

Annual Report

FISCAL YEAR 2021



Local teens engaged in DownEast Teen Leadership Camp , July, 2021.



Building vibrant communities for over 20 years

healthyacadia.org



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 Maine's Washington and Hancock counties, and we provide additional community health support and leadership across the state.

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 improve health and health outcomes.

Healthy Acadia works closely with local community 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.

Our Commitment to Health Equity

Health is a fundamental human right. We at Healthy Acadia are dedicated to working together with individuals and organizations to build healthy communities for all. We are committed to responding to community needs and addressing the many barriers to public health. We partner with and facilitate collaboration among diverse individuals and organizations in order to create sustainable and lasting changes to policies and systems that advance equity, diversity, and inclusion, reduce bias, and address the social determinants of health.

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 the Healthy Acadia Board of Directors, I invite you to explore the far-reaching programs and initiatives that are highlighted in our Fiscal Year 2021 Annual Report. As you will discover, the overarching goal of Healthy Acadia is to empower people and organizations to build healthy communities, collaboratively working together. We are grateful to you, as community members, for your insightful guidance and support as we build access to critical health services across our region.



During 2021 we have all been challenged in unexpected ways as we continued to navigate the pandemic and to address a broad range of priority health concerns, including an increase in substance use, growing socio-economic concerns and emergent health needs in Hancock and Washington counties and across Maine. However, 2021 was also a year filled with exciting opportunities to develop innovative strategies involving collaborative community efforts and shared leadership across many sectors of the community.

In the following pages you will discover the broad range of health initiatives which Healthy Acadia has implemented. The programs are each designed to ensure that the community's health needs are addressed, and the community has the opportunity to thrive. I believe you will be impressed, as am I, by the innovative work of our staff members who focus every day on ensuring that we continue to meet the health needs of our community residents.

We are indebted to you, as community members, for your continued interest and invaluable support. Sharing your thoughts and concerns with us enables our organization to be the most effective in addressing health needs. We will always be committed to listening to you, partnering with you, and sharing the resources and skills which will improve the health and wellbeing of our shared community.

Thank you for joining us on the journey.

With gratitude,

A handwritten signature in black ink that reads "Martha Thompson Wagner". The signature is written in a cursive, flowing style.

Martha Thompson Wagner, PhD
Board Chair

Healthy Acadia's Board of Directors

Art Blank
Melissa Moffett Denbow
Clement Deveau, LCSW
Elsie Flemings, Executive Director
Sara Gavit
Jody Jones
Patrick Lyons, Treasurer
Vincent Messer, Ph.D, Secretary
Michael Murnik, MD
Juana Rodriguez-Vazquez
Jacques H. Newell Taylor
Martha Thompson Wagner, Ph.D, Chairperson

Community Supporters

Jenn Alexander
Charles B. Alexander and Timothy T. McCormick
Timothy Allen
Wendy Alpaugh and William McDonnell 5+
Barbara Alpert 5+
Elizabeth Alteri
Betsy Armstrong
Marleen Athorp
Elizabeth Aulwes
Lelania Avila
Wells and Mary Bacon
Charlotte A. Bainbridge
Jill Barlow-Kelley and Robert F. Kelley, Jr.
Phoebe Barnes
Amanda Barrett
Nancy Bauer
Kevin Beal
Ron Beard and Sandi Read 5+
Jeffrey Beauchamp
Stephen Beaupre
Katherine Muhlfeld Bell
David and Patricia Bergstrom 5+
James G. and Joan S. Blaine
Dave Blais
Art and Debi Blank 10+
David and Patricia Blethen
Patricia Blythe
Mercer Bonney
Jennifer and Don Brandt 5+
Stewart and Melita Brecher
The Brecher-DeMuro Family
Virginia Breen
The Britton Family Fund of Schwab Charitable 5+
Ted and Joan Bromage
Ashley Brown
Vickie Brown
Foy and Lydia Brown
William Buehner
Buell Family Fund of the Community Foundation for
Southeast Michigan
Judith Burger-Gossart 5+
Danielle Byrd
Barbara Campbell 10+
Tracey Carlson ☀️ / 5+
Nicole Case
Sally Chadbourne
Laura Chadwick
Virginia Baruss and Michael R. Chaisson
Daniel Chalmers
Donna Reis Charitable Fund of Fidelity Charitable
Elizabeth Chen and David Ring
Jennifer Chessman ☀️
Kim Childs and Doug Michael 5+
Amy and Rob Clement
Catherine Clinger
Elliot and Joanne Cohen
Ken and Jacques Colburn
Pancho Cole
Lydia Collins
Veronica and Ryan Conley
Sonya Connelly
Kathy Cook
Robert Cook
Allie Cook
Sarah Corson and Dick Atlee
Stacey A. Cramp and Scott M. Douglas
Susan Cranmer
Jacquelyn Cressy
Diane Crockett

Strong Beginnings

*Supporting healthy development and resilience
from birth to adulthood.*

DownEast Teen Leadership Camp and G2O

As COVID-19 restrictions eased, we were thrilled to once again host our traditional DownEast Teen Leadership Camp (DETLT) as a five-day residential program. DETLT 2021 was held July 26-30, with COVID-19 safety protocols in place, and at a beautiful and new-to-DETLT location: Cobscook Institute in Trescott, Maine.

Equally exciting, Healthy Acadia was selected as one of four sites across Maine to host a group of inspiring youth leaders through Maine Youth Action Network's Gateway to Opportunity Program (G2O), who helped to plan and facilitate the DETLT 2021 program.

