

LEWISTON CITY COUNCIL WORKSHOP AGENDA

CITY COUNCIL CHAMBERS, CITY HALL

TUESDAY, OCTOBER 10, 2017

6:00 p.m. Workshop

Pledge of Allegiance to the Flag.
Moment of Silence.

1. Request from St. Mary's Hospital to Designate a Section of Campus Avenue Right of Way a Smoke and Tobacco Free Zone.
2. L.A. Riverwalk History Trail.
3. Transfer of Funds within the Community Development Block Grant Budget and Amendments to Public Participation Plan.
4. Androscoggin Transportation Resource Center Cash Flow Assistance.

LEWISTON CITY COUNCIL
WORKSHOP AGENDA
TUESDAY, October 10, 2017
6:00 PM

1. Request from St. Mary's Hospital to Designate Section of Campus Avenue Right of Way a Smoke and Tobacco Free Zone.

The City has received a request from St. Mary's Hospital to designate the Section of Campus Avenue from Sabattus Street to Central Street as no smoking in support of their efforts to have the entire St. Mary's campus a no smoking area. This would include both the street and sidewalk area. This section of the street has no private residences or commercial properties, just frontage for the hospital, Bates College, and Lewiston Middle School. The hospital has spoken with school and college representatives who have indicated they are not opposed to the request. See attached material.

2. L.A. Riverwalk History Trail

Over the last several years and in conjunction with the City of Auburn, we have completed the installation of the highest priority wayfinding signs and kiosks downtown. As a next step, staff has been participating in meetings over the last year with a working group interested in promoting awareness of history in Auburn and Lewiston and using that history to create a high quality walking tour downtown. Participants in the discussion include Grow L+A, the Androscoggin Land Trust, Healthy Androscoggin, Cities of Lewiston and Auburn, Androscoggin Historical Society, Jane Costlow and Kristen Barnett (Bates Professors), Sam Boss (Bates Harvard Center), and Museum LA. The group has come up with a proposal to create a memorable walking tour in the two cities and is asking if the cities are willing to fund the project. Please see the attached information.

3. Transfers of Funds within the Community Development Block Grant Budget and Amendments to Public Participation Plan

The Department of Housing and Urban Development requires that recipient municipalities meet certain spend down requirements associated with the CDBG program. Meeting this requirement has become more difficult recently when HUD determined that the spend-down requirements also apply to revolving loan programs, such as our commercial and residential lending programs. In addition and for a variety of reasons, certain approved projects have been delayed. As a result, it is necessary for us to amend the CDBG allocations to meet HUD's requirements, including the addition of several new projects. We would like to review the situation with you so that action can potentially be taken at the October 17th meeting.

4. Androscoggin Transportation Resource Center Cash Flow Assistance.

ATRC has approved funding from the State of Maine to upgrade the software and server which operate our regional traffic signal control system. The total cost of this project is \$130,000, and the necessary contracts have been awarded to allow it to move forward. However, the State of Maine has determined that this project can only go forward on a reimbursement basis. ATRC does not have the cash flow to allow this to happen and is requesting that Lewiston and Auburn agree to provide a short-term, no interest loan so that the project can proceed. Since this is a relatively short-term project, we anticipate a relatively short period of time between payment for the work and reimbursement from the state. We will be requesting approval for such a loan at the October 17th Council meeting.



St. Mary's Health System has been running a yearlong campaign to build awareness of a significant policy change that will be put in place on November 16, 2017 -

100% Smoke and Tobacco-Free Campuses at all properties owned by St. Mary's Health System.

The campaign launched on November 17, 2016 as we celebrated the nationally recognized Great American Smokeout (GASO), an effort spearheaded by the American Cancer Society. It was on that day we began our awareness campaign here at St. Mary's.

The following examples are components of the campaign to make St. Mary's Health System 100% Smoke & Tobacco-Free by November 16, 2017, this year's GASO.

