

Annual Report

FISCAL YEAR 2020



Local teens engaged in DownEast Teen Leadership Camp, July, 2020.



Community Health Connects Us All

Healthy Acadia's mission is to empower people and organizations as we build healthy communities together. We address the critical health challenges our communities face and make it possible for all people to lead healthier lives. We serve Washington and Hancock counties, and we provide additional community health support and leadership across Maine.

Established in 2001 - 20 years ago! - Healthy Acadia is a 501(c)(3) non-profit community health organization working together with hundreds of partners and thousands of community members to address a wide range of local health needs. We provide educational and programming opportunities and work to advance policy, systems, and environmental changes that improve health and health outcomes.

Healthy Acadia works closely with local community health partners and providers to bolster and learn from their important work. We are responsive to emerging health priorities across our communities, convening conversations to catalyze change and serving as a hub for community health projects that inspire many agencies to work together towards collective impact.

Healthy Acadia is dedicated to making it easier for people to make healthy choices for themselves and their families. We support and implement community health initiatives across six areas of focus: Strong Beginnings, Healthy Food for All, Active and Healthy Environments, Healthy Aging, Substance Prevention and Recovery, and Health Promotion and Management.

Together We Make Health Happen

A Message From Our Board Chair

Greetings,

On behalf of Healthy Acadia's Board of Directors and Staff, I wish to express our appreciation for your continued interest and invaluable support as we celebrate our 20th Anniversary!

Twenty years of building vibrant and healthy communities across Hancock and Washington counties.

Twenty years of empowering individuals, of all ages and all walks of life, to lead healthier lives.

Twenty years of building partnerships and coalitions, which share the common vision of creating lasting improvements to the health and wellbeing of individuals.

Today, Healthy Acadia partners with over 100 organizations throughout the region. Building trust and sharing resources and skills are enduring tenets of Healthy Acadia and serve as touchstones guiding the work of our organization.

This past year has challenged all of us in unexpected ways as we navigated the pandemic. In the following pages of our Annual Report, I believe you will be impressed, as am I, by the innovative and tireless work which our team has undertaken to ensure that we continue to meet the increased health needs of our community residents.

Programs range from targeted efforts to address the increase in food insecurity to new coalitions focusing on the increase in substance use disorders. We are keenly aware that the pandemic has had a severe financial impact on so many individuals and families. In addition, the isolation and anxiety which have accompanied the pandemic have contributed to a worrying increase in social-emotional and substance use challenges.

An example: Last summer, to address the challenge of rising food insecurity, Healthy Acadia purchased the Harvest Van which will bring more nutritious local produce to food pantries across the Downeast region, feeding more families in need, regardless of income. This purchase was the result of generous community donors prioritizing a grassroots initiative.

As the pandemic began to isolate individuals and families, Healthy Acadia also increased its focus on substance use prevention. The first annual "Prevention Day" was held, marking the first year of a five-year national Partnership for Success initiative. This initiative focuses on youth age 9 to 20 years and promotes community-driven, collective efforts to address prevention and the well-being of our youth.

In addition to an emphasis on prevention, Healthy Acadia has expanded our Recovery Coaching programs, which provide concrete support for individuals during their journey. Through the Maine-ARC and RecoveryCorps initiatives, we have been able to expand our recovery coaching programs beyond Hancock and Washington counties to include nine Maine counties.

The importance of community support for the continuation of Healthy Acadia's diversity of programs cannot be overstated. We are indebted to You, as community members, for your continued interest and steadfast support.

Helen Keller once said: "Alone we can do so little, together we can do so much."

Thank you for joining us to celebrate Healthy Acadia's 20th Anniversary!

With gratitude,



Martha Thompson Wagner, PhD
Board Chair



Community Supporters

Melvin Adams
Charles Alexander
Douglas Allen
Maggie and Sam Allen
Barbara Alpert
Ann Anda
Betsy Armstrong
Kimberly Ashby
Lelania Avila
Janice Baber and Family
Peter Bacon
Charlotte A. Bainbridge
Kelly Barnes
Nancy Barnett
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Stephen Beaupre
Larry and Barbara Beauregard Family
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Kiley Blackman Family
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Kennedy
Patricia Blythe
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Heidi Boulay
Lynn Boulger and Tim Garrity
Kathleen Bowman and Dennis
O'Donnell
Juanita Boyd
Jennifer and Don Brandt
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Virginia Breen
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The Britton Family
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Joan and Ted Bromage
Caroline Brown
Lynne Brown
Mary Bryant
Eric Buck
Carol J. Bult
Judith Burger-Gossart
Mark and Barbara Campbell
Tracey Carlson*
Laura Chadwick
Barbara Chatterton and Nicolaas J.
Luuring

*Sunrise Monthly Giving Circle. Recurring gifts mean a great deal. Special thanks go out to these contributors.