G2O connects young people ages 16-24 with paid, work-based, summer learning projects in their community, bringing about positive and tangible outcomes for the participants and their communities. G2O youth work in teams with guidance from their Team Leader, a near-peer mentor, as well as supportive adult allies.

"As a group facilitator, it was so incredible to watch every camper open up, step outside of their comfort zone, and contribute in unique ways to the formation of such a unique and welcoming community," said Chloe Mankin. "I wish that I had a camp like this to go to when I was in junior high," added Edge Venuti.

Thanks goes out to our G2O team - Ellie Claverie, MacKenzie Schors, Ari Spencer, Edgelynn (Edge) Venuti, and Team Leader Chloe Mankin - for creating a meaningful and memorable learning and social experience for the campers.



"It was so incredible to watch every camper open up, step outside of their comfort zone, and contribute in unique ways."

- Chloe Mankin, G2O Team Leader

Healthy Food for All

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

Washington Academy Community Garden



“I love what we do and the amazing connection and knowledge Regina shares with the students.”

- Colleen Maker, Science Teacher, Washington Academy

The Larson Dormitory Garden at Washington Academy in East Machias grows thousands of pounds of produce each year for area food security organizations with the support of Healthy Acadia, University of Maine Cooperative Extension Master Gardeners, and other community volunteers.

“Healthy Acadia has been providing strong support to this campus garden for six years,” said Regina Grabrovac, Healthy Acadia’s Food Programs Manager in Washington County. The enthusiasm and energy of the students and faculty are key to the project’s continued growth and success. “I love what we do and the amazing connection and knowledge that Regina shares with the students,” said Science Teacher Colleen Maker. “Engaging youth in projects that benefit communities helps to build strong connections and improve health and health outcomes for all.” Grabrovac agrees. “We really look forward to seeing this project continue to grow in student engagement for many more years to come!”

In FY21, Healthy Acadia also helped to convene a Washington-Hancock County community garden network and Machias-area Incredible Edible container garden project; connected schools across Washington and Hancock counties with gardening resources; convened internally to create and disseminate a comprehensive community garden list; and laid groundwork for Downeast Restorative Harvest, a garden partnership with the Washington County Jail and others- stay tuned for more on this exciting collaborative effort!

Community Supporters, continued

Tracy Crossman
Liz Cutler
Hannah Cyrus
Julie Daigle
Sarah Dalton Phillips
Rebecca Davis
Debra Deal and Rogier van Bakel
Sarah Dedmon
Suzanna Dee
Shannon Demarest
Stephanie Demmons ☀️
Clement and Brenda Deveau
Brett and Michael Devlin
Dewey Family Fund of Fidelity Charitable 5+
Ann Diano
William and Ellen Dohmen 5+
Ryan and Maria Donahue ☀️/ 5+
Alex Donahue and Riley Donahue
Vanessa and Nathan Donaldson
Gordon and Cynthia Donaldson 5+
Joanna Dotts
David and Carol Dowley
Doug Dunbar
Jeffrey and Linda Dunn 5+
Donna and William Eacho
Jodi Edwards
Josh Ehrlich
Rachel Emus
Shepard and Linnette Erhart
Elizabeth Falade and Pat O’Grady
Catherine Feldkamp
Nathaniel R. and RuthAnn G. Fenton
Barbara and Bruce Fernald
Sue Ferrante-Collier and John Collier
Feuer Family Gift Fund of Fidelity Charitable
Donielle Fields
Patricia Fitzgerald
Elsie Flemings and Richard Cleary ☀️/10+
Angela Fochesato
Laurie Forbes
Karen Foster
Stephen Lealond Foster
Patrick and Margaret Foster
Rachel Fowler
Nancy Frank
Erin Freed
Philip Frey
JoAnne and Richard Fuerst 5+
Kathryn Gaianguet
Elizabeth Geller
Amy Getchell
Hilary Goldblatt
Sandra and James Goodman
Regina Grabrovac 5+
Carrie Graham
Julia Gray
Ron and Karen Greenberg
Wayne and Geraldine Gregersen
Betsy Grossman
Penny Guisinger
Nicole Gurreri
Katherine Hall Page and Alan Hein 5+
Kim Hammersley
Marilyn Handel
Ursula Hanson and Jay Friedlander
Martha and Lloyd Harmon

Community Supporters, continued

Gretchen Harrington
Tracy Haskell
Donald and Mary Havener
Mailen Haynes
Wilma Jean and Dudley Hendrick
Eric and Kate Henry 5+
Vicki Herr
John Hessler
Jill Higgins
Gwen Hoffnagle
Holt Family Fund of the Maine Community Foundation
Betsey Holtzmann
Naomi and Henry James Honeth
Bill and Cookie Horner
Peter Houghton
Sepp Huber and Sheila Unvala
Marilyn Hughes 5+
Jen Hughes and Kenneth Cline 5+
Jane Hultberg 5+
Corrie Hunkler
Gabriella Irazabal Freedman
Katie Freedman and Rahvi Barnum ☀️/ 5+
Jack and Brenda Frost ☀️/10+
Sara Gavit ☀️
Paul and Bobbi Ivan
Ray Salvatore Jennings
Jennifer Johnson
Kerry Johnson
Dan and Cynthia Johnson
Paige Johnston
David Jolly
Jody and Ralph Jones 5+
Paula Judge
Donna Karlson and AJ Greif 5+
Susan Lerner and Steven Katona 10+
Sally Kellogg 5+
Bruce Kenney
Michelle Keyo and Michael Sheahan
Satya Kaur Khalsa
David Kirkpatrick
Gary Knight 5+
Susan Kocincki
Diane Kopec
Anne Kozak 5+
Jeanne Kropp
Patricia Lad
Rebecca Lambert
Michael Leacher
Preston and Laylyn Leighton
Richard and Gail Leiser 5+
Sue Leland
Cynthia and Dan Lief
Steve and Linda Lindsay
Peter Logiodice
Mike Murnik and Lane Lucas
Ann Luther and Alan Vlach
Alana Luzzio
Marty Lyons 10+
Jeanie Lyons
Patrick Lyons and Kourtney Collum 5+
Jean MacDonald
Machias Savings Bank Accounting Department Employee Group
Ward and Genevieve Mackenzie
Carla Manchester
Gail Marshall and Julian Kuffler
Peter J. Martin

