



Engage • Educate • Inspire

Maine Association for Health, Physical Education, Recreation, and Dance

You are invited to the 76th Annual MAHPERD Conference

November 7-9, 2021

“Taking Care of Others Starts With ME”

The Maine Association for Health, Physical Education, Recreation, and Dance invites you to attend the 76th Annual MAHPERD Conference.

RELEVANT AND CURRENT PROFESSIONAL DEVELOPMENT

Come and enjoy the wide array of sessions and exhibits available at this conference and be inspired! Participants always leave with new ideas, tools and resources to take back to their schools and work places to share with students, colleagues, and parents/guardians. **RECONNECT** and spend time networking and sharing ideas with like-minded professionals and visit exhibitors to gather useful tools and resources.



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MAINE AHPERD

Conference Registration Opens

MONDAY, AUGUST 16, 2021

Registration is electronic and available on the MAHPERD website. Cash, checks, and credit cards are accepted. **Purchase orders are not accepted.**

Register on or before October 7, 2021 to take advantage of the lower EARLY BIRD conference rate. Conference registration fees need to be received by MAHPERD prior to the conference.

**CLICK ON THE LINK BELOW TO REGISTER
FOR CONFERENCE**

<https://maineahperd.org/>

(hold down the control key on your keyboard and click on the link)

Professional decorum will be required to make this work in person! MAHPERD will follow all State of Maine, CDC, and Samoset guidelines and requirements. We are very excited to see you and to have you participate in the annual MAHPERD conference!

MAINE AHPERD Executive Board

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BOOK YOUR ROOM AT THE SAMOSET BEGINNING AUGUST 16, 2021

Samoset Resort Reservation Deadline is October 28, 2021

Make your reservation by:

Calling the Samoset at 800-341-1650 or

Click this link:

<https://tinyurl.com/3h4mwr64>

If you are rooming with another person(s), please give their name(s) when you register. Be sure to specify that you are with the MAHPERD conference to receive the special rate.

\$131 - single or double room

\$304 - suite

To avoid being charged tax on your room you must pay with a school credit card or school check and you must present your school's tax-exempt form when you check in!

SMART
HEALTH | WELLNESS | PERFORMANCE

**Mind of a
Champion Program**

Building teen resilience and mental toughness through athletics

Coaches & Teachers:

This one-of-a-kind program is designed specifically for teen athletes to help them take their performance to a new level and succeed in future endeavors, throughout their lives. Athletes learn research-backed mental skills training techniques and preparation practices that Olympians, sports icons and today's world championship teams identify as critical to their success.

Teens report the following benefits after completing the program:

- More confidence in themselves
- Ability to channel nervous energy in a positive direction
- Elimination of negative, discouraging self-talk
- Achievement of their next level of performance
- Enhanced mental toughness

**Save 10% and Earn 10% for your
school's athletic department!**

Athletes can sign up in 3 easy steps:

1. Visit www.smarthwp.com/champion
2. Enter the name of your school
3. Enter the coupon code: **SCHOOL**



www.smarthwp.com/champion
contact@smarthwp.com



OVERVIEW OF VIRTUAL CONFERENCE OPTION

We know that there are teachers, recreation professionals, and dance teachers who are not able to attend conference in person.. The MAHPERD board made the decision to provide recordings of some of the conference sessions and make them available the week of November 22, 2021.

For the low cost of \$100, which includes your \$50 2022 MAHPERD professional membership, you will have access to the sessions listed below. Members who attend conference in person will receive the recorded sessions in January 2022.

Keynote

Endnote

Up to 4 health education related sessions

Up to 4 physical education sessions

1 recreation session

1 dance session.

It is very important that we have as many members attend conference in person. We have food and beverage and lodging minimums that we need to meet with the Samoset.

ACCUSPLIT AE120XLGM SIMPLICITY FOR USE IN SCHOOLS Certified Research Accurate



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**Research Quality Pedometer
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383-2107

