

Annual Report

FISCAL YEAR 2018





A Message from Our Board Chair

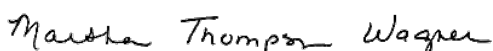
Healthy Acadia's Board of Directors and staff in Hancock and Washington counties are dedicated to creating lasting improvements to the health of our communities. Over the past 17 years, we have worked in collaboration with local and regional partners and coalitions to build vibrant communities - always focusing on improving the health of individuals of all ages and from all walks of life!

One of Healthy Acadia's program areas which has been exciting to see evolve is our work addressing the recent epidemic of opioid and heroin use. In fiscal year 2018, Healthy Acadia worked collaboratively with hospitals, law enforcement, physicians, mental health professionals, social workers and experts in the area of substance use prevention, addiction, treatment and recovery to bring forward new solutions for our region. In April 2018, the newly established Downeast Treatment Center, a collaborative service based in Ellsworth, began serving individuals with opioid use disorders. We are extremely grateful for the partnership with Aroostook Mental Health Center (AMHC) which has enabled the Treatment Center to become a reality.

Another equally exciting new initiative is focused on strengthening and expanding recovery support services in our communities. In addition to our preexisting Recovery Coach programming, Healthy Acadia and partners have just launched the Maine AmeriCorps RecoveryCorps program, providing eight counties with a network of recovery coaches. Recovery coaching is an innovative and effective form of 'peer-to-peer' recovery support. Coaches serve as personal guides and mentors for individuals seeking recovery from substance use, helping them remove barriers and navigate systems to meet their recovery goals.

The results of our substance use prevention and recovery, as well as our other community health initiatives, will improve the health of our communities in the present and far into the future.

Very truly yours,



Martha Thompson Wagner
Board Chair, Healthy Acadia



“The coming year brings many new opportunities to empower our communities to take action for health. I am so honored and thrilled to be serving with Healthy Acadia as we work to make the healthy choice easy and accessible to all community members.”

Community Health Connects Us All

Healthy Acadia's mission is to empower people and organizations to build healthy communities. We address the critical health challenges our communities face and make it possible for all people to lead healthier lives throughout Hancock and Washington counties, Maine.

Established in 2001, Healthy Acadia is a 501(c)(3) community health coalition 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.

Healthy Acadia works on a broad range of collaborative community health initiatives, with six areas of focus:

Strong Beginnings

Supporting healthy development and resilience from birth to adulthood.

Healthy Food for All

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

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.

Healthy Aging

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

Active and Healthy Environments

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

Health Promotion & 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.

Together we make health happen.

Strong Beginnings

Supporting healthy development and resilience from birth to adulthood.



Healthy Aging

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



Healthy Food for All

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



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.



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.



Active and Healthy Environments

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



Program Highlight

DownEast Teen Leadership Camp

DownEast Teen Leadership Camp (DETLC) is an annual, five-day residential summer camp program for teens entering grades 7 through 9, hosted by Healthy Acadia and held at the University of Maine at Machias.

Impact

DETLC is deeply impactful for the youth who participate, providing a positive summer experience, and helping them to develop the knowledge, resilience, and leadership skills to make healthy choices for themselves as well as inspire others. Alumni continue to hone their skills through ongoing school-based programming and to mentor younger campers by returning as junior staff in subsequent years.

Outcomes for Teens Who Attend

- Increased self-confidence, self-esteem, and emotional resilience;
- Stronger identification of personal motivations, passions, and goals;
- Enhanced problem-solving, critical thinking, and leadership skills;
- Increased understanding of substance use issues and knowledge of positive alternatives;
- Reduced likelihood of using/misusing tobacco, alcohol, and other drugs.

DETLC has typically attracted more than 25 teens each year, and recent enrollment has nearly doubled, with 57 teens attending in 2018.



“DETLC gives me a place to learn more about getting involved in my community, a place to make new friends, and a place to develop important life skills, as well as a place to really be myself. I can easily say I’ve met some of the most incredible people during my experiences at camp.”