Signs Displayed Around St. Mary's, Including the Current Outdoor Locations Designated for Smoking





Digital Signs Displayed Around St. Mary's

ST. MARY'S
HEALTH SYSTEM
A Member of Covenant Health

COMING SOON
On November 16, 2017, St. Mary's will have

SMOKE & TOBACCO FREE CAMPUSES

When you're ready to quit,
we're here to help you.
[www.stmarysmaine.com/
QuitSmoking](http://www.stmarysmaine.com/QuitSmoking)
Helpline
1-800-207-1230

TIME FOR CHANGE

COMING SOON
On November 16, 2017 We Will Have

**SMOKE & TOBACCO
FREE CAMPUSES**

When you're ready to quit,
we're here to help you.
www.stmarysmaine.com/QuitSmoking

TIME FOR CHANGE

Homepage Banner Image Rotating on the St. Mary's Website



Cover Image Rotating on the St. Mary's Facebook Page



Resource Sheet to Hand Out to Employees and Guests at St. Mary's



ST. MARY'S
HEALTH SYSTEM
A Member of Covenant Health

**Resources for a
Smoke and Tobacco Free Campus**

Visit our website for links to helpful information: www.stmarysmaine.com/234716.html

Smoking Cessation Support - Partnership For a Tobacco Free Maine
When you're ready to quit... call the quitline toll-free at 1-800-207-1230.

Maine Tobacco Helpline
www.tobaccofree.org

Tobacco Treatment Services Guide
www.stmarysmaine.com

St. Mary's Prevention & Wellness Smoking Cessation - Current Materials
30 Centre Avenue, St. Mary, Lewiston, ME 04201 Telephone: 225-3030

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free to employees	1x per week	7	3 consecutive weeks and 2 follow-up 7 days
Individual	Free to employees	Ongoing	1 on 1	Call for Details

Five Keys to Quitting
www.stmarysmaine.com/234716.html

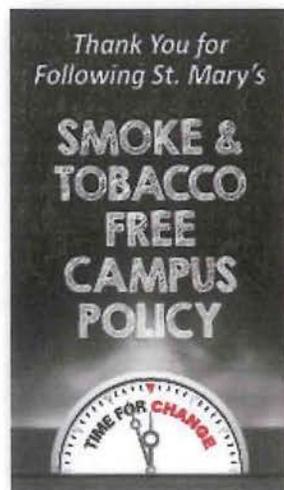
1. Get ready
2. Get help
3. Learn new skills and behaviors
4. Get and use medication
5. Be prepared for relapse



The Quit Line
www.18002071230.com

Expert Minds. Caring Hands.
www.stmarysmaine.com

Business Cards to Hand Out to Employees and Guests Seen Smoking on Premises After 11/16



Front



Back

Table Tents on Display Around St. Mary's Health System



Smoking Cessation Support Resources on the St. Mary's Website

St. Mary's Health System
A Member of Covenant Health
Lewiston, ME (207) 777-8100

HOME | ABOUT US | VISIT | CONTACT US | LOCATIONS | CAREERS | TRAINING | COVENANT HEALTH

FIND A PROVIDER | **PRIMARY CARE** | **SPECIALISTS** | **DEPARTMENTS & HEALTH SERVICES** | **SENIOR HEALTH & HOUSING** | **PATIENT & VISITOR INFORMATION** | **SUPPORT ST. MARY'S**

Home » Departments & Services » Tobacco » Prevention and Wellness » Smoking Cessation Support

Smoking Cessation Support

Partnership For a Tobacco-Free Maine
When you're ready to quit... Call the helpline toll free. It's free, confidential, and it really works.

1-800-207-1230

The helpline provides free, intensive behavioral counseling for people who are thinking about quitting or who are ready to quit smoking, for friends or family members of tobacco users who want to quit, and for professionals who want to help a patient or client quit. Learn more at Maine Tobacco Helpline.

St. Mary's Prevention & Wellness - Smoking Cessation Meetings
Location: 96 Campus Avenue, 1st Floor, Lewiston, ME 04203
For More Information: Please contact Maria Fete at **207-777-8838**

Group sessions are free to employees and occur once weekly. An individual may attend up to 7 sessions at no charge over a two-week period (biweekly weeks) with two follow-up sessions.

Individual sessions are free to employees for one to 3 sessions. Please call for details, 207-777-8838.