Active and Healthy Environments

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

Smoke-Free Public Spaces

Smoke-free public spaces help to keep our air cleaner and our communities safer. Healthy Acadia was thrilled to partner with these 34 businesses, school districts, and organizations in FY21 to develop smoke-free policies for their employees, visitors, and patrons:

| | |
|--------------------------------|---------------------------------|
| AOS 77 | Julianna's Virtual Cafe |
| Bar Harbor Chamber of Commerce | Lamb Cove Farm |
| Beehive Enterprise, LLC | Machias Recovery Support Center |
| C & E Feeds | Mahoneys Gaming Emporium |
| Calais Recovery Support Center | Mama Lola's Mexican Food |
| Calais Skate Park | Monroe & Germain Rentals |
| Coastal Eye Care | MRRE Holdings, LLC |
| Community Closet | Pat's Pizza Machias |
| Eastland Property Rentals | Pilgrim's Inn |
| Eden Farm | Smith Computer |
| 45th Parallel Gift Shop | St. Croix Snack Shack |
| Grampie Bill's Place | Sunrise County Farmers' Market |
| Grapevine LLC | The Eastland Motel |
| Hair I Am | Tiny Tots |
| Hancock Co.Planning Commission | Town of Danforth |
| Holley Properties LLC | Town of Mount Desert |
| Jonesboro Grange #357 | Town of Princeton |



"If the Jonesboro Grange can take this measure to help others stay safe at our community events, I hope other organizations will jump on board."

- Rebekah Hodgson, Grange Board Member

Is your business, school, or organization interested in developing a smoke-free policy, or updating a current policy? Our substance prevention team can provide assistance with policy development, training for staff, free signage, AND mini-grant opportunities to help you adopt and implement model policies. Contact us!

"If the Jonesboro Grange can take this measure to help others stay safe at our community events, I hope other organizations will jump on board," said Grange Board Member Rebekah Hodgson. *"[We] are excited about this opportunity to help keep our air clean and healthy for all."*

Healthy Aging

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

Monthly Mindfulness Series

As the world continued to navigate the ongoing COVID-19 pandemic, it became increasingly clear that prolonged physical isolation was taking a heavy emotional toll for community members of all ages, especially for those with more health concerns. Healthy Acadia's virtual Monthly Mindfulness Series came about during the pandemic as a way to support social connection and emotional wellbeing during these uncertain and challenging times.

We kicked off the series in April 2021 with special guest Dr. Joshua Ehrlich's "Mindful Leadership: Focus for Performance." We have continued to bring you free, thought-provoking and action-inspiring workshops - live via Zoom - from passionate and talented community-based mindfulness leaders on the first Thursday of each month. Community members have explored a wide range of wellness topics, including "The Joy of Walking," "Laughter Yoga," "Gentle Mindful Movement," and more.

A benefit of offering Zoom workshops is that they can be accessible in new and broader ways, including to those not geographically near: "I have learned so many powerful, effective, and playful mindfulness tools! One participant shared. "My mother-in-law is also a frequent guest, [tuning in] from Pennsylvania!"

We love sharing these wellness topics with our community and see them as tremendous tools in helping to build and support individual and collective resilience and well-being. We hope you'll join us!



"I have learned so many powerful, effective and playful mindfulness tools!"

- Name withheld, Monthly Mindfulness Series Participant

Community Supporters, continued

Lori Martin
Ginny Masullo and Steve Smith
Elizabeth Mathewson
Debra Matteson
Elizabeth Matthewson
Katherine McAlpine
Mary McCarthy
Sara McConnell
Priscilla McFarland
Tom McGehee
Mark and Mary Lou McGuire
Gary McNeill
Jack and Erica Merrill 5+
Vincent Messer 🌟 / 5+
Joan M. Miller
Ed Milligan
Daphne Milliken
Rebecca and Steve Milliken 5+
Richard and Susan Mingo
Donna Mitchell
Melissa Moffett Denbow
Pidge Molyneaux
Sarah Moore
Katherine Mrozicki and Bryant McLellan 5+
Leroy and Emily Muise
G. Todd Mydland
Janet Myers and Rob Putman 5+
Phil and Carol Neal
Alex and Jacques Newell Taylor
Wanda Nichols
Peter and Susan Nitze
Darlene Nolin
Eric and Karen Norberg Charitable Account of
Schwab Charitable
Kathleen F. and Jonathan M. Nyborg
Charlene Nyman
Kathleen Nyssen
Ann E. O'Brien
Chris O'Brien
Judy O'Neal-Brooks
Elizabeth Oppewall
Jeffrey and Gigi Oxman
Eleanor Park
Tracey Parker
Nancy Parr
Lisa Parsons
Stanley Parzen
Nancy Patterson
Mary Pelletier
Amy Pelletier
Julie Pelletier
Pembridge Square Fund of Fidelity Charitable
Bradley Perkins 5+
Cynthia Perkins
Marjorie Peronto
Val Perry
Karen Perry and Stephen Keiser 5+
The Pill Maharam Family Fund of the Goldman
Sachs Philanthropy Fund
Annette Plank
David and Elin Poneman 5+
Lucille Poulin
Ronald and Mary Pressman
Caroline Pryor and David MacDonald 5+
Carole Puglisi
Vivian Pyle and Anthony Anemone
Dean and Penny Read 10+
Barbara and William Reeve



