

Annual Report

FISCAL YEAR 2019



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

A message from our Board Chair and our Executive Director

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



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, 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

Community Supporters

Rock and Carmen Alley
Alfhild Anda
Hollie Arsenault
Wells and Mary Bacon
Jeffrey Beauchamp
David and Patricia Bergstrom
Art and Debi Blank
Jennifer and Donald Brandt
Sergei Breus
Dana Briggs
The Britton Family / Britton Family Fund of Schwab Charitable
Carol J. Bult
Mark and Barbara Campbell
Tracey Carlson
Barbara Chatterton and Nicolaas J. Luuring
Janice Church
Lucille Ciampi
Jim and Dorothy Clunan
Elliot and Joanne Cohen
Sue Ferrante-Collier and John Collier
Don and Joan Cousar
Susan Cranmer
Julie Daigle
Dorinda and Brenna Davis
Whitney Davis
Luke and Jackie Damon
Barbara Damrosch and Eliot Coleman
Carole Dempsey and Jon Olsen / Lynn Fund of Vermont Community Foundation
Wendy Demuth
Brett and Michael Devlin
Andrew and Susan Dewey
Ryan and Maria Donahue
Sandie Dubay
Lucinda and Wes Dudley
Jeffrey and Linda Dunn
Donna Eacho
Peyton Eggleston
Elizabeth Falade and Pat O’Grady
Bruce and Barbara Fernald
Alan and Jeannette Feuer
Elsie Flemings and Richard Cleary
Erin Foley
Larry Fraley
Katie Freedman and Rahvi Barnum

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

Community Supporters, continued

John and Joan Freeman
Jack and Brenda Frost
Brian and Abby Frutchey
JoAnne and Richard Fuerst
Donald Galipeau
Sandra and James Goodman
Regina Grabrovac
Ron and Karen Greenberg
Bessima Haigh
Bruce Hamilton-Dick
Ursula Hanson and Jay Friedlander
Veronica Harriman
Will and Olivia Hoar
Stephen and Nancy Homer
Marilyn Hughes
Jane Hultberg
Peter and Margaret Jeffery
Sandy Johnson
Jody Jones
Georgie Kendall
Sharon Knopp and Enoch Albert
Mary Tyler Knowles
Anne Kozak
Susan Lerner and Steven Katona
Robert and Nora Leary
Richard and Gail Leiser
Jacob and Lindsay Lief
Steve and Linda Lindsay
Richard Littlefield
Lane Lucas and Mike Murnik
Marty Lyons
Patrick Lyons and Kourtney Collum
Stanley and Margaret MacDonald
Jay McNally / McNally Family Fund of Maine
Community Foundation
Debra Matteson
Jack and Erica Merrill
Vincent and Debra Messer
Joan M. Miller
Jeff and Karen Milliken
Stephen Milliken
Richard and Susan Mingo
Katherine Mrozicki and Bryant McLellan
Janet Myers and Rob Putman
Rina Nadeau
Garett and Nicole Nelson
Paul and Rebecca Nemser

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

Community Supporters, continued

Gabe O'Brien
Wendilee Heath O'Brien and Denny O'Brien
Kate O'Dell and Paul Kelly
Andrew Osborne
Katherine Hall Page and Alan Hein
Rachel Paradis
Margaret N. Pearson
Bradley Perkins
Anne C. Perry
Claire Poneman
Elin and David Poneman / Elin and David
Poneman Fund of Fidelity Charitable
Delores S. Poneman
Michael Poneman
Caroline Pryor and David MacDonald
Surapaneni Ramanadha Rao
Ioana Razi
Dean and Penny Read
John and Gail Reeves
Donna Reis
Stephen and Judy Richards
Sydney Roberts Rockefeller
Dale Robinson
Ken and Ruth Scheer
Laura Schneider-Look
David and Nannette Schroeder / The Nemo
Fund of Fidelity Charitable
Robert G. Seddig and Lyta G. Seddig
Elizabeth Selim
Catherine Shields
Shoshona Smith and William Ferm Jr.
Susan Snyder
Jacob and Jennifer Spencer
Chris Stelling
Sherry Streeter and Jon Wilson
Anne Stroud
Judith P. Swazey
Leah Taylor and Deborah Fisher
Roger Tracy and Sylvalyn Tracy
Elizabeth ten Grotenhuis and Merton
Flemings
Susan Ten Grotenhuis
Bobbi-Jo Thornton
James and Gail Trimble
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

Stacey Whittington
Heidi Whittwer and Richard Cough
Terri Woodruff
Alice Yoakum / Yoakum Fund of Maine
Community Foundation
Nina Zeldin
Bob Ziegelaar
4 Anonymous Donors

Gifts Made in Honor of

Barter Family and Friends
Daphne
Einar and Jeane Kropp
Gabe O'Brien
David Poneman
Elin Poneman

