

Monday, 24 March 2025

For Immediate Release

Expanding Access: EPL's April Programs Support Digital Literacy, Mental Health, and Community Well-Being

From Mental Health Awareness and Tech Support to Food Security and Community Resources

Ellsworth, ME – The Ellsworth Public Library is committed to expanding access to essential resources, with April programs focused on digital literacy, mental health support, food security, and technology assistance. Highlights include a Movie Night on April 9 featuring a documentary on media literacy, a conversation about sexual assault awareness with AMHC on April 10, and hands-on tech support on April 24. Families can also meet a Maine Game Warden on April 11 and enjoy a veggie-themed storytime with Healthy Acadia on April 19. EPL is proud to support the Hancock County Food Drive and invites the community to participate in the Food Drive Read-A-Thon. Please note that the library will offer Computer Tutor Drop-Ins on Mondays from 10 AM to noon only during the month of April; registration is not required.

Events for Adults & All Ages

April 9 – Movie Night: Trust Me

- 6 PM | Teens & Adults | Registration recommended | [Event Page](#)

Trust Me (directed by Roco Belic, 90', English, 2020) is a feature-length documentary exploring human nature, information technology, and the need for media literacy to help people trust one another, bring them together, and create a more resilient population. The digital age radically increased people's access to science, education, and the arts, but it also exploded with misinformation that today is undermining the foundations of civil society.

Watch the trailer here: <https://www.trustmedocumentary.com/#trailer>.

Discussion Guides and prep materials for different age groups are available here:

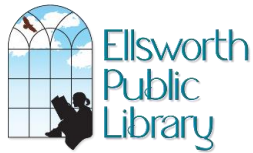
<https://www.trustmedocumentary.com/#guides>

Film Stills are available [here](#).

Steven Pinker, Professor of Psychology - Harvard University: *"It's essential that we understand how people learn about current affairs and how we can enhance their knowledge about the present and hope for the future. "Trust Me" is a vivid, engaging, and penetrating portrait of these vital issues."*

Ellsworth Public Library
20 State Street, 04605 Ellsworth Maine
207-667-6363
www.ellsworthlibrary.net

Hours:
Mon, Tue, Fri: 9 AM – 5 PM
Wed, Thu: 9 AM – 6 PM
Sat: 9 AM – 2 PM



April 10 – A Conversation About Sexual Assault with AMHC

- 5 PM | All Ages | Hybrid Event – Please register to receive the Zoom link | [Event Page](#)

April is Sexual Assault Awareness Month. EPL is pleased to partner with AMHC to host this presentation, marking the first collaboration of its kind between AMHC and a library in our region. During this presentation, you will learn more about sexual assault services offered through AMHC, the spectrum of sexual violence and its impact on a person's life, the state of sexual violence in Maine, available resources, and what needs to be considered when supporting survivors.

About the presenter

Stephen Nason will guide you through this presentation. He is a Rural Advocate with AMHC Sexual Assault Services. His main foci are to support survivors of sexual assault and Primary Prevention Outreach.

About AMHC

Aroostook Mental Health Center or Association of Mental Health Coordinators ([AMHC](#)) is a Certified Community Behavioral Health Clinic (CCBHC) offering integrated mental health and substance use treatment services that empower individuals to recover and enhance their overall quality of life. With more than 60 years of dedicated service, AMHC is the largest behavioral healthcare provider in the region, operating 27 service locations across Aroostook, Hancock, and Washington counties.

April 24 – Bring Your Device to Lunch

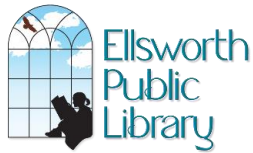
- 12 PM | Adults | [Event Page](#)
- This event is part of a series:
Additional events will take place at [Loaves & Fishes on April 4 from 12 PM – 1:30 PM](#) and at the [Union River Center for Innovation \(URCI\) on May 15 from 12 PM to 1:30 PM](#).

Technology can be both a helpful tool and a source of frustration. Whether you're reading the news, connecting with loved ones, or managing daily tasks, your device plays a key role—but you may not be getting the most out of it. And when issues arise, asking for help isn't always easy.