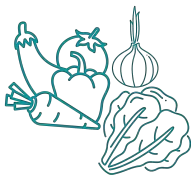
New individuals were trained to provide recovery coaching services through our Maine ARC Community Coaching and Maine Recovery Core Programs.

69



19

11 Mothers and 8 Children were served through Safe Harbor Recovery Residence for Women and Children.



Servings of fresh produce (=33,028 pounds) were gleaned from local farms and gardens for those experiencing food insecurity

210,000



~70

Individuals expanded their horizons through our Monthly Mindfulness Workshop Series.

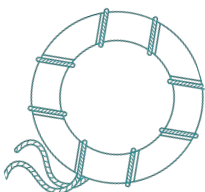


Volunteers (350), community donors (263), local businesses (88), and grantors (40) provided in-kind and monetary support of our community health programs.

741

45

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



Community members are now able to reverse an opioid overdose due training and access to Narcan kits.

194

165

Individuals received one-on-one cancer patient navigation services and support.



Every gift makes a difference.

Your support in any form helps make health happen. In the midst of COVID-19 financial stress, and in response to all the stressors brought by the pandemic, our community rallied to increase donations and support one another's access to healthful resources and health itself. We celebrate this incredible generosity.



"I've known about Healthy Acadia since we bought a house on MDI in 2014. I'm so impressed with the breadth of work that they're undertaking every day. There are so

many diverse and unmet needs in the area, and Healthy Acadia is tackling them head on! Getting to know the organization's leadership and staff has been a bonus - and it makes me that much more confident that my family's donations are being used in a thoughtful and impactful way."

- Melinda Kelley

"Healthy Acadia's work is so important to my community and throughout Hancock and Washington counties. So, it just made sense to want my own legacy to include supporting Healthy Acadia. I'm excited to know my financial gift will help others long after my own chapter on this earth is done."



- Sonya Connolly

Make Health Happen.

Celebrating Community Health Champions.

We make health happen, together with you. Healthy Acadia partners with individuals, municipalities, organizations, and businesses to build access to health and wellness supports and enable all people and our communities to thrive.

In 2021 as part of Healthy Acadia's 20th year anniversary celebration, we undertook our first-ever, in-house documentary film production which will premiere in November 2022. "Together: Community Health Champions," will shine a light on six incredible individuals selected through a Washington and Hancock County-wide nomination process as Community Health Champions. These inspirational individuals have gone above and beyond the call of duty to help address health challenges we face and to help all people thrive.

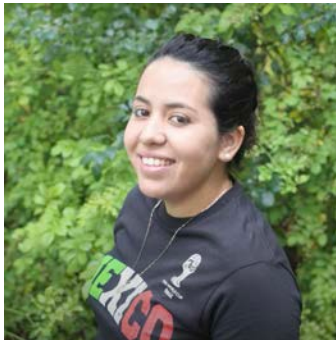


A Retired Police Detective and Recovery Ally who now works in her local school system as a substitute teacher where she helps to shape the lives of youth in their formative years, and who continues to volunteer with a substance recovery program led by her local police department.

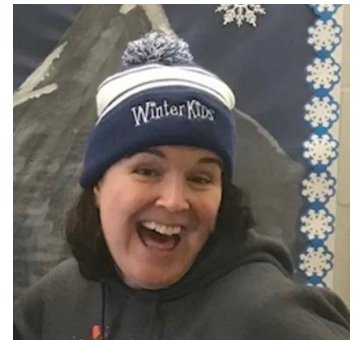


A Fisheries and Land Conservation Advocate who works to build access to outdoor recreation, protect and restore, critical ecosystems, and support the well-being of our communities through healthy connections with these resources and the natural world.

An Executive Director, Teacher, and Community Leader who serves migrant, immigrant, and farm worker families, addresses health inequities, and is a voice for anti-racism. Her work benefits our entire region.



An Elementary School Teacher who inspires and engages her students in regular physical activity for healthy minds and bodies. She has helped her school to acquire funding and develop new outdoor spaces for children with a particular focus on supporting the balance of learning, technology use, and outdoor activity and exploration in every season.



A Community Health Educator whose highly engaging health coaching, exercise, and disease prevention classes help to maintain and build mobility and independence for participants including older community members. Her virtual class offerings enable community members to build and maintain strong social connection amid the ongoing COVID-19 pandemic.



An Avid Home Gardener and Retired Pediatrician who is a strong advocate for access to healthy food for all. He grows and donates thousands of pounds of fresh produce each year to regional food security organizations and has volunteers at a local community food pantry.