Gifts Made in Memory of

Ronald "Bucky" Hatt

Supporting Businesses and Organizations

Above Average Coop
Atlantic East Appraisals
Bar Harbor (MDI) Rotary
Bar Harbor Bank & Trust
Bar Harbor Savings and Loan
Beth C. Wright Cancer Center
BJ's (Bangor)
BlueWater Emergency Partners
Cadillac Mountain Sports
Carroll Drug Store
Christine B. Foundation
Christmas Spirit Shop
Church Of The Redeemer
Ciampi Financial
Cleary Law Office
Clothes Encounter
Community Caring Collaborative
Darling's Chevrolet and Auto Mall
Diver Ed - Dive-In Theatre
Downeast Community Hospital
Downeast Credit Union
Downeast Rentals and Real Estate
El El Frijoles
Ellsworth Lioness Club
Fedco Seeds
First National Bank
Floret
Freshwater Stone and Brickwork

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)

Key Investment Services (Bangor)

Kindred Spirits

Kollegewidgwok Yacht Club

Lambert Coffin, Attorneys At Law

Machias Savings Bank

Maine Coast Sea Vegetables

Mainly Kids & Teens

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

Nurse Anesthesia Of Maine

Pat's Pizza Machias

Pemetic Purveyors

Quality Lawn Services

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

Grantors

Anew Foundation
Barbara Bush Children's Hospital at Maine Medical Center
Broad Reach Fund of Maine Community Foundation
C.F. Adams Foundation
Elmina B. Sewall Foundation
Florence V. Burden Foundation
Hancock County Commissioners
Harvard Pilgrim Health Care Foundation
John T. Gorman Foundation
Maine Cancer Foundation
Maine Center for Tobacco Independence
Maine Centers for Disease Control and Prevention
Maine Commission for Community Service
Maine Department of Health and Human Services
Maine Health Access Foundation
MCD Public Health
Mount Desert Island hospital
N4N Fund of Maine Community Foundation
Opiate Free Island Partnership
Quimby Family Foundation
Robert B. and Beatrice B. Goodrich Trust
Sadie and Harry Davis Foundation
St Mary's Health System
Stanley Family Foundation
Sunset Family Foundation
The Opportunity Alliance
The Wireless Zone Foundation for Giving
U.S. Corporation for National and Community Service
U.S. Department of Health and Human Services
U.S. Health Resources and Services Administration
U.S. Substance Abuse and Mental Health Services Administration
United Way of Eastern Maine
University of New England

Fiscal Year 2019 Snapshots



159,866 Meals¹ provided to individuals experiencing food insecurity



138 Individuals received recovery coaching services through our Maine ARC - Downeast Recovery Coaching Program



84 Individuals mentored through our Diabetes Prevention and Lifestyle Change program



1,900+ Individuals learned to shop and eat healthier on a budget through our Maine SNAP-Ed nutrition education classes



223 Donors and **33** Grantors supported our community health initiatives

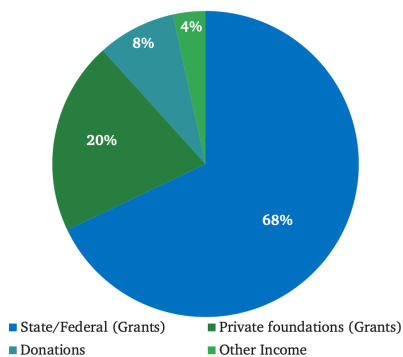


73 Mini-grants² awarded to individuals to help them overcome a health challenge or meet a life goal



1,223 Individuals participated in Tai Chi for Health classes for improved health and well-being

FY19 Revenue



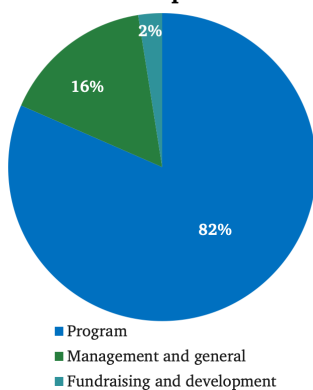
Summary of Revenues and Expenses

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

FY19 Expenses



FY 2019 Expenses

Programs and Services: \$2,210,958
 Management and General: \$432,128
 Fundraising and Development: \$67,828
Total Expenses³: \$2,710,914

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

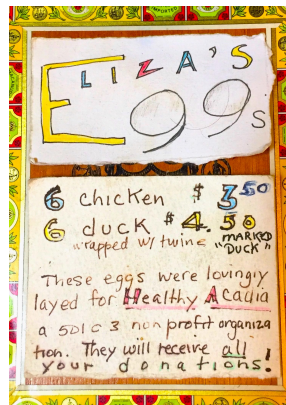
¹Total meal count obtained using meals per dollar calculations based upon USDA's What We Eat in America 2011-12 and per pound average wholesale grocery value according to the June 2016 Feeding America Product Valuation Study, KPMG, Audited. ²The neighbor4neighborFund and You've Got a Friend Fund are two mini-grant programs available to support community members in overcoming barriers to health. ³The 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.

Community Health Connects us All

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

Martha Thompson Wagner, PhD, Chairperson
Dean McGuire, Vice-Chairperson
Patrick Lyons, Secretary
Elsie Flemings Executive Director
Clement Deveau
Jack Frost
Marilyn Hughes
Jody Jones
Vince Messer

HealthyAcadia.org

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

24 Church Street
Ellsworth, ME 04605
TEL (207) 412-2288

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

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



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.

