The Spencer Family owns and operates Whole Life Natural Market (Machias) and Spencer Construction (Whiting).
Dear Friends,

The year 2019 was one of tremendous growth for Healthy Acadia. We were honored to be able to implement new and expanded programming across our focus areas to benefit our communities and help all people thrive. While this report is focused on 2019, we wanted to take a moment to share how we are working and responding right now, given the magnitude in which our world has changed in just a few short months.

Since COVID-19 arrived in Maine in early March, we have listened, learned, and adapted to respond to the evolving situation as effectively and compassionately as we can. We have worked - and continue to work - to support our staff and volunteers during these challenging times, and to make sure they can succeed in their work in safe ways. We closed our offices to the public as soon as COVID-19 reached Maine, and took the steps necessary to ensure that staff could work from their homes. We also immediately shifted our programming almost entirely to virtual platforms, with a limited number of initiatives taking place in person with COVID-19 safe protocols and processes.

The success and reach of our online programming have been incredible, from remote recovery coaching and training to online tai chi, resilience, substance use prevention, nutrition education, and diabetes prevention, and cancer patient navigation. We continue to develop new and expanded programming based on the needs of our communities, as we work to address and overcome health and healthcare disparities, including those that have become more visible due to COVID-19 as well those that have been exacerbated by systemic racism.

We will continue to adapt based on emerging needs. We will continue to work and to model precaution and safety, and to support the whole health of every member of our communities, using a science- and data-driven approach.

Thank you all for your partnership, leadership, friendship, support, and action as we work to build healthy communities together. Our work makes a difference in building vibrant communities because of you.

We look forward to connecting with you in the coming months and years. Please be in touch anytime.

With deepest gratitude,

Martha Thompson Wagner,  
Board Chair

Elsie Flemings,  
Executive Director

HealthyAcadia.org
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, 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 support improved 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 require 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.

HealthyAcadia.org
Strong Beginnings
Supporting healthy development and resilience from birth to adulthood.

Healthy Acadia’s Mindfulness and Relaxation Program successfully engages with classrooms, youth groups and community organizations across our region. Participants practice gentle and easy to learn mind-body exercises that simultaneously promote relaxation, energy, and focus.

In November 2019, Healthy Acadia hosted a mindfulness training for the staff at Beechland Road Early Learning Center in Ellsworth. Educators explored mindfulness techniques and how they could be applied in the classroom to support successful learning.

“Two year olds and toddlers pointing out what we call a breathing ball and going, ‘I need breathe, I need breathe!’ when the room is up here [highly active]. That is huge. That gives them just a tiny bit more of a voice to say, ‘My environment is too much and I need help relaxing’.”

-Courtney Wood, Site Coordinator
Beechland Road Early Learning Center

Our Supporters

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Katie Freedman and Rahvi Barnum

HealthyAcadia.org
Healthy Food for All
Ensuring that all people have access to nutritious, affordable food, and making the healthy choice the easy choice.

In July 2019, seven Narraguagus High School juniors and seniors participated in Teen Ag week, a six-day collaborative project between the school and Healthy Acadia. The students designed and planted a campus garden in memorial of a much-loved science teacher recently lost to cancer. They also helped to harvest fresh produce on local farms and deliver it to food pantries, and learned how to prepare healthy meals at home.

“This program is very important to this community. There are a lot of people who can’t get good food. A lot of people are suffering from Food Inequality. We’re trying to get more food out there for people who need it.”
Narraguagus High School student

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Janet Myers and Rob Putman
Rina Nadeau
Garett and Nicole Nelson
Paul and Rebecca Nemser

HealthyAcadia.org
Active and Healthy Environments
Ensuring that our indoor and outdoor spaces are safe, healthy, and promote physical activity and wellness.

Healthy Acadia, with support from Maine Prevention Services, a collaborative effort of the Maine Center for Disease Control and Prevention and community partners that works across the state to prevent obesity, tobacco, and other substance use, helps business owners develop tobacco-free policies to support the health of their employees and patrons.

In 2019, Healthy Acadia supported ARISE Addiction Recovery, Inc. in updating their tobacco policy to align with recent changes to tobacco laws. ARISE was fully committed to providing a healthier environment for staff and participants by reducing their exposure to tobacco pollutants. In December 2019, their policy was approved at the Model Policy level by the Center for Tobacco Independence and ARISE was awarded tobacco-free signage for the recovery center.

“This policy will help support and reinforce the importance of being tobacco free while in the ARISE program and even after the completion of the program.”
Paul Travarello, ARISE Director and Lindsay Travarello, Women’s Group Leader at ARISE

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Jennifer Tuell
Martha Thompson Wagner
Ayelet Waldman and Michael Chabon
Jada Wensman

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

Healthy Acadia’s “Tai Chi for Health” program has reached over 2,000 people in both Hancock and Washington counties since 2014. These evidenced-based courses employ a step-by-step teaching method, which makes tai chi easy and fun to learn for people of all ages, at all levels of physical ability.

“Tai Chi has helped my balance. I was starting to stumble when I walked on uneven surfaces. Tai Chi has helped me with my walking over rough surfaces. This has allowed me to continue

Participants explore exercises that promote movement control through the integration of mind and body. Research indicates regular tai chi practice increases flexibility, muscle strength, and coordination, thus reducing the risk and fear of falling.