Strong Beginnings

Supporting healthy development and resilience from birth to adulthood.

In the summer of 2020, amidst the many changes and uncertainties posed by the COVID-19 pandemic, seven youth safely gathered at the Machias River Preserve with Corrie Hunkler, Healthy Acadia's Youth Engagement Coordinator, and Hazel Stark, Co-Founder of Maine Outdoor School, for a three-day Restorative Practices in Nature and our Community Program. The program paired Maine Youth Action Network's Restorative Practices curriculum with fun and engaging activities, such as hiking and mindful observation to help youth develop and restore relationships with each other and the natural world.

“The partnership between Healthy Acadia and Maine Outdoor School led to an exciting and important training,” said Hunkler. “With new skills and knowledge relating to restorative practices and the natural environment, the group continues to explore ways to integrate their learning as they return to school.”



“We built shelters and forts for squirrels, hares, birds, and other wildlife so they can have habitat. We built them by clearing out the woods next to the trails. We wanted to help the animals and used a restorative practice of reflecting, to think about what we had learned, and how we can help our natural community.” - Summer Program Participant

Healthy Food for All

Ensuring that all people have access to nutritious, affordable food, and making the healthy choice the easy choice.



"We are humbled and amazed by the support we've received through this campaign. Having the Harvest Van on the road means that we won't have to leave perfectly good produce behind on farms anymore, and more people in our communities will have access to healthy food." - Katie Freedman, Food Programs Director, Healthy Acadia

Last summer, Healthy Acadia launched a campaign to purchase a Harvest Van that will help bring more nutritious local produce to food pantries across the Downeast region and to feed more families in need. We were thrilled and humbled by your support, which enabled us to exceed our campaign goal and purchase a 2019 Ford Transit Van. The vehicle was put to immediate use by the Downeast Gleaning Initiative to rescue surplus produce from area farms and ensure that it makes its way to the dining room tables of community members who are experiencing challenging financial times.

The Harvest Van purchase and the funds raised above the campaign goal mean that Healthy Acadia's Downeast Gleaning Initiative will not only rise up to address increased food insecurity in our region, but will also be equipped to keep the van on the road through the wear and tear of transporting produce for many miles and many harvest seasons to come.

Community Supporters, continued

Kim Childs and Doug Michael
Leidy Churchman
Harley Walter Clark
John Clark
Fiona Cleary
Amy and Rob Clement
Janet Clifford
Brenda Cloney
Betsy Cochran
Elliot and Joanne Cohen
Jacques Colburn
Cyd Collins
Veronica and Ryan Conley
Mildred Cottone
Diane Crockett
Thomas Cromwell
Sarah Currie-Halpern
Julie Daigle
Dorinda and Brenna Davis
Lindsay Davis
Amy Day
Angie DeVecchio and Chris Schleif
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Stephanie Demmons*
Clement and Brenda Deveau
Brett and Michael Devlin
Andrew and Susan Dewey
William and Ellen Dohmen
Ryan and Maria Donahue*
Gordon and Cynthia Donaldson
Laureen Donnelly
Tracy Dore
Joanna Dotts
Averill Dougherty
Elizabeth Douglas
David and Carol Dowley
Doug Dunbar
Jeffrey and Linda Dunn
Pamela Elias
Emily Ellis
Diane Emus
Rachel Emus
Seraphina Erhart
Shepard and Linnette Erhart
Elizabeth Falade and Pat O'Grady
Jace Farris
Barbara and Bruce Fernald
Hilary Fernald
Sue Ferrante-Collier and John Collier
Alan and Jeannette Feuer
Patricia Fitzgerald
Bob Fitzsimmons
Elsie Flemings and Richard Cleary*
Angela Fochesato
Jennifer Fortier
Katie Freedman and Rahvi Barnum*

Community Supporters, continued

Jack and Brenda Frost
Brian and Abby Frutchey
Gail Frutchey
JoAnne and Richard Fuerst
Ellen Gellerstedt
Matthew Gerald
Joyce Getchell
Ellen Gilmore
Gail Gladstone
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Abigail Goodyear and John Allgood
DJ Gordon
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Gabrielle Graham
Ron and Karen Greenberg
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Flemings
Penny Guisinger
Hanna Gutlow
Sima Haigh
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Marilyn Hughes
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Susan and Byron James
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Cindy and Dan Johnson
Joan Johnson
Sandy Johnson
Paige Johnston
David Jolly
Jody and Ralph Jones
Persis Jordan
Donna Karlson and AJ Greif
Susan Lerner and Steven Katona
Carlotta Keene
Lois Kelley Lichti
James and Sally Kellogg
Georgie Kendall

Active and Healthy Environments

Ensuring that our indoor and outdoor spaces are safe, healthy, and promote physical activity and wellness.