Community Supporters, continued

John and Gail Reeves 5+
Karen Reilly
Ken and Esther Revis-Wagner 5+
Anne Rhode and Ned Johnston
Stephen and Judy Richards 5+
James and Jean Richardson
Sydney Roberts Rockefeller 5+
Laurel Robinson
Linda Robinson 5+
Juana Rodriguez-Vazquez
Barbara Royal
Rachel Rubeor
Samaura Fund of Morgan Stanley GIFT
Patricia and Roger Samuel
JR Sandin
Michael Saul
Lisa Schaefer
Wendy Schoppee
Virginia Scudiere
Katie Sell
Pamela Shaw
Lynn Shepard
John and Elizabeth Sherblom
Stuart Siddons ☀️
Lilea and Richard Simis
Barbara Sinclair
Shira Singer and David Manski
Mary Ann Smallidge
Katie Smith
Melinda Smith Kelley
Shoshona Smith and William Ferm Jr. ☀️ / 5+
Caleb and Ellen Speirs
Kriste Sprague
Savannah Steiger
Jonathan Stein Charitable Fund of the Maine
Community Foundation
Medea Steinman
Audra Stewart
Carolyn Storey
Andrew and Donna Strachan
Sherry Streeter and Jon Wilson
Peggy Sugerman
Margaret Sumpter
Karen Svenson
Karen Swann
Judith P. Swazey 5+
Constance Sylvia
Mary Talley
Xavier and Nina Teixido Family Fund of Fidelity
Charitable
Susan ten Grotenhuis 5+
Elizabeth ten Grotenhuis and Merton Flemings 10+
Barbara Tennent
Kirsten M. Tenney ☀️
Martha Thompson Wagner
Jennifer Tuell
Michelle Van Hoose
Camille Vande Berg
Mary Veit
Elizabeth Vezean
Elizabeth and Norman Vezeau
Nancy Wadman
William Wagner
Eveleigh Wagner and John Melick
Cecily Wardell
Billie Jo Warren

Substance Prevention and Recovery

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

INSPIRE Recovery Center



"The INSPIRE Center is for people who are in recovery or considering recovery to have a safe and comfortable place to come and hang out with others in the recovery community."

- Beth Alteri, Co-Coordinator, INSPIRE Recovery Center

In early September 2021, we opened our INSPIRE community recovery center in Ellsworth. It was the first of its kind in Hancock County, and 15th in the state.

INSPIRE — In Support of People in Recovery — is located at 24 Church Street, Ellsworth, offers a safe and welcoming environment for people seeking substance recovery to connect with others in the recovery community. INSPIRE offers a variety of programs, classes, groups, activities, and events that support each person's recovery journey, promote positive social interaction, and benefit overall health and wellness.

"INSPIRE is a place for people who are in recovery or considering recovery to have a safe and comfortable place to come and hang out with others in the recovery community. They can have a cup of coffee, receive support, have some fun, and get to know one another in a safe place," said INSPIRE Center Co-Coordinator Beth Alteri.

Over the past year, the Center has blossomed into a community hub, with a robust and growing schedule of inclusive offerings for community members, including support groups, tai chi and yoga, creative workshops, and social events. We are thrilled to celebrate INSPIRE's one-year anniversary. Follow INSPIRE on Facebook!

Health Promotion and Management

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

Juneteenth Commemoration

MDI Racial Equity Working Group and Healthy Acadia hosted an inspirational Juneteenth Commemoration on Saturday, June 19, 2021. Maine artists and speakers came together to celebrate the rich culture of African Americans; commemorate Juneteenth and the ending of slavery; honor the dedication and sacrifices of so many in the struggle for racial justice; and inspire ongoing work to tackle racism and advance racial equity. They were joined by renowned cellist, Yo-Yo Ma, who gave a surprise collaboration and solo performance. Find event highlights and a link to the full recording at healthyacadia.org.

Amongst the many captivating speakers and performers, Theresa Daniels-Hemphill spoke to the history and significance of Juneteenth and the critical and ongoing work to bring about positive change: "Let us celebrate this milestone. Let us remain steadfast to our commitment in the face of this country's newly reawakened reckoning with its past."

Health Equity is one of our guiding values. We believe that all people must have access to resources and conditions that support their best health and wellbeing, regardless of race, class, gender, sexuality, ability, immigration status, age, income level, religion, lived experiences, and more.

Help us keep this now-annual event going for years to come, and please save the date - June 19, 2023 - for next year's event!



"Let us remain steadfast to our commitment in the face of this country's newly reawakened reckoning with its past."

- Theresa Daniels-Hemphill, Speaker

Community Supporters, continued

Deborah Welch-Ambro
Patricia and William Welte
Sandy Wilcox and Jack Russell **5+**
Sara Willett
Nancy and Kent Willett
The Williwaw Fund of Vanguard Charitable
Roger Wilson
Sarah Wise
Heidi Wittwer and Richard Cough **10+**
Terri Woodruff ☀️
David Woodside
Melinda and Gordon Workman
J. Mark and Michelle Worth
Yoakum Fund of the Maine Community
Foundation **5+**
Karen-Jo Young
Nina Zeldin ☀️ / **5+**

Gifts in honor of

Dr. Eveleigh Wagner and Dr. John Melick
Elsie Flemings (x2)
Healers
Leona Linden Smith Ferm
Marisa Marinelli
Martha Thompson Wagner
Nina Zeldin
Healthy Acadia Staff & Board

Gifts in memory of

Becky Bouchard
Cameron Warren
Clayton "Popeye" Gardner (x2)
David Dressel
Doug Willett
Lynne Raimondo
Patrick Quinn
Paula Peloso