5 Keys to Quitting

- Get Ready
- Get Help
- Learn New Skills and Behaviors
- Get and Use Medication
- Be prepared for relapse

[Tobacco Treatment Services Guide](#)

PREVENTION AND WELLNESS
Focus on Employee Health
Health Calculator
HealthSteps Fitness Program
WorkMed Occupational Health
Smoke & Tobacco Free Campuses
Smoking Cessation Support
Target Heart Rate Zone Calculator

Find A Provider
Find

Pay My Bill
Pay

New Patient Appointment Request

Patient Portal
Secure



Phone Message While on Hold on a St. Mary's Phone Line – Currently Running

Health and wellbeing is at the center of everything we do. Beginning November 16, 2017, St. Mary's will be a smoke and tobacco-free organization, this includes all St. Mary's parking lots.

The St. Mary's Smoke and Tobacco-Free Policy Committee is made up of employees from across the system, with representatives from Prevention and Wellness, WorkMed, Behavioral Services, Oncology, Marketing, Pharmacy and more.

The purpose of this new policy is to eliminate involuntary exposure to secondhand smoke by patients, staff, and visitors at all St. Mary's locations.

Currently, 37 of 39 hospitals in the State of Maine are smoke-free and tobacco-free. According to the U.S. Surgeon General, there is no risk-free level of exposure to secondhand smoke and tobacco use, in any form, active or passive, it is a serious health hazard.

The new policy will focus on refraining from smoke and tobacco use on the property for the protection and integrity of the environment and the health of all who enter our campuses.

While the purpose of the policy is not to force smokers to quit, a smoke and tobacco-free policy will offer support to current smokers who desire to quit, encouraging them to seek treatment for their smoke and/or tobacco use.

Remember, beginning November 16, 2017, St. Mary's will be a smoke and tobacco-free organization.



Lewiston Area Public Health Committee

Ronnie Paradis, Chair
Retired Public Health Nurse
rparadisrn@roadrunner.com

Erin Guay, Vice Chair
Healthy Androscoggin Executive Director
guayER@cmhc.org

www.lewistonmaine.gov/publichealth - (207) 513-3018

August 15, 2017

Dear Members of the Lewiston City Council:

We wish to endorse the efforts of St. Mary's Health System as they work toward having 100% smoke and tobacco-free campuses for all employees, patients, and guests beginning November 16, 2017.

Representatives of the Smoke and Tobacco-Free Committee of St. Mary's Health System attended the July 13, 2017, meeting of the Lewiston Area Public Health Committee. While our discussion included details of their efforts, they were keenly interested in what the process would entail having an ordinance put in place to create a no-smoking zone on the sidewalks running the length of Campus Avenue from Sabattus Street to Central Avenue.

St. Mary's is proving their commitment to this effort in many ways. The initiative is being led by staff from across the health system. Resources are being made available for smoking cessation support. Staff has run a year-long awareness campaign leading up to November 16, marketing collateral has been developed to support a culture change and build awareness, banner signs are being produced for light poles on campus, signs will be hung at all St. Mary's owned properties, and outreach to neighboring property owners has occurred. The staff at St. Mary's understands that while this effort will pose many challenges, it is a valuable effort in their promotion of good health and providing a healthy environment on their properties.

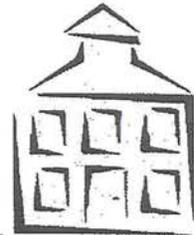
Our hope is that the Lewiston City Council will strongly consider this request and pass a no-smoking ordinance on the designated section of sidewalks.

Sincerely,

Ronnie Paradis, RN, Chair

On Behalf of the Lewiston Area Public Health Committee

LEWISTON PUBLIC SCHOOLS



36 Oak Street
Lewiston, ME 04240
www.lewistonpublicschools.org
TDD: 207-795-4100
FAX: 207-795-4177

Administration: 207-795-4100
Business: 207-795-4104
Curriculum: 207-795-4103
ELL Program: 207-795-4105
Maintenance: 207-795-4107
Nutrition: 207-795-4106
Payroll: 207-795-4109
Special Education: 207-795-4108
Technology: 207-753-6416

August 15, 2017

Dear City Councilors,

I wish to endorse the efforts of St. Mary's Health System, as they work towards having 100% smoke and tobacco-free campuses for all employees, patients, and guests beginning November 16, 2017.

In a discussion I had with Dawn Gilbert, Director of St. Mary's Prevention and Wellness she shared details of St. Mary's efforts toward having smoke and tobacco-free campuses and their interest in the potential of having an ordinance put in place to create a no smoking zone on the sidewalks running the length of Campus Avenue, from Sabattus Street to Central Avenue.