- Rowen Luuring



Since 2000, DETLC has motivated and inspired over 475 teens from rural Washington County and beyond to live substance-free and serve as positive role models and civic leaders in their schools and communities.

Program Highlight

Downeast Gleaning Initiative

Healthy Acadia's Downeast Gleaning Initiative works to address food insecurity by coordinating farm-based gleaning opportunities throughout Hancock and Washington counties. We connect volunteers with farms, orchards, farmers' markets, and community gardens to collect surplus fruits and vegetables that would otherwise go to waste. We then manage the distribution of fresh, healthy produce to food pantries, community meal sites, school backpack programs, rehabilitation programs, and other community organizations.

Impact

- In 2018, we partnered with 40 farms, orchards, community gardens, farmers markets, and home gardens to collect **26,101 pounds** of fruits, vegetables, and poultry, resulting in **21,750 meals** for families in need.
- With the support of 116 volunteers who contributed 1,688 hours, gleaned produce was distributed to 28 food security organizations.
- We have gleaned 227,992 pounds of local produce since 2013, making it easier for our food insecure neighbors to access healthy food options while simultaneously preventing food waste on nearby farms.

"Thanks to Healthy Acadia's gleaning program, the folks who access our pantry have a greater variety of healthy, fresh, local fruits and vegetables. There are lots of smiles when there are boxes of apples or blueberries from which to choose!"

- Rev. Susan J. Maxwell, Machias Food Pantry



2018 Season Highlights

- With the launch of our Teen Ag Program in Washington County, we are building resiliency by training the next generation of food system professionals.
- Nearly 100 grade school and college students supported our gleaning activities this year.
- We partnered with Hancock County Drug Treatment Court to regularly distribute more produce to people in recovery throughout the 2018 harvest season.
- Goodwill AmeriCorps VISTA Summer Associates built and maintained an educational "Gleaning Garden" at our Ellsworth office location.

Program Highlight

DownEast Cancer Patient Navigation Program

Healthy Acadia and Beth C. Wright Cancer Resource Center together implement the DownEast Cancer Patient Navigation Program. Launched in 2017, this program supports Patient Navigators who provide one-on-one assistance to help patients facing a cancer diagnosis navigate the healthcare and social service systems and community resources to access appropriate diagnostic, treatment, recovery, support, and financial services. The DownEast Cancer Patient Navigation Program seeks to improve cancer care among patients in Washington County, Maine, by providing a countywide supportive network of healthcare navigation for cancer patients, as well as to establish a framework for all chronic disease prevention and management.

Cancer Patient Navigators provide a compassionate and dependable system of support, working directly with patients and healthcare providers to navigate the complex healthcare and social service systems and to identify and coordinate access to appropriate diagnostic, treatment, recovery, support, and financial services. We work with community partners to create a robust system that ensures that all cancer patients receive culturally competent care that is confidential, respectful, compassionate, and mindful of patient safety.

Navigators also connect community members to a range of preventive services, including UV sun damage skin screenings, breast and cervical cancer screening referrals, and tobacco use prevention and cessation support. We offer hope, knowledge, and support to reduce cancer incidence in our communities and improve health outcomes for those facing a cancer diagnosis.

The Downeast Cancer Patient Navigation Program receives funding support from the Maine Cancer Foundation, the Jean T. Cummings Fund of Maine Community Foundation, and the Christine B. Foundation.

“When I first met my cancer patient navigator she looked at me and talked with me. At that point, no one had asked me what I wanted. No one had talked to me, just at me. And now someone was asking me what I thought, wanted, and needed.”

-Name Withheld



2018 Snapshot

- Navigators provided one-on-one support and guidance for **105** cancer patients and their families;
- **116** individuals received facial scans to detect UV sun damage;
- **877** individuals received breast cancer, tobacco prevention and cessation information at community events and health fairs;
- **6** community education sessions focused on cancer prevention and support reached **204** individuals.

