs 10,000 Mainers and is responsible for \$400 million in economic activity. □

**State of the
Environment:
Maine DEP
Commissioner Paul
Mercer and Senior
Leadership Team**
Tuesday, January 17, 2017
7:30 a.m. to 10:00 a.m.
**Maple Hill Farm Conference
Center, 11 Inn Road, Hallowell, Maine**

E2Tech is inviting Maine's Air, Land, Water, and Waste leaders from the Maine Department of Environmental Protection to give us the "State of the Environment" in Maine. We are also interested in how the DEP assists businesses through the state regulatory maze to promote jobs and businesses in the environmental services sector.

Maine Department of Environmental Protection Commissioner Paul Mercer will introduce all members of DEP's Senior Management Team (including Regional Office Directors), their responsibilities at the agency, and their priorities for the coming years. Senior management will then be available to field questions and to obtain input from attendees.

Speakers include DEP Commissioner Paul Mercer; Melanie Loyzim, Deputy Commissioner; Marc Cone, Air Bureau Director; Mark Bergeron, Land Bureau Director; Micky Kuhns, Water Bureau Director; Dave Burns, Remedation and Waste Management Bureau Director; David Madore, Communications Director; Tina Zabierek, Policy Director; Bill Longfellow, Innovation and Assistance Director; Marybeth Richardson, Southern Maine Regional Office Director; Susanne Miller, Eastern Maine Regional Office Director; and, Nick Archer, Northern Maine Regional Office Director. Thank you to the event sponsors: TRC, VHB, and Mainebiz.

Registration for members is \$15.00; non-member registration is \$30.00; and, student members are free. For more information, please visit <http://www.e2tech.org/event-2394556>. □

Periodicals

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Season's Greetings

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