While promoting good health and providing a healthy environment is a valuable ideal, the staff understands that by having smoke and tobacco-free campuses some smokers will simply go to the sidewalk in front of the hospital or adjacent to Lewiston Middle School and Bates College. St. Mary's is being proactive in trying to avoid this migration, and I support their effort.

The hope is that the Lewiston City Council will strongly consider St. Mary's request and pass a no-smoking ordinance on the designated section of sidewalks.

Sincerely,

A handwritten signature in black ink that reads "Bill Webster".

William Webster, Jr.
Superintendent of Schools

WW/spt

Twitter: @LewistonSuper
Facebook: Lewiston Public Schools Superintendent



CITY OF LEWISTON

Department of Planning & Code Enforcement

**TO: Mayor
City Council**
FROM: David Hediger, City Planner
DATE: October 3, 2017
RE: Proposed Historic Trail: Museum in the Street

Staff has completed the initial installation of wayfinding signs and an informational kiosk next to the Grand Trunk Depot – Rails Restaurant. Funding has been provided to install additional wayfinding signs throughout the community. Staff will be working to install additional wayfinding signs over the next year. However, this funding may be utilized for other types of signs or banners.

Staff has been meeting for several months with a group interested in promoting awareness of history in Lewiston and Auburn and using that history to create a high quality walking tour downtown. Participants in the discussion include Grow L+A, Androscoggin Land Trust, Healthy Androscoggin, Cities of Lewiston and Auburn, Androscoggin Historical Society, representatives from Bates College, and Museum LA. The group has come up with a proposal to create a memorable walking tour in the two cities. The goal is for the signs to be consistent between both communities, creating a walking trail through both downtowns.

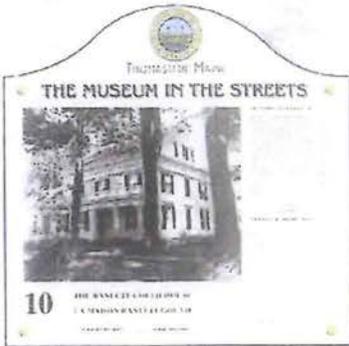
At this time, both cities are considering working with “Museum in the Streets” <http://www.themuseuminthestreets.com/index.html> which has a proven record of producing quality signs that “foster a sense of historical identity, educate, encourage preservation of local historic sites and promote knowledge of stories, events and traditions”. The uniqueness of this sign type and desire to collaborate with Auburn from this sole source provider will require waiver of competition from the Finance Committee. Staff will be making this request of Committee in October.

Upon approval from the Finance Committee, staff will look to work with the various groups identified above in effort to develop captions and collect images. The challenge with this type of project is in identifying sites, drafting content that is interesting and accurate, assembling quality images, and obtaining property owner permission for the installation of signs when necessary.

At this time, staff is looking to provide an update and see if any Councilors have suggestions before moving forward with the project.

THE MUSEUM IN THE STREETS™

SOME OF OUR REFERENCES



> Thomaston (Maine, U.S.A.)



> Augusta (Maine, U.S.A.)



> Biddeford (Maine, USA)



> Waterville
(Maine, U.S.A.)



> Fouras
(Charente Maritime, FRANCE)



> Pontlevoy
(Loir-et-Cher, FRANCE)



> Danbury (Connecticut, U.S.A.)



> Vignole Borbera (ITALY)



> Hastings-on-Hudson
(New York, U.S.A.)

Your contact

Patrick CARDON

P.O. Box 11, Cushing, Maine 04563

E-mail: info@themuseuminthestreets.com

+1 207 354 0497

The Museum in the Streets™
Le musée dans la rue™
L'histoire au fil des rues™
Il Museo lungo la Strada™
are trademarks owned and protected.



**ANDROSCOGGIN
LAND TRUST**

Dear Lewiston City Administrator Ed Barrett and City Planner/Deputy Director of Planning and Code Enforcement David Hediger,

Attached you will find a draft budget for the history trail that several organizations have been developing over the past year. Together we believe that investing in a tangible history trail along the existing Riverwalk infrastructure only serves to enhance the value of our downtown and creates an economic driver that affords an opportunity for citizens and visitors alike to connect with our great past.

The Androscoggin Land Trust has put hundreds of hours into developing the wayfinding signage that serves as the template for the new signs coming online in both cities, including kiosks being installed in the next month. Those projects have been ongoing, and the formatting, color scheme, and design work will serve as a template for the signage along the new history trail we envision.