Our Community Donors

- Albert, Enoch, and Sharon Knopp
- Alpert, Barbara
- Bacon, Wells and Mary
- Bainbridge, Charlotte A.
- Barfield, Margaret S.
- Barnum, Rahvi, and Katie Freedman
- Beard, Ronald
- Becton, Henry and Jeannie
- Bender, Jonathon E., and Julie Meltzer
- Bergman, Sam
- Bergstrom, David and Patricia
- Bischoff, Carol, and Dick Davis
- Black, Philip and Denise
- Blank, Art and Debi
- Boulger, Lynn and Timothy Garrity
- Brandt, Donald and Jennifer
- Britton, Terry and Amy
- Campbell, Mark and Barbara
- Carlson, Tracey
- Chaisson, Michael R.
- Chastain, Victoria
- Chilton, Patricia
- Cleaveland-Peck, Christian, and Stephanie Aronson
- Cole, Francis W., III
- Collum, Kourtney, and Patrick Lyons
- Colter, Howard and Nancy
- Conyngham, Joanna
- Cough, Richard and Heidi Whittier
- Cuddy, Kevin
- DeCarlo-Picirillo, Susan
- Dempsey, Jon Olsen and Carole
- Desrochers, Lise
- Deveau, Clement and Brenda
- Devlin, Brett and Michael
- Dewey, Andrew and Susan
- Dixon, Sandra
- Dohmen, William and Ellen
- Donahue, Ryan and Maria
- Donaldson, Gordon and Cynthia
- Dubai, Sandie
- Dudley, Wes and Lucinda
- Dunn, Jeffrey and Linda, Drs.
- Enoch, Albert and Sharon Knopp
- Faulkingham, Rose A.
- Feuer, Ian and Jeannette
- Finney, Jeannette B.
- Fisher, Deborah and Leah Taylor
- Flemings, Elsie, and Richard Cleary, Honorables
- Foley, Erin
- Francis, Claire F.
- Frost, Jack and Brenda
- Fuerst, Richard and Joanne
- Giometti, Lauren
- Grabrovac, Regina
- Greenberg, Ron and Karen
- Greif, Arthur, and Donna Karlson
- Grotenhuis, Elizabeth Ten, and Merton Flemings
- Grotenhuis, Susan Ten
- Hanscom, Judith
- Hanson, Ursula and Jay Friedlander
- Hatt, Frances P.
- Heist, Kimberly and Jerome
- Hendrick, Wilma Jean and Dudley
- Henry, Eric and Kate
- Herwerden, Emily
- Holtzmann, Betsey
- Homer, Stephen and Nancy
- Hooper, Nikki
- Hughes, Marilyn
- Jacobson, Joseph, and Margaret Seton, MD
- Jeffery, Margaret, Esq.
- Jellison, George, Jr.
- Johnson, Ken and Jane Disney
- Johnson, Sandy
- Jones, Joyce
- Jordan, Traci
- Kelley, Melinda Smith
- Kozak, Anne
- Kuma, Vikram
- Kyburz, Bruce and Jane
- Larson, Richard and Elsie
- Lawton, George and Betty Neal
- Leach, Linda M.
- Leiser, Richard and Gail
- Leppin, Charles and Julie
- Lerner, Susan and Steven Katona
- Lewis, Rosalind
- Lief, Jacob and Lindsay
- Lindsay, Steve and Linda Gray
- Lowe, Janice
- Lyles, Elizabeth
- Lyon, Jane and Elden
- Lyons, Marty
- MacDonald Pryor, David and Caroline
- Maller, Bill and Linda
- Marano, Cynthia
- Markey, Elizabeth
- Martin, Peter J.
- Mauldin, Elizabeth K.
- McCloud, Gerry and James
- McLellan, Bryant, and Katherine Mrozicki
- Meeks, Zekia
- Merrill, John and Erica
- Messer, Vince and Debra
- Michael, Doug, and Kim Childs
- Milliken, Stephen
- Minott, Elizabeth
- Mitchell, Wendi
- Monahan, Mary Day
- Moore, C. Frank and Ann S.
- Moore, Mary
- Murphy, Victoria
- Myers, Janet and Rob Putman
- Nolan, Thomas and Charlotte
- O'Brien, Gabe
- Oliver, Becky
- Page, Katherine H.
- Paradis, Rachel
- Pearson, Margaret N.
- Pelletier, Francina M.
- Pepper, Keating and Kim
- Perkins, Bradley
- Perry, Karen and Stephen Keiser
- Perry, Anne C., Honorable
- Pilcher, Kathy
- Poneman, Delores S.
- Read, Dean and Penny
- Reeves, John and Gail
- Rensenbrink, Katherine
- Revis-Wagner, Ken and Esther
- Richard, Donald
- Richards, Stephen and Judy
- Richardson, Ed and Patty
- Rockefeller, Sydney Roberts
- Rossi, Ruth
- Schneider-Look, Laura
- Schoeder, David and Nanette
- Selim, Elizabeth
- Smith, Shoshona and Billy Ferm
- Spahr, Julia Darling
- Swanson, Ryan
- Swazey, Judith
- Swett, Richard
- Thompson-Wagner, Martha
- Veit, Mary
- Waldrop, William and Diana
- Wendy, Alpaugh, DMD
- Whittington, Stacey
- Williams, Anne C.
- Wilson, Jon and Sherry Streeter
- Wood, Gerald and Judy
- Woodside, David
- Young, Tara
- Zeldin, Nina

