

Sarah Lyman  
New Gloucester  
LD 1964

Senator Mike Tipping, Representative Amy Roeder, and members of the Joint  
Standing Committee on Labor and Housing May 25, 2023

Dear Senator Tipping, Representative Roeder, and honorable members of the Joint  
Standing Committee on Labor and Housing,

My name is Sarah Lyman and I live in New Gloucester, ME. I am writing in support  
of paid family and medical leave for Maine.

As a Maine resident who has a family history of serious health conditions and is a  
primary support system for multiple people who live some distance from me, having  
access to the Paid Family and Medical Leave program would be an incredible stress  
relief. 70% of Mainers agree with me because they want to be able to keep their jobs  
and care for their loved ones.

The caregivers I know, mostly women, have had to make extremely difficult  
decisions. How do you choose between caring for the child or parent that needs you  
and having the pay you need to provide for them?

These decisions are made even more difficult for Mainers living in rural areas,  
working for small businesses, and lower income folks, who have additional  
challenges when having to make these impossible choices.

Please develop and fund a public Paid Family and Medical Leave Benefits Program to  
show Mainers that they are valued even when they choose to care for a loved one or  
themselves. That they can relax knowing that they can be a caregiver when they need  
to be and still return to their work without retaliation or risk of being fired. This  
program is about Mainers caring for Mainers. Isn't that the Maine way?

I hope you will support LD 1964. Thank you for your consideration.

Sincerely,  
Sarah