ALT's existing GPS oriented, walking tour smartphone application (that was created with input from the Androscoggin Historical Society, Museum LA and Bates College) serves as the foundation for this new collaborative community development effort involving: Grow L+A, Healthy Androscoggin, Museum LA, Androscoggin Historical Society, and Bates College. The working group endeavors to turn ALT's smartphone walking tour into a tangible history trail along the existing public infrastructure that is the Auburn River Walk and Simard Payne Park and also to expand its current reach with new content.

A significant portion of the historical narratives are written and the accompanying media for the signage is 85% shovel ready. The finished product will invite residents and visitors alike to engage in a cultural experience that allows them to experience the riverfront and outdoors, while simultaneously enjoying the opportunity to learn about our community's history.

Because so much community input and technical groundwork has already been done, we feel confident that the attached budget represents a wonderful opportunity for the Cities of Lewiston and Auburn. We hope you will join this working group in our efforts to promote our waterfront and the fascinating history of our community's culture. There is an opportunity at our feet and we ask that you please consider finding a way to fund half of this project. Thank you for your consideration.

Sincerely,

The Androscoggin Land Trust and Grow L+A River Working Group



Androscoggin Land Trust
PO Box 3145 Auburn, Maine 04212
www.androscogginlandtrust.org
(207) 782-2302

Board of Directors

Dana Little – *Auburn*
President

Marian (Kitsie) Claxton –
Auburn
Vice President

Wes Davis – *New Gloucester*
Treasurer

Mary Howes – *Jay*
Secretary

Melissa Bilodeau – *Auburn*

Doug Boyd – *Lewiston*

Peter Garcia – *Auburn*

Robert Kleckner – *Lewiston*

Judith Marden – *Greene*

Jon Mercier – *Auburn*

Justin Merrill – *Jay*

Camille Parrish – *Auburn*

James F. Pross – *Auburn*

Elwood (Woody) Trask
Auburn

Staff

Shelley Kruszewski
Executive Director

LA Riverwalk History Trail Budget 2017

Expenses

Please note: staff work time will be provided by LA Riverwalk History Trail working group partners, volunteers who have appropriate skills, and contract consultants where necessary. For planning purposes, all work time is valued at the volunteer rate recommended by Independent Sector of \$23.56, rounded to \$24.

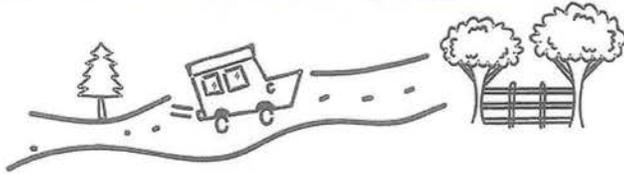
<u>Sign content creation and design work</u>	
-Work with local experts on sign content=60 hours at \$24/hr	\$1,440
<u>Sign acquisition</u>	
-30 small interpretive panels and 2 large panels (based on quote from Museum in the Streets)	\$21,100
-2 large sign posts @ \$450 ea	\$900
-30 small sign posts @ \$150 ea	\$4,500
-20 hours to supervise and coordinate above at \$24/hr	\$480
-shipping sign posts from Belfast	\$1,000
<u>Installation of signs</u>	
Cities/Public Works?	?
<u>Promotion and Kick-off Event</u>	
Expenses for kick-off event	\$1,000
Coordinate, promote and staff kick-off event-55 hours at \$24/hr	\$1,320
Promotion through individual, corporate, municipal and institutional partners, nearby schools and youth organizations and through traditional and social media-80 hours total at \$24/hr	\$1,920
Promotional materials	\$1,000
<u>Upgrades to TravelStorvs App to match new signs</u>	
18 additional geotags at \$500/geotag	\$9,000
Recording/updating recording/visual aspects of app 20 hours @\$24/hr	\$480
Annual maintenance cost for Travelstorvs \$540/year	\$540
<u>Total project cost</u>	\$44,680



Androscoggin Land Trust
 PO Box 3145 Auburn, Maine 04212
www.androscogginlandtrust.org
 (207) 782-2302