Our Business and Organization Donors

- 44 Degrees North Restaurant
- A&B Naturals
- Aaronson Anesthesia Services
- Above Average Co-op
- Acadia Training LLC
- Airline Brewing Company
- Alley Construction
- Aroostook Mental Health Center staff
- Atlantic East Appraisals
- Bangor Wine and Cheese Company
- Bar Harbor (MDI) Rotary Club
- Bar Harbor Bank & Trust
- Bar Harbor Lobster Bakes
- Bar Harbor Savings and Loan
- Benbow's Coffee Roasters
- Berry Vines
- BHD Containers
- BJ's (Bangor)
- Blossom Studio
- Blue Hill Country Club
- Northern Light Blue Hill and Maine Coast hospitals
- Brown Appliance and Mattress
- Calais High School Student Council
- Canine Camp
- Carefirst Dental Clinic
- Christmas Spirit Shop
- Church of the Redeemer
- Ciampi Financial
- City of Ellsworth
- Cleary Law Office
- Clothes Encounter
- Coastal Auto Parts
- Coastal Eye Care
- Cold Spring Design and Woodworking
- Commonwealth Financial Group
- Cooke Aquaculture
- Covenant Surgical Partners
- Curtis P. Jaffray, DBA Jaffray Contracting
- Darling's Auto Mall
- Diver Ed Dive-In Theatre
- Downeast Community Hospital
- Downeast Rentals and Real Estate
- Surapaneni Ramanadha Rao, MD
- Dunkin Donuts (Bangor)
- El El Frijoles
- Elliott and Elliott Architecture
- Ellsworth Building Supplies
- Ellsworth Pat's Pizza
- Fabula Nebulae
- Fedco Seeds
- Flexit Cafe and Bakery
- Freshwater Stone and Brickwork
- Galyn's Restaurant
- Geddy's Pub
- Hammond Lumber
- Hampden Country Club
- Hannaford Supermarkets
- Hanscom Construction
- Heart of Ellsworth
- Helen's Restaurant of Machias
- Hennessey Brothers
- Hinchcliffe Antiques and Handmade Furniture
- Honeycomb Botanical Body and Hair Haven
- Horsepower Farm
- Islesford Dock Restaurant
- Interiors by Details
- Investment Concepts
- Island Health and Wellness Foundation
- Jo's Diner and Pizzeria
- John Edwards Market
- Jones, Kuriloff and Sargent
- Key Bank
- King Hill Farm
- Kingsleigh Inn
- Lucerne Golf Course
- Machias Savings Bank
- MAE, of Blue Hill
- Maine Alpaca Experience
- Maine Association of Nurse Anesthetists
- Maine Coast Sea Vegetables
- Maine Distributors
- Maine Mathematics
- MDI Imported Cars
- Midtown Burger
- Morning Glory Bakery
- Mount Desert Island Hospital
- Napa Auto Parts
- New England Perfusionist Association
- New Leaf Counseling
- Nurse Anesthesia of Maine
- Orrington Fire and Rescue
- PCT Communications
- Peekytoe Provisions
- Pemetec Purveyors
- Penobscot Valley Country Club
- Pizzeria Uno
- Power Gripps USA
- Quality Lawn Services
- Rackliffe Pottery
- Realty Of Maine
- Rebecca's Fine Goods
- Renee Thibault Acupuncture
- Riverside Takeout
- Rockland Golf Club
- Rose M. Gaffney Elementary School PAWS Group
- Rose M. Gaffney Elementary School JMG Program
- Salsbury's Organic Garden Center
- Serendib
- Spencer Construction
- Stanley Subaru
- The Alchemist Salon
- The Burning Tree
- The By "US" Company
- The Colonel's Restaurant and Bakery
- The Fiddlehead Restaurant
- The Grand
- The Jackson Laboratory
- The Thirsty Whale
- Three Wishes
- TOPS ME 284
- Town of Baileyville
- Town of Jonesport
- Tradewinds Market
- Ullikana Bed and Breakfast
- University of Maine Machias
- Viking Lumber
- Wellness Chiropractic P.C.
- West Street Cafe
- WhoPaints
- Wreaths for Hope
- Z Studio Graphic Design