2021 Conference Registration & Meal Fees

	Register on or before 10/7/21	Register after 10/7/21
MAHPERD Conference Registration Includes \$50 professional membership for 2021-2022 Includes 15 contact hours	\$145	\$175
Student or MAHPERD Retiree Includes \$15 membership for 2021-2022	\$45	\$60
MAHPERD Membership ONLY	\$50	\$50
Virtual Conference Includes \$50 professional membership for 2021-2022 The virtual session recordings will be available the week of Nov. 22, 2021 Contact hours are NOT available	\$100	\$130
School Administrator Registration	\$75	\$105
Meals To Purchase A-la-carte When You Register		
Sunday Awards Banquet Dinner Caesar salad, chicken marsala with rice, homestyle lasagna or veggie lasagna, seasonal vegetables, whole wheat rolls and butter, fresh coffee, herbal teas, and tiramisu for dessert (will need to choose entrée when you register)	\$32	\$32
Monday Breakfast Sliced fruit, fresh fruit juices, scrambled eggs, crispy bacon, blueberry and morning glory muffins, bagels, cream cheese, fruit preserves, butter and margarine, freshly brewed coffee, herbal tea selection, milk, and skim milk	\$20	\$20
Monday TacoLunch Taco buffet station with all the fixings, chicken and beef, iced tea, lemonade, cookies and whole fruit	\$15	\$15
Monday Dinner Garden salad with assorted homemade dressing, whole wheat rolls and butter, sliced roast turkey and cranberry stuffing with pan gravy, seasonal vegetables, mashed potatoes, warm blueberry cobbler and vanilla ice cream, fresh coffee, herbal teas, and lemonade	\$29	\$29
Tuesday Breakfast Sliced seasonal fruit, fresh fruit juices, french toast with real maple syrup, sausage, country potatoes, fruit breads, bagels with cream cheese, fruit preserves and butter, freshly brewed coffee, herbal tea selection, milk, and skim milk	\$20	\$20



MAHPERD PROFESSIONAL DEVELOPMENT GRANT PROGRAM



This grant program provides financial support of \$150 per person for up to 12 MAHPERD members to attend the annual MAHPERD Conference. Grant applications are quick and easy and must be submitted by **October 5, 2021**.

To submit a grant application, go to www.maineahperd.org. Click on the MEMBERSHIP tab and then on the GRANTS tab.

WANT CONTACT HOURS/CEUs?

Conference attendees will receive 15 contact hours for attending the 2021 conference.

Contact hours are NOT available for virtual participants.

1.5 CEUs from the University of Maine can be earned for those attending the entire MAHPERD Conference!

Pick up a CEU form at the conference registration desk!

Outstanding Professional Development

RECONNECT WITH YOUR PEERS AT OUR 2021 IN PERSON CONFERENCE

INVITE A SCHOOL ADMINISTRATOR or SUPERINTENDENT TO ATTEND CONFERENCE

Low fee of \$75 entitles your school administrator or superintendent to attend all or some of the sessions!

SHARE the conference newsletter with your administrators and Superintendent. If an administrator or superintendent from your school/district attends the conference you (the MAHPERD member) will be entered into a drawing for a \$100 Amazon gift card.

This is your opportunity to learn effective and up-to-date practices in health education and physical education related to curriculum, instruction, and assessment. The conference offers sessions for delivering and effectively assessing health education and physical education including helpful and practical uses of technology; interactive, skill-based teaching strategies; and standards-based rubrics and assessments. This conference is a prime opportunity to network with colleagues from around the State, as well as share ideas and strategies.



2021 Conference Schedule

SUNDAY, NOVEMBER 7, 2021

1:00 - 4:00 pm	Health Education Pre-Conference
1:00 - 4:00 pm	Physical Education Pre-Conference
1:30 - 2:30 pm	Concurrent sessions
2:45 - 3:45 pm	Concurrent sessions
4:00 - 5:00 pm	Concurrent sessions
5:30 - 6:20 pm	MAHPERD and University Socials
6:30 - 7:15 pm	AWARDS BANQUET DINNER
7:15 - 8:15 pm	MAHPERD Award Presentations

MONDAY, NOVEMBER 8, 2021

7:00 - 8:15 am	BREAKFAST
8:15 - 9:15 am	Concurrent sessions
9:30 - 10:30 am	Concurrent sessions
10:35 - 11:05 am	Visit with exhibitors
11:10 - 11:30 am	General session
11:30 - 12:30 pm	KEYNOTE ADDRESS
12:30 - 1:10 pm	LUNCH
1:15 - 2:15 pm	Disc Golf Tourney
1:15 - 2:15 pm	Concurrent sessions
2:30 - 3:30 pm	Concurrent sessions
3:45 - 4:45 pm	Concurrent sessions
5:15 - 6:30 pm	DINNER
7:00 - 10:00 pm	Activity to be announced

TUESDAY, NOVEMBER 9, 2021

7:00 - 8:15 am	BREAKFAST
8:30 - 9:20 am	GENERAL SESSION
9:30 - 10:30 am	Concurrent sessions
10:40 - 11:30 am	ENDNOTE
11:35 - 12:30 pm	MAHPERD ANNUAL BUSINESS MEETING

**WE WILL BE GIVING AWAY
EQUIPMENT AND OTHER GIFTS
FOLLOWING THE BUSINESS MEETING.**

GIVE AWAYS INCLUDE:

- ♦ 2 MAHPERD conference registrations for 2022
- ♦ Sports equipment from US Games, Palos and GOPHER
- ♦ Weekend getaway for two at the Samoset
- ♦ Pedometer Kits from Accusplit
- ♦ More surprises



It's all about Accuracy...It's in our Name
Since 1983.