Community Supporters, continued
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Heidi Whittwer and Richard Cough
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Gifts Made in Memory of
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Downeast Rentals and Real Estate
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First National Bank
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HealthyAcadia.org
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.

“Thank you for your help in not judging me. Most of all for really caring about me as a person.”
Recovery Coach program participant, Hancock County Jail

Recovery coaching is an innovative peer mentoring program that utilizes trained Recovery Coaches to guide others through their own recovery process, removing barriers and obstacles to recovery. Recovery coaches are individuals who may be in established recovery, a friend or family member of someone in recovery, or a recovery ally.

Donna Mitchell has served as a Recovery Coach with Healthy Acadia since 2017, working with individuals in the Hancock County Jail. She has coached over 40 individuals in various stages of recovery.

Supporting Businesses and Organizations, continued
Galyn's Galley
Geddy's Pub
Georgie Kendall, Way Downeast Realtor with Realty of Maine
Hannaford Supermarket (Machias)
Hanscom Construction
Howard P. Colhoun Family Foundation
Investment Concepts
Jo's Diner and Pizzeria
Jon D. Woodward & Sons, Inc.
Kendall Farm Cottages and Event Barn
Key Bank (Bangor)
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Kindred Spirits
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Lambert Coffin, Attorneys At Law
Machias Savings Bank
Maine Coast Sea Vegetables
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MDI Imported Cars
Middle Earth Mushrooms
Midtown Burger
Momo's Cheesecake
Morning Glory Bakery
NAPA Auto Parts (Ellsworth)
New England Perfusion Associates
New Leaf Counseling
No Frills Oil Company
Northern Light Maine Coast Hospital
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Pat's Pizza Machias
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Rose M. Gaffney Elementary School PAWS Group
Salsbury's Organics
Side Street Cafe
Stanley Subaru
The By "US" Company
The Merle B. Grindle Agency
The Rock Church
TIAA
TMATT Tax & Financial
Tradewinds Marketplace
Ullikana Bed & Breakfast
Unitarian Universalist Church
Uno Pizzeria & Grill
Versa Gripps

HealthyAcadia.org
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.

Our Downeast Cancer Patient Navigation Program focuses on guiding cancer patients and their families through every step of the complex journey that they face. In 2019, our Cancer Patient Navigators helped empower a patient, who does not read or write, to take control of her health plan.

“I will always remember the day you realized I could not read or write. You held my hand, leaned in, looked me in the eyes and whispered, ‘It’s ok if you can’t read or write. I sometimes forget how to spell, even words I should know. We all have things we are not good at. However, we all have things we are great at.’ That day, you gave me a little bit of my dignity and worth back.”

From a Cancer Patient Navigation Client, as transcribed by a friend

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.

Supporting Businesses and Organizations, continued

Viking Lumber
VNA Home Health and Hospice
Wendy Alpaugh, DMD
Wesley Keeton Foundation

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U.S. Substance Abuse and Mental Health Services Administration
United Way of Eastern Maine
University of New England

HealthyAcadia.org
HealthyAcadia.org

Summary of Revenues and Expenses
Fiscal Year 2019 ending September 30, 2019

FY2019 Revenues
State and Federal Grants: $1,712,412
Grants from Private Foundations: $514,448
Donations: $208,548
Other Income: $86,255
Total Revenues: $2,606,793

FY 2019 Expenses
Programs and Services: $2,210,958
Management and General: $432,128
Fundraising and Development: $67,828
Total Expenses\(^3\): $2,710,914

Visit HealthyAcadia.org to review the full Financial Statement for FY2019

\(^1\)Total meal count obtained using meals per dollar calculations based upon USDA’s What We Eat in America 2011-12 and per pound average wholesale grocery value according to the June 2016 Feeding America Product Valuation Study, KPMG, Audited.

\(^2\)The neighbor4neighborFund and You’ve Got a Friend Fund are two mini-grant programs available to support community members in overcoming barriers to health.

\(^3\)The difference between the revenue and expenses in FY19 does not represent a budget gap. It is due to temporarily restricted net assets recorded as revenue in a prior fiscal year, but spent in FY 2019.
Healthy Acadia, with 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 2019, most at no cost to participants. Collaborating with community partners, we positively impacted the lives of tens of thousands of individuals living in Hancock and Washington counties, and across northern and eastern Maine.

Our team reached hundreds of students - from pre-kindergartener through college undergraduate - with mindfulness, nutrition, resilience, and other programming. We supported the cost of high-quality recovery treatment for 18 individuals, provided cancer patient navigation services for over 100 cancer patients and their families, and so much more.

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.

Did you know that as part of the coronavirus relief package the tax deduction laws were adjusted to allow even those that utilize the standard deduction (not itemizing) to receive a tax deduction of up to $300 for donations they make to their favorite nonprofits in 2020?

If you are able to do so, please consider donating to Healthy Acadia. Every dollar given helps to support the health of our communities. And as an added benefit, this year you can earn tax credit for every one of those dollars given towards our important mission. Visit www.HealthyAcadia.org/donate.

Subscribe to our e-newsletter at http://eepurl.com/ex5w to receive weekly community health updates and information about our programming and events. Be sure to visit and subscribe to Healthy Acadia’s YouTube channel and follow us on Facebook, Instagram, and Twitter.

We are so appreciative of the support, leadership, and partnership of so many in our communities and beyond. Thank you.

**Healthy Acadia Board of Directors**

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