Healthy Acadia, in partnership with the City of Ellsworth, connected with more than 100 Ellsworth-area businesses as part of the state-funded Keep ME Healthy initiative, assisting business owners and managers as needed to help them access COVID-19 relief programs, provide education and support for staff, and deliver personal protective equipment, including masks, hand sanitizing stations, and other resources for staff and patrons.



"It was great to partner with Healthy Acadia on the Shop Local Ellsworth and distribution of PPE in Ellsworth. In many ways, the COVID-19 pandemic brought our community closer, creating partnerships we look forward to continuing long into the future." - Cara Romano, Executive Director, Heart of Ellsworth*

Through the partnership, program coordinator Sonya Connelly also worked together with the Ellsworth Area Chamber of Commerce, City of Ellsworth, and Heart of Ellsworth to spearhead Shop Local Ellsworth, a local campaign to encourage community members to patronize local merchants by shopping online or in person as able, throughout the COVID-19 pandemic and beyond.

**personal protective equipment*

Healthy Aging

Ensuring that all of us can age well, with strength, dignity, comfort, and grace.

Healthy Acadia's Diabetes Prevention Lifestyle Change Program, a National Diabetes Prevention Program, is an evidence-based program that helps those at risk for type 2 diabetes reduce or prevent the onset of the chronic condition. The program has helped hundreds of Washington County residents improve their health and health outcomes.

"One participant came in for her scheduled session and reported she had gone to see her primary care provider for a follow-up earlier in the week," recalls Master Diabetes Lifestyle Coach, Angela Fochesato. "She told me her provider stepped into the room with a big smile on his face...he told her that he had fully intended to start her on medication at that visit to manage her blood sugar; however, after seeing her positive lab results, he no longer needed to do so!"



"As a provider here in Washington County, I have seen enthusiasm and hope from the patients I've referred into the program. As a physician, I like the lifestyle change program because of the group participation; emphasis on making small steps to build people's confidence; and nonjudgmental, supportive environment that Mrs. Fochesato has created." - Kara Dwight, DO, Downeast Community Hospital Women's Health Center

Community Supporters, continued

Keith Kenniff
Janice Kenyon
Satya Kaur Khalsa
Teresa King
Ann and Gilbert H. Kinney
Wanda Kirshman
Gary Knight
Sharon Knopp and Enoch Albert
Anne Kozak
Jeanne Kropp
Amy Kurman
Corinne LaPlant
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Marty Lyons
Patrick Lyons and Kourtney Collum
Stanley and Margaret MacDonald
Ward and Genevieve Mackenzie
Elin Mackinnon
Hillary Maharam and David Pill
Katherine Mahon Holmes
Courtney Majoros
Lisa Mallock
Melissa Mallock
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Penny Manning
Elisabeth Marnik
Gail Marshall and Julian Kuffler
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Stephen Milliken
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Pidge Molyneaux
Jesse Moriarity
Katherine Mrozicki and Bryant McLellan

Community Supporters, continued

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Melissa Newcomb
Peter and Susan Nitze
Darlene Nolin
Wesley Norton
Kathleen F. and Jonathan M. Nyborg
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Chris O'Brien
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Elizabeth Oppewall
Melissa Ossanna
Steven Parady
Eleanor Park
Heather Parker
Nancy Parr
Kim Parsons
Stanley Parzen
Brian and Erin Pastuszewski
Nancy Patterson
Margaret N. Pearson
Grant Pennell
Bradley Perkins
Anne C. Perry
Karen Perry and Stephen Keiser
Jennifer Peters
Pam Peverini
Sandy Phoenix and Phil Elkin
Daniel and Bronwyn Pileggi
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Ronald and Mary Pressman
Michael Pritchard
Caroline Pryor and David MacDonald
Amanda Quinn
Jessica Ramsdell
Dean and Penny Read
Michael Reisman
Ken and Esther Revis-Wagner
Anne Rhode and Ned Johnston
Stephen and Judy Richards
Sydney Roberts Rockefeller
Linda Robinson
Jean Rohrer
Shelbie Ross
Ruth Rossi
Mary Kay Roukas
Teresa Saddler
Vicki Salbury
Patricia and Roger Samuel
Jodi Sargent

Substance Prevention and Recovery

Supporting people of all ages to live free of substance misuse and substance use disorder, and to support individuals throughout their recovery journey.



