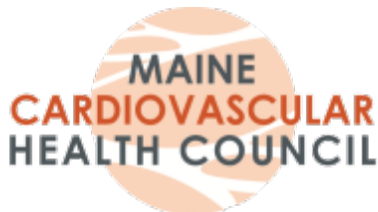




## North Yarmouth Honored for Cardiovascular Health and Safety Efforts

### North Yarmouth has been designated as a Maine HeartSafe Community



The Maine HeartSafe Community program is a cooperative initiative of the Maine Emergency Medical Services (EMS) Offices and the Maine Cardiovascular Health Council (MCHC). The program recognizes local efforts made to provide strong cardiovascular-related emergency care for residents and visitors, and promotes partnership between local EMS services and community

partners to improve overall cardiovascular health and awareness.

The HeartSafe Community designation is based on what the American Heart Association calls the “Chain of Survival.” The four components to the Chain of Survival include: early access to emergency care, early CPR, early defibrillation, and early advanced care. To receive the HeartSafe honor, cities and towns are awarded points, called “heartbeats,” based upon their ability to meet program criteria.

#### **Program criteria include:**

- CPR and Automated External Defibrillators (AED) training for community members
- Public education for awareness of the signs and symptoms of cardiac arrest, heart attack, and stroke
- EMS Response vehicle equipped with AEDs
- Public AED placement and training
- Advanced Life Support dispatched as primary or backup responders for medical emergencies
- Ongoing evaluation of the community’s Chain of Survival

Platinum, Gold, Silver, and Basic designations have been awarded to 78 EMS services, covering 291 communities in Maine, or more than 974,229 residents.

North Yarmouth has been designated at the Gold level. Through the safety measures of the Chain of Survival, we can improve the survival rate for cardiac arrest, heart attack, and stroke victims. Measures such as early CPR and increased access to defibrillation make a tremendous difference in survival and recovery outcomes. Heart disease and stroke account for one in three deaths in Maine. To increase survival and improve outcomes associated with these cardiovascular events, HeartSafe Communities are enhancing their emergency

response capacity, and increasing public recognition of the symptoms of sudden cardiac arrest, heart attack, and stroke, and promoting the importance of calling 911 immediately.

To learn how you can become a part of North Yarmouth's HeartSafe Community efforts, contact Fire Rescue Chief Gregory Payson at 207-829-3025 or by email at [firechief@northyarmouth.org](mailto:firechief@northyarmouth.org).

To learn more about HeartSafe Communities, to obtain resources or to view a list of designated services, towns and cities, Please visit: <http://www.maineheartiohealth.org/HeartSafe.html>

## A Message from Fire Rescue Chief Greg Payson



It is impossible to predict when and where sudden cardiac arrest will occur, or who its victims may be. Early recognition of the signs and symptoms associated with sudden cardiac arrest (SCA), heart attack and stroke, as well as immediate access to emergency services, and prompt medical treatment are critical to save lives and decrease disabilities associated with cardiovascular events. The HeartSafe Communities designation recognizes North Yarmouth's dedication to improve the "Chain of Survival" through partnerships with the Fire Rescue program.

Specifically, North Yarmouth Fire Rescue and the Town of North Yarmouth qualified for the Gold level of the HeartSafe designation. The town currently has four AED's placed in and around the community at various local businesses. The town also contracts with the Yarmouth for immediate dispatch of Advanced Life Support on critical calls along with North Yarmouth Fire Rescue. North Yarmouth Fire Rescue becomes one of 78 Maine HeartSafe designated services, providing EMS services to 291 communities, and over 974,229 residents.

Heart disease and stroke account for nearly one in three deaths in Maine. Despite our medical and safety advances, patient delay is the largest reason why people do not get care as quickly as needed. Early recognition of the signs and symptoms associated with Sudden Cardiac Arrest, heart attack, and stroke, and calling 911 as soon as symptoms are witnessed are critical to raising survival rates in our community.

### **The warning signs of heart attack are:**

- Pain or discomfort in the jaw
- Feeling weak, lightheaded or faint
- Chest pain or discomfort
- Pain or discomfort in the arms or shoulders
- Shortness of breath

**\* Women often report symptoms of discomfort rather than pain**

### **The warning signs of stroke are SUDDEN:**

- Numbness in the face, arm, or leg
- Slurred speech
- Blurred vision
- Dizziness or loss of balance
- Severe headache

In North Yarmouth we are fortunate to have access to vital lifesaving treatment, but, to further ensure that our HeartSafe system can do its work, we must all do our part and learn the signs and symptoms of sudden cardiac arrest, heart attack and stroke, and call 911 immediately should we see them in our loved ones or co-workers.

should we see them in our loved ones or co-workers.

Early access to CPR (cardiovascular resuscitation) and defibrillation are also vital links in the "Chain of Survival" and can be learned and performed by almost anyone. If you are interested in learning more about the HeartSafe program or interested in become a participant of the program, please contact Fire Rescue Chief Gregory Payson at 207-829-3025 or by email [firechief@northyarmouth.org](mailto:firechief@northyarmouth.org).

*A Message from Alan Stearns,  
Executive Director Royal River Conservation Trust*

**Vote Yes**

**Protect Knight's Pond April 11th**



North Yarmouth

- Please vote for Knight's Pond & Blueberry Hill conservation project
- North Yarmouth Town Meeting
- Saturday, April 11th, 9am, Memorial School
- 215 acre conservation project in Cumberland and

• Trails, fishing, ecology, snowmobiling, hunting, skating

• Warrant article: \$100,000 from North Yarmouth reserve funds already set aside for land conservation; no impact on tax rates; leveraging \$1 million from other sources including \$500,000 private funds; ownership of 50 acres within North Yarmouth to be owned by the Town; remainder to be owned by the Town of Cumberland.