Mini Grants for Health

Healthy Acadia administers **The neighbor4neighbor Fund** and **You've Got A Friend Fund**, two mini-grant programs to support community members in overcoming barriers to health.

In FY18, these funds have distributed **\$37,755.24** to benefit **57** community members. Mini-grants have ensured access to transportation to medical appointment, wheelchairs, lift chairs/grab bars, dentures/dental services, medical costs, emergency housing and more.

Our Funders

- Agnes M. Lindsay Trust
- Anew Foundation
- Broad Reach Fund
- C. F. Adams Charitable Trust
- Corporation for National and Community Service
- County of Hancock Commissioners
- Elin and David Poneman Fund of Fidelity Charitable
- Elmina B. Sewall Foundation
- Elsie and William Viles Foundation
- FEDCO
- Fisher Charitable Trust
- Goodrich Trust
- Harold Dudley Charitable Fund of the Maine Community Foundation
- H. King and Jean Cummings Charitable Fund of the Maine Community Foundation
- Howard P. Colhoun Family Foundation
- John T. Gorman Foundation
- Let's Go! Home Office, a Program of the Barbara Bush Children's Hospital at Maine Medical Center
- MaineHealth
- Maine Agriculture in the Classroom
- Maine Cancer Foundation
- Maine Community Foundation
- Maine Department of Health and Human Services/Center for Disease Control and Prevention
- Maine Health Access Foundation
- MaineHealth
- Maine Office of Substance Abuse & Mental Health Services
- McNally Family Fund of the Maine Community Foundation
- MDI Biological Laboratory
- National Network of Libraries of Medicine, New England Region
- Mount Desert Island Hospital
- Opiate Free Island Partnership
- Pill Maharam Family Fund
- Quimby Family Foundation
- Simmons Foundation
- Stanley Family Foundation
- St. Mary's Medical Center
- The Stroud Fund of St. Mary's and St. Jude's
- The Opportunity Alliance
- Thomas H. Maren/Emily Sabah Maren Fund of the Maine Community Foundation
- Tufts Medical Center (Bingham Program)
- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
- U.S. Department of Health and Human Services, Health Resources and Services Administration
- United Way of Eastern Maine
- University of New England
- Vermont Community Foundation
- Witham Family Foundation
- Yoakum Fund of the Maine Community Foundation

How You Can Help

Healthy Acadia is a 501(c)3 nonprofit that relies on public and private financial contributions and grant funds to improve health and health outcomes in Hancock and Washington counties.

If you want to make health happen in your community, honor a loved one, or are excited about one of our programs or projects, please consider making a donation.