EPL, along with its partners in the Ellsworth & Hancock County Digital Equity and Inclusion Task Force (Ellsworth Adult Education, EPL, in partnership with Loaves & Fishes in Ellsworth Union River Center for Innovation, Hancock County Planning Commission), is hosting this event to provide hands-on tech help. Additionally, attendees will be given resources about digital education and programs that make it easier to partake in the digital world and use online services. This event

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will be a great chance to get practical advice from EPL's IT assistant, Computer Tutor David Gee, as well as our partners' experts.

April Art Show: Expressions in Bloom: Ellsworth High School Student Art Showcase

April 8 – May 2, 2025

- During Regular Library Hours | All Ages | [Event Page](#)

Step into the Riverview Room and immerse yourself in a vibrant showcase of creativity, passion, and artistic exploration. This special exhibition features the work of talented Ellsworth High School students, grades 9-12, who have been experimenting with a wide range of techniques and media. From the spark of an idea to the final masterpiece, these young artists have embraced the creative process, refined their skills, and expressed their unique perspectives.

Celebrate their dedication and achievements across both 2D and 3D art forms, including drawings, paintings, ceramics, jewelry, and digital art. Don't miss this opportunity to experience the next generation of artists as they bring their visions to life!

Family and Kids Events

April 11 – Meet Game Warden Eric Rudolph

- 2 PM | Families & Kids & Teens | [Event Page](#)

Have you ever wanted to learn how to moose call? Or have you ever seen a moose antler? Then join Maine Game Warden Eric Rudolph and do just that. Learn what Game Wardens do and also get some very important safety tips.

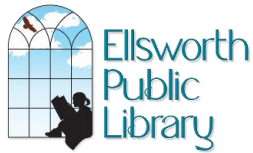
About Game Warden Eric Rudolph

Warden Eric Rudolph is a graduate of Ellsworth High School and Unity College where he earned degrees in Conservation Law Enforcement and Wildlife Management. Prior to his employment as a Game Warden, Rudolph worked for the biological side of the Maine Department of Inland Fisheries and Wildlife for five years as a wildlife technician with his primary focus being the study of black bears and Canada lynx.

For the last 16 years, Rudolph has served in the capacity of District Game Warden with his first patrol being in southern Aroostook County. His current assigned primary patrol areas are the towns of Ellsworth, Hancock, Waltham, Otis, Mariaville, and Fletcher's Landing township.

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April 19 – Veggie Storytime with Healthy Acadia

- 11 AM | Families | [Event Page](#)

Rah, rah, radishes! What other veggies do you love? EPL is excited to partner with Healthy Acadia for a veggie-themed storytime. Join Ms. Jean and Ms. Eleanor as they talk about the yummiest, the crunchiest, and the most fun vegetables! Snacks will be provided. Come dressed in the color of your favorite fruit or vegetable for a veggie dance party!

The Hancock Food Drive

The Hancock County Food Drive is an annual month-long food collection and fundraising project that supports food pantries, free meal programs, and school backpack programs across Hancock County. The Food Drive is organized by the Hancock County Food Security Network, Healthy Acadia, Heart of Maine United Way, with generous support from the Maine Community Foundation, Star 97.7, and the Cooperative Extension. Every spring, at the time of year when food insecurity rates are at their highest, these organizations work together to raise funds and collect food, providing critical assistance to Mainers. www.hcfooddrive.org

An **Ellsworth Public Library Card opens the door** to a collection of more than 46,000 in-house items including books, large print books, audiobooks, movies, music CDs, and a growing Library of Things. Patrons have access to 50 print publications, streaming and download services. The New York Times is available to patrons on public access computers or any personal device. Additionally, patrons can request books through statewide Interlibrary loan services and reserve free passes to many renowned Down East museums. All library programs are free and open to all. Through a partnership with the Ellsworth American, anyone using the library's Wi-Fi connection is granted free access to ellsworthamerican.com. www.ellsworthlibrary.net

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