Anonymous Gifts

X19

Key

5+ 5+ year donors
10+ 10+ year donors
☀️ Sunrise Monthly Giving Circle donors

Business and/or Organizational Supporters

Champions

Anew Foundation **5+**
Broad Reach Fund of the Maine Community
Foundation
Community Health Options Community Benefit
Program
The Jackson Laboratory
Machias Savings Bank **10+**
Maine Community Foundation
Maine Health Access Foundation
Sara Gideon for Maine

Business and/or Organizational Supporters, continued

Leaders

ArtWaves
 Bar Harbor Bank & Trust **10+**
 Cleary Law Office **10+**
 Diakoneint Foundation
 Ellsworth United Methodist Church
 liz cutler Fine Art
 Sassafrass Catering

Sustainers

Fedco Seeds **5+**
 Joy Yoga Maine
 Maine Coast Sea Vegetables,
 100% Employee Owned **10+**
 The Masonic Charitable Foundation of
 The Grand Lodge of Maine
 Salsbury's Organics **10+**
 Viking Lumber **5+**
 The West Street Cafe **10+**

Builders

Above Average Coop
 Bar Harbor Savings & Loan
 Chow Maine Foods
 Church of the Redeemer **5+**
 faith.hope.love.artistry
 The Thirsty Whale **5+**
 Unitarian Universalist Church of Ellsworth

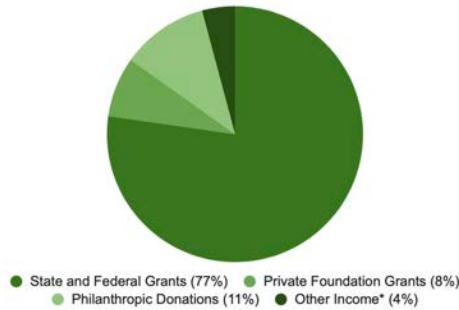
Friends

Acacia House Inn
 The Blue Hill Wine Shop
 The Borealis Press
 Brown Appliance and Mattress
 Coston, McIsaac, & Shea Financial Advisors
 Freshwater Stone and Brickwork **5+**
 Galyn's Restaurant **5+**
 Geddy's Pub **10+**
 Georgie Kendall, Way Downeast
 Realtor with Realty of Maine
 Harwood Lodge #91
 Interiors by Details **5+**
 K&B Automotive
 Machias Hannaford
 McGuire Seasonal Services
 MDI Imported Cars ☀️ / **5+**
 Merrill Furniture **5+**
 Pemetec Purveyors **10+**
 Pineo's True Value
 Rooster Brother
 Sheila's Cookies
 Tradewinds Marketplace
 Versa Gripps **5+**
 Wallace Events

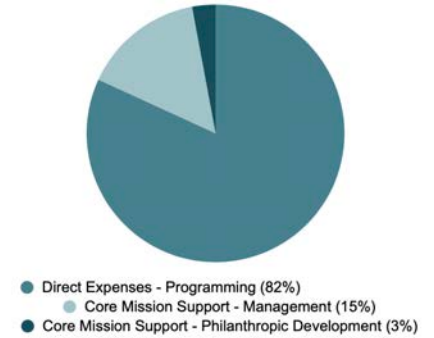
Members

207 Collectibles

FY2021 Revenue



FY2021 Expenses



Summary of Revenues and Expenses

Healthy Acadia's Fiscal Year 2021: October 1, 2020 - September 30, 2021

FY 2021 Revenue

State and Federal Grants: \$3,143,154
 Private Foundation Grants: \$309,383
 Philanthropic Donations: \$446,552
 Other Income*: \$169,453
Total Revenue: \$4,068,542

*Other income is comprised primarily of cost share from Maine Recovery Core Internship Program partners.

FY 2021 Expenses

Direct Expenses - Programs and Services: \$3,239,359
 Core Mission Support - Management and General: \$602,816
 Core Mission Support - Philanthropic Development: \$116,086
Total Expenses: \$3,958,261

Visit healthyacadia.org to review the full Financial Statement for fiscal year 2021.

Removing Health Barriers

Healthy Acadia, with support from grantors and donors, administers mini-grant awards and grant sub-awards aimed at removing barriers to health.

The following funds were disbursed in FY2021:

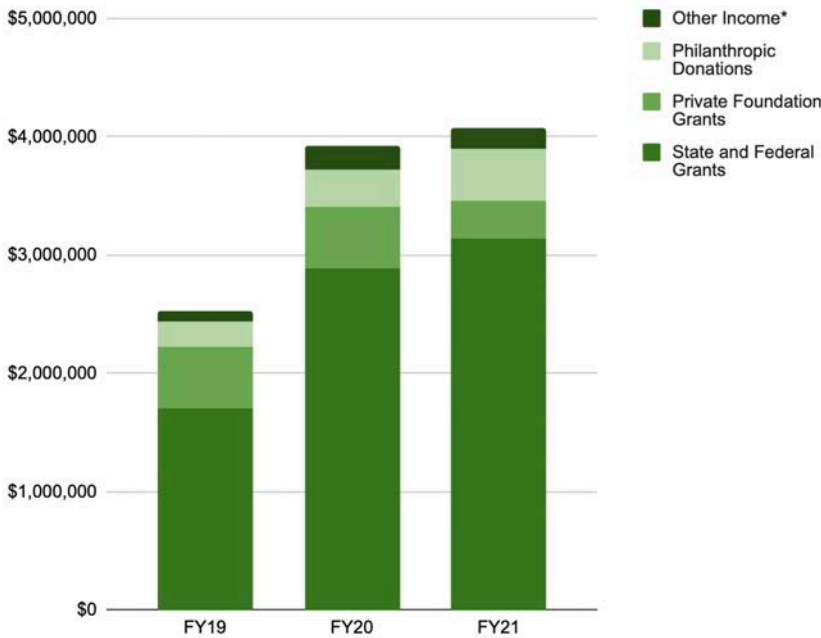
- The neighbor4neighbor Fund: A total of \$7,977 to 19 individuals¹
- You've Got A Friend Fund: A total of \$24,070 to 36 individuals¹
- Colorectal Cancer Screening Fund²: A total of \$1,676 to 2 individuals¹
- COVID-19 Cancer Patient Relief Fund²: A total of \$4,295 to 11 individuals¹
- Support for smoke-free policies³ A total of \$1,100 to 32 local businesses
- Downeast Partnerships for Success⁴: A total of \$82,572 to 16 school/ organizations to support programs to directly benefit youth
- Project HOPE⁵: A total of \$4,527 to 8 individuals¹ seeking recovery treatment and supports