“With donations from local community members as well as Downeast Community Hospital, the Safe Harbor house has been able to provide the young residents with some super fun things to play with while the adults work on their recovery process. There is now a swing set, a basketball hoop and even a playhouse! Thanks to all of you who have made this possible!” - Hannah Crocker, Safe Harbor, Live-in Manager, AmeriCorps RecoveryCorps, Healthy Acadia

Safe Harbor Recovery Home for Women and Children opened in August 2020 as the first recovery residence in Downeast Maine to be certified by the Maine Association of Recovery Residences. The home operates as a non-clinical Level 2 program and supports multiple and diverse pathways to recovery, including medication-assisted treatment (MAT).

The project is the result of a collaborative effort among Healthy Acadia, Downeast Community Partners, Aroostook Mental Health Center (AMHC), and the Community Caring Collaborative to provide a safe, supportive, affordable living environment for women in recovery. The partners are part of the Washington County Substance Use Response Collaborative, a network of over 25 Washington County partners which has convened regularly since 2016 to address the broad impacts of substance use disorder.

Health Promotion and Management

Improving community supports across a wide range of health needs, from cancer patient navigation and stress reduction, to barrier removal for health challenges, and chronic disease and pain self-management.

Research indicates that regular tai chi practice provides multiple health benefits, including increased muscle strength, flexibility, and coordination. It also helps to reduce stress and improve mood and overall sense of well-being.

Healthy Acadia's Tai Chi for Health program offers evidence-based courses for people of all ages and levels of physical ability. More than 2,500 individuals across Hancock and Washington counties have participated in our tai chi programs since 2014.

When COVID-19 arrived in Maine, our Tai Chi for Health program instructors immediately pivoted to offer a full schedule of online classes, allowing current participants to continue their practice at home, and helping those new to tai chi discover the benefits of this balancing, calming, and centering martial art form.

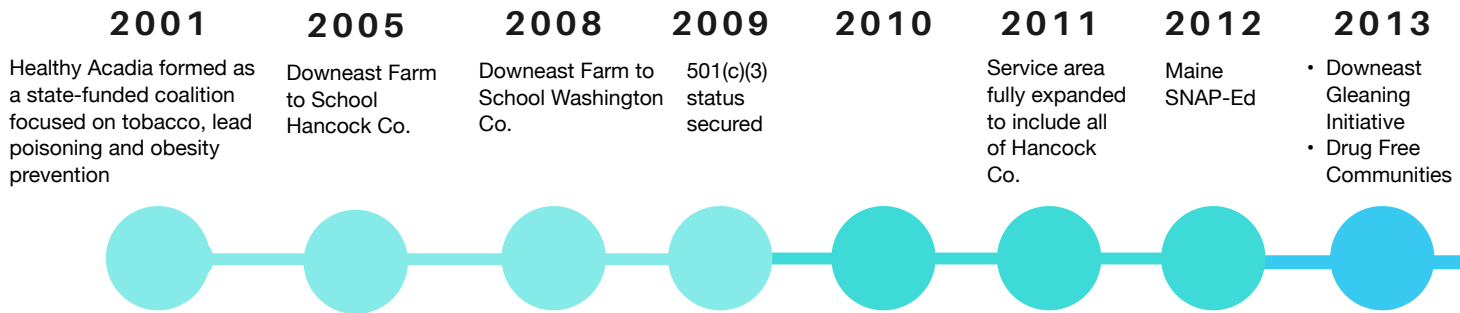


"In terms of physical benefits, my joints are a lot less sore since I have been doing tai chi...The pain that I had in my neck and in my hips is much less and in my ankles much less. Emotionally or psychologically for me it is a kind of meditation in motion. It is centering and it is calming." - David Jolly

Community Supporters, continued

Cristina Sarriguren
Christine Sawtelle
Michele Schultz
Robert G. Seddig and Lyta G. Seddig
Morgan Seeley
Elizabeth Selim
Katie Sell
Sue and Ed Sell
Jeanne Seronde Perkins
Margaret Seton and Joseph Jacobson
Catherine Shields
Stoney Shukat
Anne Smallidge
Ann Smith
Scott Smith
Shoshona Smith and William Ferm Jr.*
Melinda Smith Kelley
Lorena Stearns
Chris Stelling
Jocelyn Storey
Peggy Sugerman
Ryan Swanson and Kaitlyn Metcalf
Judith P. Swazey
Laura Sweeney
Katherine Tagai
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Martha Thompson Wagner
Barbara Thomson
Geneva Thorndike
Bobbi-Jo Thornton
Jennifer Tuell
Mary Turner
Mary Veit
Linda M., Nora, and Gavin Vicaire
Sandy Wade
Eveleigh Wagner and John Melick
Cassandra Watson
Kelin Welborn
Deborah Welch-Ambro
Hook and Anne Wheeler
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Heidi Whittwer and Richard Cough
Sandy Wilcox and Jack Russell
Nancy and Kent Willett
Sara Willett
Ellen Willingham
The Williwaw Fund of Vanguard Charitable
Chris Witham
Erin Witham and Andres Abreu
Olivia Wolf and Will Hoar
Terri Woodruff*
Anna Woodward
Debbie Woodward Lovejoy
Nina Zeldin*
Olivia Zukas and Jake Van Gorder
Anonymous (21)