Ways to Donate

Online: HealthyAcadia.org/donate

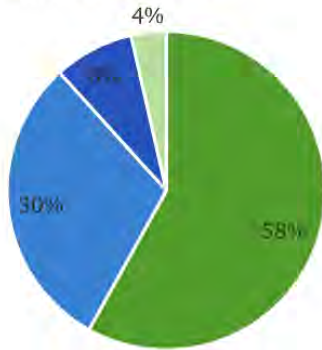
By Mail: Healthy Acadia,
140 State Street, Ellsworth, ME 04605

To discuss additional options, contact Shoshona Smith at 667-7171 or Shoshona@HealthyAcadia.org.

Financial Summary

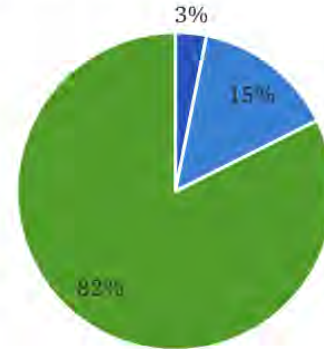
FY18 Revenue

- 2018 State/Federal Grants
- 2018 Private Foundation Grants
- 2018 Donations
- 2018 Other Income



FY18 Expenses

- 2018 Fundraising and Development
- 2018 Management and General
- 2018 Program



Healthy Acadia

Statement of Financial Position September 30, 2018 with comparative totals for 2017

	2018	2017
Assets		
Cash and cash equivalents	\$ 293,703	\$ 446,696
Accounts receivable	589,083	338,915
Prepaid expenses	12,246	5,050
Interest in assets held by Maine Community Foundation (MCF)	46,812	43,101
Property and equipment, net	17,668	-
Total assets	\$ 959,512	\$ 833,762
Liabilities		
Accounts payable	\$ 175,548	\$ 73,177
Accrued expenses	168,785	105,675
Deferred revenue	211	77,500
Total liabilities	344,544	256,352
Unrestricted	138,536	108,823
Board designated net assets	46,812	43,101
Total unrestricted net assets	185,348	151,924
Temporarily restricted net assets	429,620	425,486
Total net assets	\$ 614,968	\$ 577,410
Total liabilities and net assets	\$ 959,512	\$ 833,762

Community donations help to ensure seamless programming and rapid responses to emerging health needs.

When you give, you support:

- Healthy development and resilience from birth to adulthood;
- Access to nutritious, affordable food for all;
- Resources that ensure that all of us can age well;
- People of all ages to live free of substance use disorders;
- Health promotion and management programming;
- Indoor and outdoor spaces that are safe, healthy, and promote physical activity and wellness.

Thank you for being a part of our community.

To access the full FY18 Financial Statement, visit our website.

Our Team

Board of Directors

Martha Thompson-Wagner, Chair
Ryan Swanson, Vice-Chair
Bobbi-Jo Thornton, Treasurer
Patrick Lyons, Secretary
Clement Deveau
Bob Fitzsimmons
Jack Frost
Jody Jones
Dean McGuire
Vince Messer
Elsie Flemings, Executive Director

Staff

Denise Black, CADC, PS-C
Recovery Supports Program
Manager
Denise@HealthyAcadia.org

Paige Boynton
RecoveryCorps Coach
Paige@HealthyAcadia.org

Tracey Carlson
Communications Director
Tracey@HealthyAcadia.org

Tracy Crossman
RecoveryCorps Coach
Tracy@HealthyAcadia.org

Cyd Collins
Bookkeeper
Cyd@HealthyAcadia.org

Julie Daigle
Community Health Coordinator
Julie@HealthyAcadia.org

Maria Donahue, MPH, MSW
Community Health Director
Maria@HealthyAcadia.org

Sandie Dubay
Special Projects Manager
Retired

Rachel Emus
Food Programs Coordinator
Rachel@HealthyAcadia.org

Carmen Feeney-Alley
RecoveryCorps Coach
Carmen@HealthyAcadia.org

Elsie Flemings
Executive Director
Elsie@HealthyAcadia.org

Angela Fochesato
Community Health Program
Manager
Angela@HealthyAcadia.org

Katie Freedman
Food Programs Director
Katie@HealthyAcadia.org

Brian Frutchey
Community Health Coordinator
through April 2019

Regina Grabovac
Food Programs Manager
Washington County
Regina@HealthyAcadia.org

Penny Guisinger
Community Health Program
Manager
Penny@HealthyAcadia.org

Ursula Hanson, LCSW
Early Childhood Consultation and
Outreach (ECCO) Coordinator
Ursula@HealthyAcadia.org