¹Funds awarded were disbursed directly to vendors providing the requested product or service; ²Supported by Maine Cancer Foundation; ³Supported by Maine Prevention Services, a Maine Centers for Disease Control and Prevention Initiative; ⁴Supported by the Substance Abuse and Mental Health Services Administration; ⁵In collaboration with Ellsworth Police Department.

By the Numbers

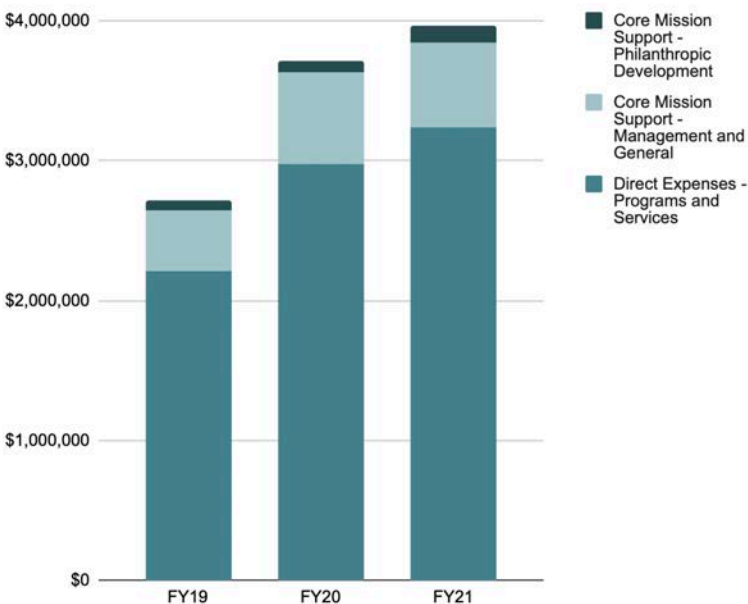
As together we navigate this challenging health and economic landscape, our health needs will continue to change and increase. Continued and growing community support, particularly through unrestricted gifts and gifts designated to support any of our six Focus Areas, will make it possible for Healthy Acadia to continue and expand services that support health for everyone from every walk of life and in every corner of our region.

Revenue Shifts, Last Three Fiscal Years



*Other income is comprised primarily of cost share from other partners for a Recovery Core intern program.

Expenditure Shifts, Last Three Fiscal Years



Business and/or Organizational Supporters, continued

- Autobots Entertainment
- BJ's Wholesale Club Bangor
- Blue Zee Farm
- Cold Spring Design & Woodworking
- Community Closet
- Cooper's Pledge - Give Back
- Eastland Motel
- Elizabeth's Fine Goods
- Elliott + Elliott Architecture
- The Ellsworth American
- Ellsworth Pat's Pizza
- Finn's Irish Pub
- Fire Chicks Photography
- Flexit Cafe & Bakery
- Gallery Leather Outlet Store
- The Grand
- Hardy Cakes
- Havana 5+
- Josie's Country Store
- The Knowles Company
- MDI High School Outing Club
- Momo's Cheesecake
- Motifs Hair and Tanning
- Napa Auto Parts
- Penobscot Granite
- Perfect Image Photography
- Poppy Polka Dot
- Pro31 Cleaners
- Shari Ciomei Studio/Gallery
- Sherwin Williams
- Story Land
- Toko Ellsworth
- Two Old Goats Antiquities and Artisans
- Water Street Tavern and Inn
- William C. Reiff, Esq.

Healthy Acadia's fundraising is grounded in our organizational values of collaboration, compassion, excellence, health equity, integrity, service, and stewardship.

We root our development systems and relationships in respect, trust, partnership, and equity. We list our community donors alphabetically rather than by giving amount in order to recognize that every gift is a meaningful, generous vote in support of the health of our communities. We strive to share diverse ways to be involved and contribute, whether through funds, time, or other ways. Everyone has an important place at the table.

Thank you for working with us to address health disparities and reduce inequities where we live, work, and play.

A Message From Our Executive Director.



Dear Friends,

Looking back on 2021, it is extraordinary to see the many challenges we faced in our families, communities, and world, and also to recognize the significant work we were able to accomplish together with you all. The year at Healthy Acadia was full speed ahead, continuing and growing our community-based health programming, adjusting as needed to be most responsive and beneficial, and implementing new programming to meet emerging needs and opportunities.