Healthy Acadia's Story



Healthy Acadia formed in 2001 as a single program focused on tobacco prevention in the greater MDI region. The program was supported through Healthy Maine Partnerships, an initiative launched by the Maine Legislature with appropriated funds from a 1998 Tobacco Master Settlement Agreement to facilitate a coordinated effort to reduce tobacco use and tobacco-related chronic diseases. Our first office, a single room at MDI Hospital, had served as the staff smoking lounge in the 1970's - a fitting start for a community health coalition funded with tobacco settlement dollars!

Over the next few years, our small but dedicated team became increasingly active in state-funded prevention efforts, including tobacco, lead poisoning, and obesity prevention, expanding our work as a Healthy Maine Partnership and developing our role as community convener. We took a lead role in keeping our communities healthy, engaging in localized efforts to increase access to healthy food and opportunities for physical activity, and to promote healthy aging.

In 2005, we launched the Downeast Farm to School Program, connecting local farms with schools to provide fresh produce and garden curriculum to students across Hancock County. In 2008, we partnered with our sister organization, Washington County: One Community, which provided office space for our first staff member in Washington County, enabling us to expand Downeast Farm to School into Washington County communities.

Healthy Acadia became an independent 501(c)(3) nonprofit organization in 2009. We continued to broaden and deepen our prevention work and convene collaborative efforts to improve community health. By 2011, we had expanded our primary service area to include all of Hancock County.

In 2012, a two-year, \$1.3 million Community Transformation Grant enabled us to strengthen partnerships and provide funding support across Hancock and Washington counties to build healthy communities, including work to improve healthy food access, physical activity, social and emotional wellness, and dental health. We began implementing Maine SNAP-Ed, bringing nutrition education to communities and schools across Hancock County.

In 2013, we opened our first office in Ellsworth. Now a team of 13, we had significantly expanded the scope of our community programs and initiatives to include Drug Free Communities programming, oral hygiene education for new and expectant mothers, and the launch of the Downeast Gleaning Initiative. In addition, we began administering mini-grant subawards to partners across Hancock and Washington counties to support health infrastructure, including playgrounds, smoke/tobacco-free signage, healthy food storage space for food pantries, and more.

In 2014 community leaders spearheaded the launch of The neighbor4neighbor Fund (n4n) to support seniors in need across our region. We convened the Downeast Substance Treatment Network, a collaborative effort to address the gaps around and increase access to substance treatment and recovery. We also launched our evidence-based, "Tai Chi for Health" classes to support and improve health for people of all ages and fitness levels.

In 2015, with a grant from the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), we collaborated with community partners across Hancock and Washington counties to launch the evidence-based National Diabetes Prevention, the Chronic Disease Self-Management, and Chronic Pain Self-Management programs. At the request of Washington County: One Community's Board of Directors and our mutual state partners, we brought the disbanding organization's programs and staff under our umbrella, expanding our service area to include all of Washington County (WaCo). As part of this process, we took on DownEast Teen Leadership Camp, a program established in 2000 to serve Washington County youth.

Our First 20 Years

2014 **2015** **2016** **2017** **2018** **2019** **2020** **2021**

- Tai Chi for Health
- neighbor4 neighbor Fund
- Diabetes Prevention Program
- Service area fully expanded to WaCo
- Project HOPE
- Blue Hill FarmDrop
- Recovery Coaching
- Downeast Cancer Navigation Program
- ECCO¹
- YGAFF²
- Maine RecoveryCorps
- Downeast Treatment Center
- MDI FarmDrop
- Maine Alliance for Recovery Coaching
- Safe Harbor
- COVID-19 Response



¹Early Childhood Consultation and Outreach Program ²You've Got a Friend Fund

In 2016, together with Ellsworth Police Department, we launched Project HOPE to help connect people seeking recovery from substance use disorder to treatment and other resources. We continued to expand our recovery and prevention programming, convening the Washington County Substance Use Response Collaborative. We took on operations of Blue Hill FarmDrop together with Fairwinds Florist, with strong support from Blue Hill Wine Shop, the developers of the innovative online farmers' market.