SUNDAY PHYSICAL EDUCATION PRE-CONFERENCE

NOVEMBER 7, 2021

1:00 PM - 4:00 PM at the Samoset

YOU MUST PRE-REGISTER FOR THE PRE-CONFERENCE SESSIONS!

Physical Education With Palos



In this session Tim will take you through group games designed for medium to large size classes that meet State and National Standards. This workshop will cover games for grades K-12 and will be a hands on workshop with audience participation expected. Games will focus on individual and team strategy, gross motor skills, throwing/catching, teamwork, and most importantly, FUN! With the 3 hour time slot Tim will focus on multiple versions of each activity including lead up skills.

Tim Taggart has been in Physical Education for 25 years and has been a National Presenter for over 10 of those years. As a former National Champion in Junior Hockey he brings a passion to his workshops and believes that all students should be included. In his workshops there is almost no standing around and the games are designed to meet all the State and National standards through active play. But most importantly, they are FUN!



**DOWNLOAD THE EDUPLUS CONFERENCE APP
ON YOUR PHONE OR OTHER DEVICE**

Get information on conference sessions, presenters, exhibitors, and special events

SUNDAY HEALTH EDUCATION PRE-CONFERENCE

NOVEMBER 7, 2021

1:00 PM - 4:00 PM at the Samoset

YOU MUST PRE-REGISTER FOR THE PRE-CONFERENCE SESSIONS!

It Takes A Calm Brain & Body to Calm a Brain & Body

Please join Kellie D. Bailey MA CCC-SLP, MMT/SELI, Rebekah Sousa MS, and Sarah Nelson M.ED, for this dynamic 3-hour MAPHRED pre-conference.



Hour 1: Participants will spend the first hour of this pre-conference with Kellie D. Bailey SEL Specialist for the Maine Department of Education. Kellie will lead participants in a mindful moment and breakdown the critical elements of Adult Regulation to Co-Regulate as well as encourage participants to consider investing in the intentional investment of their own Emotional Intelligence Growth/Development. Kellie provides a strong framework for the neuroscience of optimal learning.

Hour 2: Kellie will be joined by her Maine DOE colleague Rebekah Sousa -VISTA Contractor, who will share her holistic view of youth and encourage educators to become mindfully aware of each student's physical needs with specific emphasis on food insecurities. Join Rebekah as she breaks down the impact food insecurity has on youth's immune system function, contribution to stress and deficits in cognition, social/behavioral issues, and decreased engagement and participation. Rebekah will provide educators with knowledge and resources appropriate for a broad range of health/wellness needs of Maine students who are struggling with hunger.



Hour 3: The Pre-Conference will come full circle with a presentation made by Maine longtime educator, SEL and Trauma Informed specialist Sarah Nelson who will share her practical strategies for implementation of social emotional learning and mindfulness strategies with students in everyday instruction. Participants will learn valuable firsthand knowledge and practical implementation of the 5 key elements of social emotional learning and how to embed SEL into health and wellness educational experiences to improve engagement and participation.

JOIN US FOR THE 2021 KEYNOTE

Monday, November 8, 2021

11:30 am - 12:30 pm

Discover Your Journey with an OPEN Mind

Presented by Nick Kline, “Be The Hype”



Each of us has a unique set of experiences that has impacted the person we are today. Whether you have chosen to pursue the path of health education, physical education, recreation, dance, or a combination of these domains, you have a unique story.

Optimism fuels our ambition
Passion leads us to our purpose
Effort Impacts our success
Now is the time

So what are you waiting for? I am excited to engage others in this discussion and challenge your thinking. Join me for the journey!

Nick Kline embraces the opportunity to be an advocate for physical education. Nick is a National Board Certified teacher and taught physical education for ten years. He continues his role as an educator at SUNY Cortland as a lecturer. He works closely with OPEN as both a National Trainer and member of the Development Council. Most recently Nick started his own business called “Be the Hype”, where he serves as an educational consultant to support both physical education and physical activity.