We continued to support our communities in responding to COVID-19, working across Downeast Maine and beyond to support COVID safety and equity, including access to masks, testing kits, and vaccination. We continued to ensure that our broader community health programming could be accessible to all people while promoting COVID safety for all. And we continued to coordinate and enhance programming, such as mindfulness, resilience, youth supports, food security, recovery supports, and other offerings to support our communities in responding to the health challenges that have been exacerbated by COVID-19.

Throughout 2021, we sustained, expanded, and creatively adapted critical longtime programming, such as Tai Chi for Health, peer recovery coaching, nutrition education in schools and communities, youth engagement and resilience, tobacco prevention, cancer patient navigation, suicide prevention, gleaning and other anti-hunger efforts, health literacy programming, and so much more.

We also launched new, exciting, community-led programming and services. We opened the Safe Harbor Recovery Home for Women and Children in Machias and we opened the INSPIRE Recovery Community Center in Ellsworth. We supported two inaugural community events, in collaboration with community members and partners: a Pride celebration and a Juneteenth Commemoration. We launched our Community Mindfulness Series, hosted on Zoom, in which a wide variety of mindfulness leaders offer a one-hour mindfulness session, free and open to all. We launched a new Blueberry gleaning initiative in collaboration with growers and the State of Maine. We launched PROSPER, an initiative to support women with substance use disorder and their children from pregnancy through early childhood. And more!

We continued to work within our Health Equity Team and across the organization to advance our commitment to Health Equity, as a core value and guiding principle of the work we do. As we continue to learn, grow, and expand in this area, we are dedicated to ensuring that all people have access to resources and conditions that support their best health and wellbeing. We commit to continually learn, to create opportunities and environments that help all people thrive, and to address health disparities and inequities within our organization and across our communities.

We deeply appreciate our continuing and growing collaboration with so very many community members and partners across the Downeast region, throughout the State of Maine, and beyond. We are also profoundly grateful to the extraordinary community support coming from so many people in so many ways - you inspire, guide, nurture, and sustain. We are so grateful to be working together with each of you to build healthier communities and help all people thrive.

With deepest gratitude and care,

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

Elsie Flemings
Executive Director

Community Health Connects Us All.

Our Healthy Acadia Team, including more than 60 staff, interns, and consultants; as well as several hundred volunteers, delivered over 45 highly impactful community health programs across six broad areas of focus in fiscal year 2021, most at no cost to participants. In collaboration with hundreds of community partners, we continue to positively impact the lives of tens of thousands of individuals living in Hancock and Washington counties, and across much of Maine.

As a non-profit community health organization, we rely on generous community support to continue and grow our programs and to help improve health, health outcomes, and 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 biweekly e-newsletter to receive regular updates and information about community health programming, events, and awareness campaigns.

Follow Healthy Acadia on Facebook, Instagram, Twitter, TikTok, and YouTube; and read our web blog for the latest community health news, programming, and events.

Give. Your support of time and funds enables Healthy Acadia to identify emerging community health needs and take swift action. We thank our community for every gift of every kind. If you are able to do so, please consider donating to Healthy Acadia. Visit healthyacadia.org or call 207-667-7171 Ext. 210 to learn more.



Thank you. We so appreciate the support, leadership, and partnership of so many in our communities and beyond over these past 20 years.

We look forward to making health happen, together with you, for many years to come.

The Healthy Acadia Team

Grantors

C.F. Adams Charitable Trust
Catholic Charities Maine
Corporation for National and Community Service/
Volunteer Maine
Elmina B. Sewall Foundation
Full Plates Full Potential/US Department of
Agriculture
Good Shepherd Food Bank/Community
Development Strategies Initiative
Harvard Pilgrim Health Care Foundation
John T. Gorman Foundation
Let's Go! 5210
Maine Cancer Foundation
Maine Community Foundation
Maine Department of Agriculture, Conservation and
Forestry
Maine Department of Health and Human Services/
Center for Disease Control & Prevention/Office of
Population Health Equity
Maine Department of Health and Human Services/
Office of Behavioral Health
Maine Farmland Trust/Blue Hill Peninsula
Community Food Grant Program
Maine Health Access Foundation
Maine Justice Foundation
Maine Network of Community Food Councils/St.
Mary's Nutrition Center
Maine Prevention Services, an initiative of Maine
Center for Disease Control and Prevention,
Department of Health and Human Services
Maine SNAP-Ed
MaineHealth
MaineHousing
No Kid Hungry/Share Our Strength
Northeastern Workforce Development Board
Onion Foundation
Quimby Family Foundation
Robert B. and Beatrice B. Goodrich Trust
The Bingham Program
The Opportunity Alliance/Maine Youth Action
Network
Tobacco Free Kids Action Fund
Town of Bar Harbor
Town of Ellsworth
Town of Southwest Harbor
Town of Tremont
United Way of Eastern Maine
University of MA Medical School
University of New England
US Department of Health and Human Services/
Centers for Disease Control and Prevention
US Department of Health And Human Services/
Health Resources and Services Administration
US Department of Health and Human Services/
Substance Abuse and Mental Health Services
Administration/ Center for Substance Abuse
Administration

We realize that some donors are no longer with us and that this may not be reflected here. We offer our deepest sympathies to their families. 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!



Building vibrant communities for over 20 years

Our Mailing Address:

PO Box 1710
Ellsworth, ME 04605

Our Office Locations:

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

INSPIRE Community
Recovery Center
24 Church Street
Ellsworth, ME 04605
TEL (207) 412-2288

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



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 positive and lasting change in communities across Hancock and Washington counties, Maine.