We launched several highly impactful programs in 2017, including the Downeast Cancer Patient Navigation Program (Washington County), Early Childhood Consultation and Outreach Program (ECCO-Hancock County), and The You've Got A Friend Fund (YGAFF), a community partner-supported mini-grant fund to help individuals to overcome barriers. With a small team of staff and volunteers trained through Connecticut Community for Addiction Recovery, we launched our Recovery Coach Program, offering coaching in the Hancock and Washington County jail systems. Our diabetes prevention program received CDC Full Recognition. We also transitioned from a Healthy Maine Partnership to become Hancock and Washington counties' sole Maine Prevention Services provider for Tobacco Prevention, Substance Use Prevention, Youth Engagement, and Obesity Prevention (Let's Go! 5210).

In 2018, we launched Maine RecoveryCorps, which now serves eight counties across Maine, and worked with Aroostook Mental Health Center (AMHC) and Downeast Substance Treatment Network to launch the Downeast Treatment Center in Ellsworth. MDI FarmDrop was launched in partnership with A Climate to Thrive and Floret of Somesville, and operation of Blue Hill FarmDrop was transferred to George Stevens Academy. Mindfulness in Education was launched, bringing programs and services to support mindfulness and resilience in childcare and school settings across the region.

In 2019, we formalized our community volunteer recovery coaching program as Maine Alliance for Recovery Coaching, now serving five counties. We opened a satellite office in Calais, as well as a second Ellsworth location dedicated to substance recovery support services. Our Downeast Partnerships for Success Initiative expanded to support substance prevention, anti-bullying, suicide prevention, LGBTQ+ empowerment, and resiliency programming for youth ages 9-20.

Our team and our communities rose to the many challenges brought on by the COVID-19 pandemic in 2020. Thanks to community, business, and foundation contributions, we purchased a Harvest Van, which has greatly increased the capacity and impact of our Downeast Gleaning Initiative. Together with partners, we opened Safe Harbor Recovery Home for Women and Children in Machias, the first of its kind in the county. We initiated COVID response at the community level, convening the Downeast-MDI COVID-19 Task Force, and supporting businesses and organizations across the region through Keep ME Healthy education, outreach, and mask distribution. We convened a Health Equity Team to advance racial and health equity, both through Healthy Acadia's internal learning and systems changes, as well as externally throughout our communities.

Healthy Acadia now implements more than 40 programs, with the support of nearly as many staff, as well as a significant number of consultants, AmeriCorps service members, and community volunteers. We have five office locations and active engagement in health efforts statewide. We have strengthened our efforts to advance, promote, and support health equity across our region and beyond, including racial, gender, income, and sexual orientation equity, and more. As our work continues to grow and deepen, we are poised to stay responsive to community needs and continue providing critical health services for many years to come.

Fiscal Year 2020

Gifts in honor of

Barter Family & Friends Christmas Eve Celebration
 Kathy and Jeff Demmons
 Whitney Doughty
 Elin Kropp and David Poneman
 Vanessa Little and Nate Donaldson
 Martha Thompson Wagner



Individuals received recovery coaching services through our Maine Alliance for Recovery Coaching (184) and Maine RecoveryCorps (120) Programs

304

Gifts in memory of

Scotty Alpert
 Harold Glidden
 Ronald "Bucky" Hatt
 Brian Jordan
 Butch Karlson
 Reuben Lahti
 Gladys McLeod
 Doug Willett
 Hazel Woodruff

85,000



Face masks distributed to individuals and businesses across Hancock and Washington counties



Pounds of food distributed through the USDA Farmers to Families Food Box Program

356,400

**Sunrise Monthly Giving Circle. Recurring gifts mean a great deal. Special thanks go out to these contributors.*

255

Individuals participated in online Tai Chi for Health classes for improved health and well-being



Business and/or Organizational Supporters

Above Average Coop
 Bar Harbor Bank & Trust
 Bar Harbor Savings & Loan
 Brown Appliance and Mattress
 Canine Camp
 Carroll Drug Store
 Christine B. Foundation
 Church of the Redeemer
 Cleary Law Office
 Commonwealth Financial Group
 Downeast Community Hospital
 Elliott + Elliott Architecture
 First National Bank
 Fogtown Brewing Company
 Freshwater Stone and Brickwork
 Friends of Acadia
 Galyn's Restaurant
 Georgie Kendall, Way Downeast Realtor with Realty of Maine
 Girl Scout Troop 760
 GoldenOak Band
 Hanscom Construction
 Howie Carr Show Enterprises
 Interiors by Details
 It All Makes Scents By Andrea
 Jones, Kuriloff & Sargent
 Jordan's Restaurant and Variety