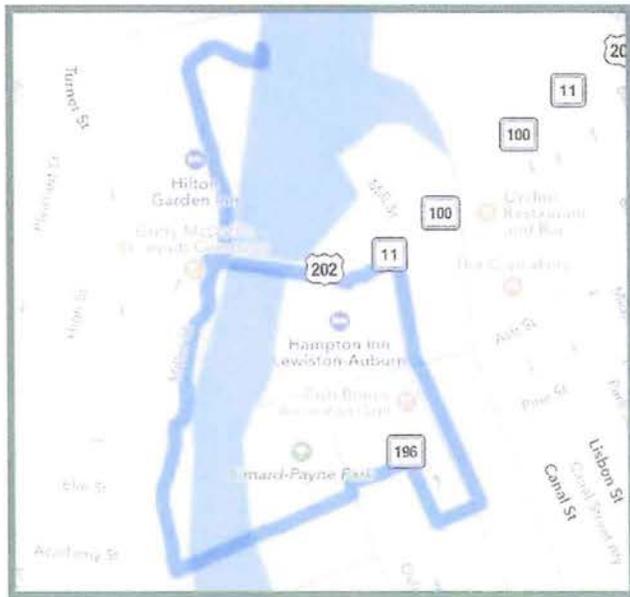
TAP INTO YOUR SURROUNDINGS

TRAVEL STORIES



THE APP THAT TURNS YOUR CELL PHONE INTO A TOUR GUIDE





AUTHENTIC LOCAL AUDIO STORIES

FREE TO DOWNLOAD

WALKING & PADDLING

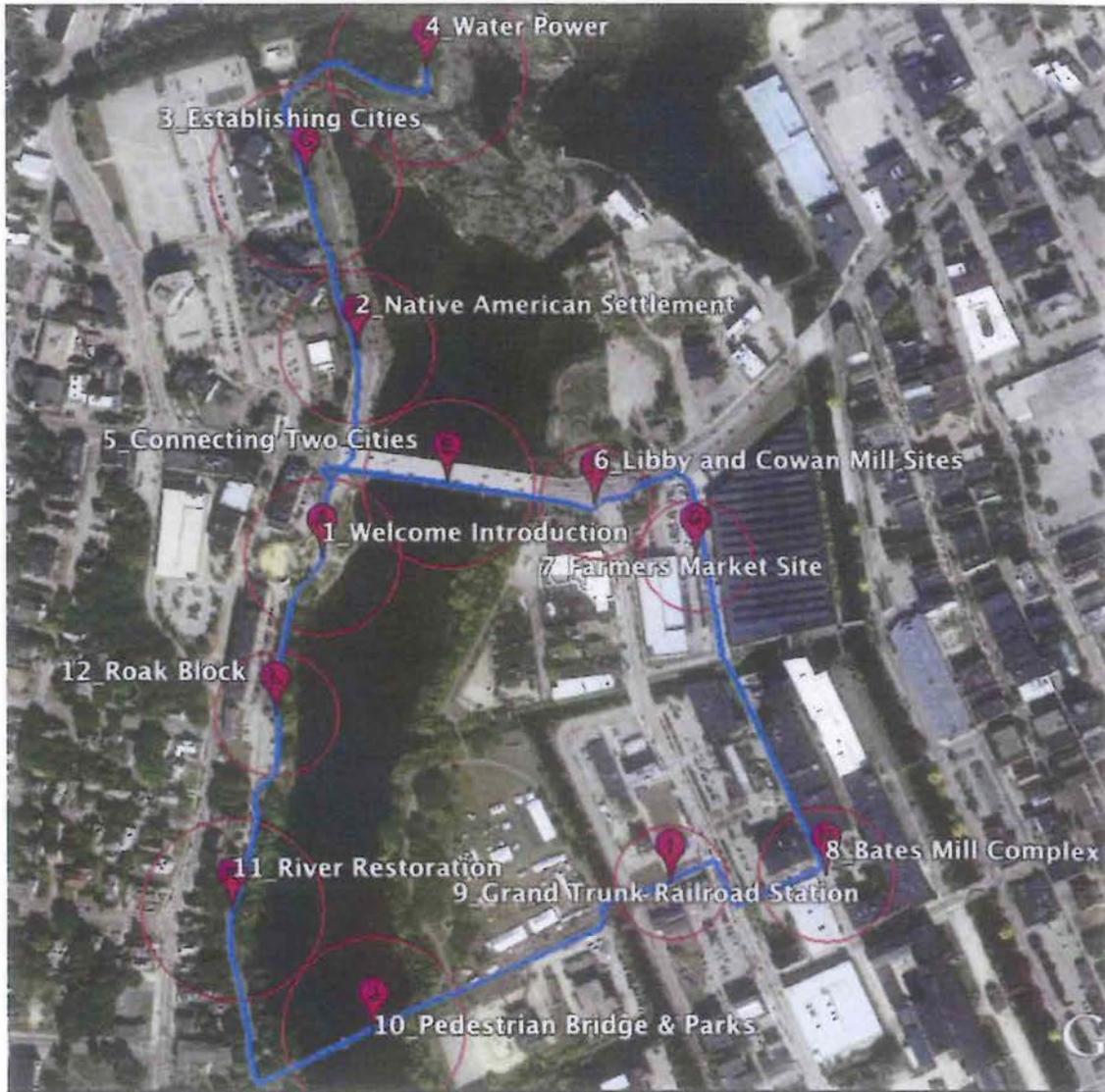
NO WIFI NECESSARY

DOWNLOAD NOW AND PLAY IT BY EAR



WWW.TRAVELSTORYS.COM

U.S. Patent No. 8,965,410 & U.S. Pat. No. 9,078,096



The following provides a summary of possible topics for the history trail provided by the Androscoggin Land Trust and Doug Hodgkin on behalf of the Androscoggin Historical Society (sites referenced include Lewiston and Auburn).

Androscoggin Land Trust

I wanted to keep you updated regarding the History Trail project and realized you did not receive the most recent email to the working group. Below is an email summarizing the Museum in the Streets program that the working group is looking into.

Here are some other recent updates:

-working group members include: Grow L+A, ALT, Healthy Androscoggin, Cities of Lewiston and Auburn, Androscoggin Historical Society, Jane Costlow and Kristen Barnett (Bates Professors), Sam Boss (Bates Harvard Center), and Museum LA.

-The Cities of Lewiston and Auburn will have a few kiosks installed by June 1. Some will include directions for using the Travelstory's app. These kiosks will not interfere with the History Trail plans but instead will be a nice compliment.

-The working group is investigating enlisting the help of "Museum in the Streets" <http://www.themuseuminthestreets.com/> They offer panel design and creation for 20 small panels and 2 large panels for \$16,200 (posts and installation not included). We are finalizing a budget to present for potential funding.

-City of Lewiston is interested in expanding the tour to include some sites on Lisbon Street