OVER 45 STATE AND NATIONAL SPEAKERS AT CONFERENCE!

- ♦ Valuable new programs, products, and services for health education, physical education, recreation, and dance
- ♦ Instructional and assessment tools for developing physically and health literate individuals
- ♦ Modeling of instruction in physical education and health education for all grades
- ♦ Best practices in curriculum and instruction such as teaching standards-based lessons and implementing a skills-based approach to teaching health education and physical education

JOIN US FOR THE 2021 ENDNOTE

Tuesday, November 9, 2021

10:40 am - 11:30 am

Teaching Children from the Inside Out:

What We've Learned From A Global Pandemic



Join SHAPe America Past President Judy LoBianco for her closing endnote about the way the pandemic has shifted our approach to health education, physical education and lifetime physical activity.

Judy LoBianco has a commitment to and passion for the profession. Her desire is to affect positive change for our nation's school-aged children and to deliver a message that our profession plays an integral role in bringing that change to reality. A master at observation and evaluation of teaching, she wishes to seize this opportunity to improve teaching and learning for students from Pre-K to 12. As a public school employee, her daily life encompasses the successes and obstacles of health and physical education in our nation's schools. Judy is currently the Executive Director of NJSHAPE.



Students are talking about sex...are you?



**Teaching Puberty or Sexual Health?
We Can Help!**

- Free Up-to-Date Curriculum Resources, K-12
- One-on-One Consultations
- Trainings, Webinars, and Annual Conference

[MaineFamilyPlanning.org/for-educators/
education@mainefamilyplanning.org](https://MaineFamilyPlanning.org/for-educators/education@mainefamilyplanning.org)



2021 Conference Sessions At-A-Glance

Sunday, November 7, 2021

1:00 - 3:45 pm Physical Education Pre-conference

- Games, Games, Games

Tim Taggart

1:00 - 3:45 pm Health Education Pre-conference

- It Takes a Calm Brain & Body to Calm a Brain & Body

Kellie Bailey,
Rebekah Sousa, Sarah Nelson

SESSION I 1:30 - 2:30 pm

- Fitness Strategies to Engage and Empower Students
- Introduction to Touch Rugby: Skills, Drills & Thrills
- Love What You Do! Increase Your Engagement at Work
- Using Assessment Tools to Inform Instruction and Goal Setting
- Inclusivity for Health & Physical Education

Nick Kline
Ashley Potvin
Roz and Jed
Shannon Fotter
Maddy Magnuson &
Vicky Preston

SESSION 2 2:45 - 3:45 pm

- PE with PASSION! Discover New Activities with a Renewed Attitude
- Best Apps in Education
- The ABC's of IEP's
- Manipulating Training Variables & Modalities for Athletic Success
- Level Up to Skills-Based Health

Maria Corte
Emma Campbell
Carol Ciotto
Lyndie Kelley
Jeff Bartlett

SESSION 3 4:00 - 5:00 pm

- OMNIKIN Sports: A New Way of Being Active
- Health Teacher Tricks of the Trade & Sharing Session
- Nuttin' But Cones (**will repeat session on Monday**)
- Empowering Communities to Be Healthier:
 Encouraging Youth to Ride Bikes - Youth Cycle Project
- Using Your Experience & Expertise to
 Defend and Support Your Cause - Advocacy 101

Paolo Zambito
Erin Bjorkdahl
Maria Corte

Lenora Felker

Andy Gray & MAHPERD
Advocacy Committee





2021 Conference Sessions At-A-Glance

Monday, November 8, 2021

SESSION 4 8:15 - 9:15 am

- MORE Games, Games, Games
- Understanding the Relationship Between Gender & Sexual Violence Prevention
- Teaching Health to Change the Health Culture of Your School
- Bridging the Gap
- Tips for Running a Successful High School Outing Club
- Grow More Leaders
- Managing Challenging Behaviors in the Physical Education Class
- Move IT! MVPA at It's Best

Tim Taggert

Katie Church
Cassie Turcotte
Aaron Hart
Alicia Heyburn
Roz and Jed
Rose Angell
Dana Welch

SESSION 5 9:30 - 10:30 am

- Teaching Sex Ed in a Changing World
- You Won't Believe it's Dance
- Health. Moves. Minds: the Game Changer in HPE
- PE with PASSION! Discovering New Activities with a Renewed Attitude Towards Our Profession!
- Interactive Interdisciplinary Games with a Focus on Wellness, Math, and Literacy!
- Adapted Physical Education Sharing
- Teaching Refusal Skills Using a Skills Based HE Approach
- The Plyometric Conditioning Continuum: if you Jump you Need to Land