Community members (342), local businesses (56) and and grantors (31) supported our community health

429

70

Individuals improved their health through our Diabetes Prevention and Lifestyle Change program



Community members trained to serve as volunteer Recovery Coaches through Maine Alliance for Recovery Coaching

112

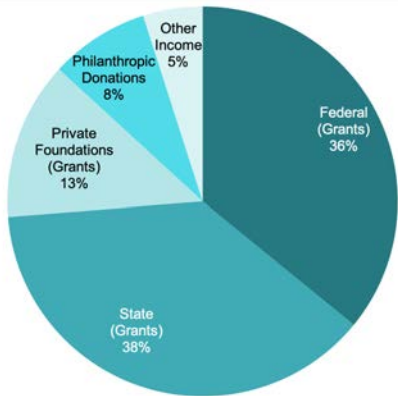
28

Individuals stayed connected through our Social Call volunteer service

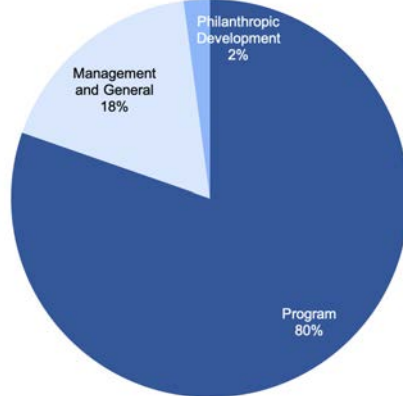


Fiscal Year 2020

FY2020 Revenue



FY2020 Expenses



Business and/or Organizational Supporters, continued

- The Knowles Company
- Lambert Coffin, Attorneys At Law
- Machias Savings Bank
- MAE
- Maine Coast Sea Vegetables, 100% Employee Owned
- Maine Health Access Foundation
- The Maine Lighthouse Corporation
- Mathews Brothers
- McGuire Seasonal Services
- MDI Imported Cars*
- The Merle B. Grindle Agency
- Merrill Furniture
- Peacock Builders
- Pemetic Purveyors
- Rackliffe Pottery
- Renee Thibault Acupuncture
- Riverside Inn
- Rooster Brother
- Salsbury's Organics
- Sassafras Catering
- Shining Star Yoga
- Smithers Anesthesia
- Spencer Construction
- Sweet Pea's Cafe
- The Thirsty Whale
- Versa Grippls
- Viking Lumber
- Washington County Community College Faculty Association
- The West Street Cafe

Summary of Revenues and Expenses

Fiscal year 2020, ending September 30, 2020

FY2020 Revenues

State and Federal Grants: \$2,890,746
 Private Foundation Grants: \$513,662
 Philanthropic Donations: \$322,112
 Other Income: \$193,383
Total Revenues: \$3,919,903

FY 2020 Expenses

Programs and Services: \$2,981,255
 Management and General: \$651,409
 Philanthropic Development: \$78,667
Total Expenses: \$3,711,331

Visit healthyacadia.org to review the full Financial Statement for fiscal year 2020

Removing Health Barriers

Healthy Acadia, with support from grantors and donors, provides mini -grant awards and grant subawards aimed at removing barriers to health. In fiscal year 2020:

56¹ Individuals were awarded a combined total of **\$33,679¹** through The neighbor4neighbor, You've Got A Friend, and Colorectal Cancer Screening Support funds to support car repairs, dental care, cancer screenings, and more. Funds were disbursed directly to the vendor of the approved request.

32² Local Businesses and Organizations received a combined total of **\$76,570²** through our Downeast Partnerships for Success Initiative³ and Tobacco Prevention Services Initiative⁴ to support tobacco free signage, a youth music program, an outdoor skills camp program for girls, and more.

¹No grant funds were awarded directly to patients in FY2020 through the COVID-19 Cancer Patient Relief Fund supported by Maine Cancer Foundation. We did purchase \$520 worth of smart tablets in September 2020 to be distributed/loaned to patients upon request/need.

²An additional nine organizations approved to receive a combined total of \$36,829 through our Downeast Partnerships for Success Initiative were unable to launch their projects due to COVID-19 restrictions in place.

³Supported by the Substance Abuse and Mental Health Services Administration.

⁴Supported by Maine Prevention Services, a Maine Centers for Disease Control and Prevention Initiative.