Other new content ideas for the tour include: Expand re: Indigenous people as well as a timeline of immigration (then and now), Expand re: the canals in Lewiston, Veterans Park, Incorporate health and outdoor recreation/exercise, incorporate the Knight House, include Marston Hartley, include the Edward Little House, have an interactive kid portion on the signs (treasure hunt), natural history and info re: feeding the ducks, Laurel Street ice house, Saw Mill at falls and log drives

Please let us know if you have any questions and thank you for your interest in this project!

*Shelley Kruszewski
Androscoggin Land Trust*

Doug Hodgkin

- *Laurel Hill / Falls as relevant to Native Americans*
- *Paul Hildreth home & ferry near site of Continental Mill. First settler -- remember the area was first settled by Yankees.*
- *The first lumber, grist, and textile mills were on the east side of the falls. Pejepscot Proprietors -- Little Family -- Bearce lumber -- Libby-Columbia-Cowan mills.*
- *Edward Little House*
- *Canal System*
- *Textile Mills -- Bates-Hill-Androscoggin-Continental-Lewiston-etc.*

- *Roak Block -- incubator of shoe companies*
- *Development of New Auburn by Little Androscoggin Water Power Co. -- Barker Mill*
- *Irish Patches -- still visible near Lincoln & Locust St., Lewiston. Also existed in Great Falls Plaza, Water Street in Lewiston, and elsewhere.*
- *Grand Trunk Depot (Rails Restaurant), trestle (now pedestrian bridge), railroad yard (now Payne-Simard Park)*
- *Little Canada -- survives on south side of Cedar Street. Also includes Franco Center (St. Mary's Church), Dominican Block, Marcotte Furniture, mill housing along Oxford St.*
- *Knight House & Downing Shoe Shop*
- *Island Garden -- amusement park constructed by trolley system on island above falls.*