Sandy Johnson
Finance Director
Sandy@HealthyAcadia.org

Georgie Kendall
Community Health Coordinator
Georgie@HealthyAcadia.org

Debra Matteson
Recovery Supports Coordinator
Debra@HealthyAcadia.org

Sara McConnell
Maine Snap-Ed Nutrition Educator
Sara@HealthyAcadia.org

Gabe O'Brien
Community Health Coordinator
Gabe@HealthyAcadia.org

Mia Petrini
Community Health Coordinator
Mia@HealthyAcadia.org

Mary Kay Roukas
Operations and Human Resources
Director
MaryKay@HealthyAcadia.org

Gail Senecal
DI-S Recovery Program
Coordinator
Gail@HealthyAcadia.org

Shoshona Smith
Development Director
Shoshona@HealthyAcadia.org

Sonia Turanski
RecoveryCorps Program Director
Sonia@HealthyAcadia.org

Chasity Tuell
Community Health Associate
through May 2019

Jada Wensman
Maine Snap-Ed Nutrition Educator
Jada@HealthyAcadia.org

Terri Woodruff
Community Health Program
Manager
Terri@HealthyAcadia.org

Tara Young, MBA, PS-C
Drug Free Communities Program
Coordinator
Tara@HealthyAcadia.org

Nina Zeldin
Community Health Coordinator
Nina@HealthyAcadia.org

Thank You

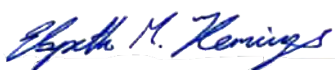
Thank you for taking the time to review Healthy Acadia's year with us. In today's busy and complex world, accessing tools that support mental, emotional, social, and physical well being is more important than ever. At Healthy Acadia, we work hard to think and partner creatively to increase access to healthful resources for all people across our region. And we do so based on regular input, collaboration and support from those in our communities: from you.

Among our many critical program offerings, I would like to highlight our Resilience and Mindfulness for Health curricula. In 2018, we served approximately 1,900 community members of all ages and backgrounds through evidence-based Resilience, Tai Chi for Health, Mindfulness in Relaxation, and Mindful Life curricula. These resources, which are offered in diverse community and school settings, alleviate stress, bring focus to the present moment, increase positive thinking and problem solving skills, improve physical and mental health, reduce the risk of falling, improve strength and balance, promote kindness, and more. Populations served include those in recovery, those with intellectual and physical development and disability challenges, children, teens, seniors, people experiencing low-income, as well as those across socio-economic sectors.

These offerings are free of cost in schools and childcare centers; and in community settings, with a suggested donation. We are committed to providing these opportunities to everyone, without barriers. Our communities are voicing an incredible desire for these resources and we are listening. In 2019, we plan to continue to grow and expand these offerings.

You make this, and all of our collaborative work possible. We are deeply grateful for countless partner collaborations, and for the incredible generosity and support from individuals and businesses. Thank you for every time you have shared a resource with a friend or have taken action towards your own health goals. Together, we make health happen and we help all people to thrive.

With heartfelt appreciation,



Elsie Flemings,
Executive Director, Healthy Acadia



“This work is possible only because of you, our supporters and partners. Thank you so very much for all you do to help build healthy and vibrant communities where we live, work, and play.”

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



43 Union Street
Calais, ME 04619
TEL (207) 412-2283
FAX (207) 952-9371

121 Court Street
Machias, ME 04654
TEL (207) 255-3741
FAX (207) 255-3000

140 State Street
Ellsworth, ME 04605
TEL (207) 667-7171
FAX (207) 667-7173



*Building vibrant communities
in Hancock and Washington counties*