A Message From Our Executive Director



Dear Friends,

What a year 2020 was. Our families, our communities, and our world have been through tremendous heartbreak, challenge, and change, and we have also experienced and developed extraordinary resilience, generosity, kindness, and dedication.

We at Healthy Acadia have worked hard since the start of COVID-19 in Maine to respond to the evolving crisis as effectively and compassionately as we could. We changed - and continue to modify as needed - our practices and protocols to best support the safety of our community members, volunteers, and staff; we adapted our programming and services to best reach those we serve; and we built new programming and services to address emerging needs. Our new programming included prevention, education and coordination to best support the safety and protection of our communities from the dangers of COVID-19. For example, we partnered with multiple municipalities to provide business outreach, safety promotion, and resources. We distributed 85,000 masks across Washington and Hancock counties. We convened a COVID-19 task force. We participated in multiple COVID-19 educational forums/webinars. We continually worked to compile and share COVID-19 resources. And much of this work continues today.

Our new programming in response to the pandemic also included work to address the impacts of COVID-19 on our communities, such as the devastating effects of isolation for seniors, those seeking recovery from substance use disorders, and others; the increase in food insecurity; the anxiety among students and families; and more. Thanks to generous donor and grant support, we launched the Maine Cancer Foundation Covid-19 Fund (MCFCF) to provide emergency financial assistance for individuals and families in Washington County impacted by cancer, and a Recovery Communications Fund to provide individuals seeking recovery with needed communications tools (e.g. minutes on their phones, increased data and/or cell phones for those without) in order to access treatment and recovery services remotely. Building on our experience and expertise with our robust Recovery Coaching program, we created a "Social Call" system for any individuals in isolation to be able to connect with trained Social Call Responders to reduce their isolation, and to receive support and resources as needed. We increased our delivery of mindfulness programs remotely to people of all ages, including children in schools, families at home, and seniors. Between July and September alone, we distributed 356,400 pounds of food through the USDA Farmers to Families Food Box Program. And so much more.

2020 was also a year full of learning and engagement around health and racial equity. The COVID-19 pandemic and events across the nation remind us of how critical it is to educate ourselves and take action to promote equity across all areas, in order to ensure that every community member, no matter who they are, has access to safety, care, and opportunities to live and thrive. Our Health Equity Team, which started in April of 2020, continues to meet bi-weekly, and is a robust forum for learning, exploring, and taking action. With Board leadership and staff support across the organization, we are moving forward to examine our own policies, systems and processes, as well as our programming, in order to best address racial and other disparities, and to advance equity.

Amidst all this, we continued to grow our programming across all our focus areas, and to support individuals of all ages and from all walks of life to thrive with health and wellbeing. None of this would be possible without the generous support, partnership, and guidance of so many - community members, volunteers, donors, grantors, partners, and staff. Thank you all so very much - it is a blessing to work each day towards our common purpose, and I am grateful to be able to do so, hand in hand (even when physically apart!) with all of you.

With deepest gratitude, and warmest wishes,

A handwritten signature in blue ink that reads "Elsie M. Flemings".

Elsie Flemings
Executive Director

Community Health Connects Us All



Healthy Acadia, with more than 50 staff and consultants, and dozens of volunteers, delivered over 40 highly impactful community health programs across six broad areas of focus in fiscal year 2020, most at no cost to participants. In collaboration with community partners, we positively impacted the

lives of tens of thousands of individuals living in Hancock and Washington counties, and across Maine.

As a non-profit community health organization, we rely on the support of our community members to continue and grow our programs and help improve quality of life for so many across our region. There are many ways you can support this important work - together we make health happen.

Subscribe to our e-newsletter to receive regular updates and information about community health programming, events, and awareness campaigns. Subscribe to Healthy Acadia's YouTube channel and follow us on Facebook, Instagram, and Twitter.

Philanthropic donations - gifts from community members and businesses like you - are of tremendous importance to our organization's ability to address emerging community health needs with immediate action. We thank our community for every gift of every amount. If you are able to do so, please consider donating to Healthy Acadia. Visit www.healthyacadia.org/donate.

We so appreciate the support, leadership, and partnership of so many in our communities and beyond over these past 20 years. Thank you. We look forward to making health happen, together with you, for many years to come.

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We apologize if any errors or omissions have been made in this donor acknowledgement. Please notify Shoshona Smith at Shoshona@HealthyAcadia.org or (207) 667-7171 Ext. 210 with any corrections.

Thank you for your continued support!



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Healthy Acadia is a 501(c)(3) non-profit community health organization working to address critical, local defined health priorities. We rely on both private and public funding sources to bring about positive and lasting change in communities across Hancock and Washington counties, Maine.

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