Lynette Johnson &
Vicki Preston
Bob Oates
Judy LoBianco

Maria Corte

Marilena Canuto
Becki Belmore
Irene Cucina

Dan Gish,
Kawika Thompson &
Heath Pierce





2021 Conference Sessions At-A-Glance

Monday, November 8, 2021 (continued)

SESSION 6 1:15 - 2:15 pm

- Early Development to Maintain Lifelong Wellness
- Physical Education, Wellness, and the Great Outdoors
- Tapping Multiple Pathways to Memory
- Preparing for the Job Search: Getting Your “Docs” in a Row
- Strengthen Your Health Education Foundation
- The Possibility of Movement (**2 hour session**)
- Leveling Up Your Leaders: How to be Intentional with Your Teams’ Leadership
- Creating Connection

JP Stowe and Luke Bartlett
Alicia Heyburn
Liz Giles-Brown
Irene Cucina
Jeff Bartlett
Bob Oates

Chris Woodside
Roz and Jed

SESSION 7 2:30 - 3:30 pm

- Brainball: Teach Academics Through Active Play
- The Possibility of Movement (**continued from 1:15 pm session**)
- Can We Talk About Consent?
- Engaging Instructional Strategies in Health Education
- Management on the Move (Post Pandemic Edition)
- OPEN - Mind in Action
- Fostering Critical Thinking in HPE
- Updates From the Field of Maine APE

Tim Taggart
Bob Oates
Kathleen Paradis
Kelly Koziol & Maria Minor
Maria Corte
Nick Kline
Carol Ciotto
Rose Angell &
APE Task Force

SESSION 8 3:45 - 4:45 pm

- Breakin’ it Down
- You Know You Want to Ride an E-Bike
- Educational Gymnastics
- Substance Use Prevention in Schools: a Comprehensive, Restorative Approach
- Health and Physical Education Update from UMF & UMPI
- Self Care: We All Need to Do it
- OMNIKIN Sports (**repeat session from Sunday**)
- Equity, Diversity and Inclusion in Health and Physical Education: Time to Be Brave!

Chris Rowley
Tim Farrar
Becki Belmore

Lee Anne Dodge, Pete Corbett,
Kara Tierney Trevor, Jason Jackson
Bud Martin, Leo Saucier
Susan Berry
Paolo Zambito

Judy LoBianco





2021 Conference Sessions At-A-Glance

Tuesday, November 9, 2021

SESSION 9 8:30 - 9:20 am

ALL CONFERENCE SESSION - We will be announcing this in September

SESSION 10 9:30 - 10:30 am

- Empowering Intellectual Health Using the 7 Habits Of Highly Effective Teens
Cassie Turcotte
- Incorporating Dance & Movement into Physical Education Classes and Recreation Programming
Danielle Drouin
- Nuttin' but Cones! (**Repeat of Sunday 4 pm Session**)
Maria Corte
- Hunger is Not Just "their" Problem: How Food Insecurity Impacts Everyone
Rebekah Sousa
- Best Practices in Remote & Hybrid Physical Education
Matt Downs, Nancy Curtis, Chris Araujo

SESSION 11 10:40 - 11:30 am ENDNOTE

- Teaching Children from the Inside Out:
What We've Learned from a Global Pandemic
Judy LoBianco

MAHPERD ANNUAL MEETING immediately following the endnote. Please join us for MAHPERD updates and highlights, election of officers and more. There will be PE equipment and other give-a-ways at the end of this meeting! Must be present to win!





Kathy Sutton

Thank you so much for your years of service to Maine AHPERD. We hope that you enjoy your retirement!

You have been recognized by your peers as a Health Teacher of the Year as well as received the Worthy of Praise and the Distinguished Leadership awards!

You have volunteered on the MAHPERD board since 2007 as:

Health Rep
Awards Co-Chair
Eblast Editor
President Elect
President
Treasurer since 2014





Paula Hodgdon

Thank you so much for your years of service to Maine AHPERD. You were recognized by your peers in 2015 receiving the Highest Praise Award and are now a life time member of MAHPERD. We appreciate the time that you spent volunteering on the MAHPERD board as:

President

Newsletter Editor

Honor Awards Chair

Archivist (since 1970)

Paula did a fabulous job archiving the history of Maine AHPERD. The first volume of MAHPERD's history, 1945 - 2000, was written and made available to the membership in 2001. The second part of MAHPERD's history from 2000 - 2015 is available on the MAHPERD website.