• More information [www.RRCT.org](http://www.RRCT.org) or [info@RRCT.org](mailto:info@RRCT.org) or 847-9399

**A Message from the Board of Directors of Memorial Park**





Memorial Park has recently been given a new lease on life. A group of veterans and town residents have become involved with this non-profit corporation with newly established leadership and bylaws. This will ensure that the park is utilized as was intended by the original founders in 1949.

As we move forward in our efforts to accomplish this, we would like to extend invitations to all North Yarmouth veterans and residents to become members and attend our regularly scheduled meetings. We currently meet at monthly intervals. Our meetings are listed on the town meeting schedule and are held in the Memorial School. Our next meeting is April 29th at 6 pm.

Please come by and see what is going on. As we move forward with our activities please look for more information. For questions and more information, please contact Eric Robinson, President at 829-4339 or Paul Hodgetts, Vice President at 829-5340.

## Town Meeting

**April 11, 2015**

**9 am**

**Memorial School Gym**

The Warrant will be available at the Town Office  
and posted on the website on April 1, 2015

<http://www.northyarmouth.org>

## 2015 ROAD POSTINGS

**HEAVY LOADS LIMITED**

**EFFECTIVE March 16, 2015**

**23,000 LBS. REGISTERED VEHICLE WEIGHT**

**The following roads are closed, unless SOLIDLY FROZEN, to all vehicles or combination of vehicles: The road is considered "solidly frozen" only when the air temperature is 32°F or below and no water is showing in the cracks of the road.**

**Both conditions must be met.**

Baston Road

Delwin Drive

Henry Road

Lufkin Road

Mountfort Road

Bayberry Drive

Doughty Road

Lawrence Road

Mill Road

Red Lane

Deer Run Road

Haskell Road

Long Hill Road

Milliken Road

Prince Well Road

**MOUNTAIN ROAD**

Royal Road  
Steeple Chase Road  
Thunder Road  
West Pownal Road

**PEA LANE**

Sligo Road  
Sweetser Road  
Town Farm Road

**PRINCE WELL ROAD**

Smithwood Drive  
The Lane  
Wescustogo Lane

**POSTINGS WILL BE LIFTED MAY 1, 2015 OR EARLIER IF POSSIBLE**

**Exemptions:** Emergency Vehicles; Public Utilities; Municipal Vehicles; Home Heating Fuel Delivery Trucks; Bulk Milk/Bulk Feed Trucks with a MDOT Exemption Certificate; any Vehicle or combination of vehicles registered for a gross weight in excess of 23,000 lbs and traveling **WITH OUT A LOAD**, other than tools or equipment necessary for the proper operation of the vehicles. This exemption does not apply to special mobile equipment. A scale ticket must accompany any vehicle showing weight of vehicle and load is said to be 23,000 lbs or under.

**For emergency situations, permits will be issued. To apply for a permit please contact Clark Baston 829-3274 or Rosemary Roy 829-3705.**

**Municipal Nomination Papers Available**

Nomination Papers for the upcoming Municipal Election are available in the Town Clerk's office. The following positions will be filled at the June 9, 2015 Municipal Election:

- One seat for Selectman for a 3 year term
- One seat for MSAD#51 Board of Directors for a 3 year term
- One seat for Yarmouth Water District Trustee for a 3 year term
- One seat for Cemetery Commissioner for a 5 year term
- Two seats for Budget Committee for 3 year terms

*For more information please call 829-3705 or go to [www.northyarmouth.org](http://www.northyarmouth.org)*

**Deadline for All Tax Exemption Applications is April 1st**

Taxpayers who wish to apply for any tax exemptions must act soon. Complete application must be received by the Town Assessor on or before April 1, 2015.

- [Veterans Exemption Application >](#)
- [Homestead Exemption Application >](#)
- [Veteran Widow/Widower/Minor Child Exemption >](#)
- [Blind Persons Exemption >](#)

**Real Estate and Personal Property Taxes Due April 1, 2015**

**Three Convenient Ways to Pay:**

- 1) To pay in person:** Town Office is open four days per week
- 2) To pay online:** [Property Tax Payments >](#)
- 3) To pay by mail:** send your check or money order to:

Tax Collector  
10 Village Square Road  
North Yarmouth, Maine 04097

**REMINDER:**

*If your taxes are escrowed, it is your responsibility to forward a copy of all tax bills to your mortgage company.*

## More Community News From RFTH! Look here for news of other events in our community

[MSAD 51](#)

[Skyline Farm](#)

[Casco Bay CAN](#)

[Cooperative Extension](#)

[Lyme Disease Support Group](#)

[MSAD 51 Ranger Connection](#)

[Royal River Conservation Trust](#)

[North Yarmouth Historical Society](#)

[Cumberland/North Yarmouth Recreation](#)



### Town News & Information

[>> www.northyarmouth.org >>](http://www.northyarmouth.org)

Looking for a meeting date? Click here. [Meeting Calendar >>](#)

Looking for an agenda or minutes? Click here. [Agendas & Minutes >>](#)

### Online Services

Dog Licenses



Hunting and Fishing Licenses



Vehicle & Trailer Registration Renewals



Burning Permits



Snowmobile Registration Renewals



Disclaimer - Requests to be included in Reminders From Town Hall are at the discretion of the Communications Subcommittee. The posting of announcements, reports, documents and links (embedded or otherwise) included or attached to Reminders From Town Hall does not necessarily reflect the official opinion, policy or position of any