

Annual Report

FISCAL YEAR 2022



Building vibrant communities for over 20 years



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. Learn more and get involved. Visit healthyacadia.org.

Together, We Make Health Happen.

A Message From Our Board Chair

Greetings,

On behalf of Healthy Acadia's Board of Directors and Staff, I invite you to explore the far-reaching programs and initiatives which are highlighted in the following pages. As you will discover, the overarching goal of Healthy Acadia is to empower individuals and organizations to build healthy communities, working collaboratively together. We are grateful to You, as community members, for your insightful guidance and support as we work together to build access to critical health services across our region.



During the eight years I've been involved with Healthy Acadia, one of the most impressive aspects has been the central importance of a team approach to health – staff members, Board members, community members working together to address a broad range of health challenges. Teamwork is a hallmark of Healthy Acadia's organizational structure. Daily, individual accomplishments contribute to our goals, yet it is teamwork which allows us to attain results. As individuals come together in dialogue, with different abilities, viewpoints, and experiences, meaningful and effective programs are the result.

One of my favorite quotes applies:

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” Margaret Mead

In the following pages, you will discover the broad range of health initiatives which Healthy Acadia implemented in FY 2022*. Each is designed to address priority health needs and respond to socio-economic and emergent health concerns in Hancock and Washington counties, and across Maine. In each instance, the innovative programs and strategies involve collaborative community efforts, shared leadership across many sectors of the community, and partnerships with state and national organizations.

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 address health needs most effectively. 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.

I close with a quote dear to my heart:

“Alone we can do so little. Together we can do so much.” Helen Keller

Thank you for joining us on the journey.

With gratitude,

A handwritten signature in black ink that reads "Martha Thompson Wagner".

Martha Thompson Wagner, PhD
Board Chair

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**Healthy Acadia's fiscal year (FY2022) spans from October 1, 2021 to September 30, 2022.*

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Strong Beginnings

Supporting healthy development and resilience from birth to adulthood.

Program Highlight: Mindfulness in the Classroom

Since 2017, Healthy Acadia's Mindfulness in Education programming has offered classes for teachers and their students in elementary schools across our region to explore the benefits of mindfulness. Students practice mindful breathing, listening, movement, eating, and more. Mindfulness Educator Ursula Hanson recently shared her inspiration and passion for this work.

As an educator, I am consistently amazed by the profound impact the most simple mindfulness exercise can offer a child. After inviting students to sit in their mindful bodies, a student rings the tone bar and the class listens to the sound for as they long as they can. When they can no longer hear the sound, they raise their hands. Students love being the last one, waiting for the lingering chime to fade. Another exercise is for a student to lead three rounds of Ocean Breath. Breathing in, reaching their arms towards the sky and exhaling with a quiet ocean roar as they bring their arms back down. The rhythm of the movement in connection with their breath creates a peacefulness in the classroom.

With a consistent practice, the benefits can be powerful, including improved self-regulation, focus and attention, and social and economic outcomes, as well as the insight to pause and respond versus react. Intentions are created and gratitude gardens are planted!

As an adult I was looking for ways to help manage my anxiety. I discovered yoga and mindfulness and these practices changed my life. I thought, why not share these skills with young children so that they can be introduced to them at a much earlier age? I am so grateful and thrilled that Healthy Acadia has been there to help make this happen!



“I love when we do the tone bell. I also love when we take different types of breath. Thank you for getting me calm.”

- Addyson, Grade 1

Healthy Food for All

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

Program Highlight: Downeast Restorative Harvest

"Almost all of our neighbors we incarcerate are coming home. How we nourish those returning to our communities is vital to all of us."

*- Steve Milliken,
Community member
and ally.*



In FY2022, Healthy Acadia partnered with the Washington County Jail, Maine Department of Corrections, community organizations, and individuals to establish Downeast Restorative Harvest in Machias. Infrastructure and program development are underway for the innovative corrections and community garden, which will engage jail and prison residents, members of the recovery community, agriculture educators, and other community members in growing food for the jail's kitchen as well as for donation to local food assistance programs.

The project's objective is to assist participants in enhancing their overall health and well-being while acquiring essential life and job-related skills. Additionally, it seeks to increase the availability of healthier foods within the jail and local food pantries, diminish recidivism rates, advocate for local agricultural education, and showcase a successful model of a jail garden for future emulation.

Strong partnerships are central to this project, including collaborative fundraising efforts with Impact Justice, a national organization working to improve food service operations and serve healthier meals in Maine's prisons. Together with others, our two organizations hosted a Food Justice Farm Dinner in August 2022, to spark conversation and raise funds to support both critically needed projects.

"Working together, we are developing food justice programs not only to heighten the dignity and sustenance that good, locally-produced and prepared food provides," said Steve Milliken, Community Member and Ally. "We are also imparting the culinary and agricultural training that will translate to meaningful jobs upon reentry."

We are excited to be leading the way for new outcomes and opportunities for participants, knowing that they have much to contribute within our broader communities.

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Active and Healthy Environments

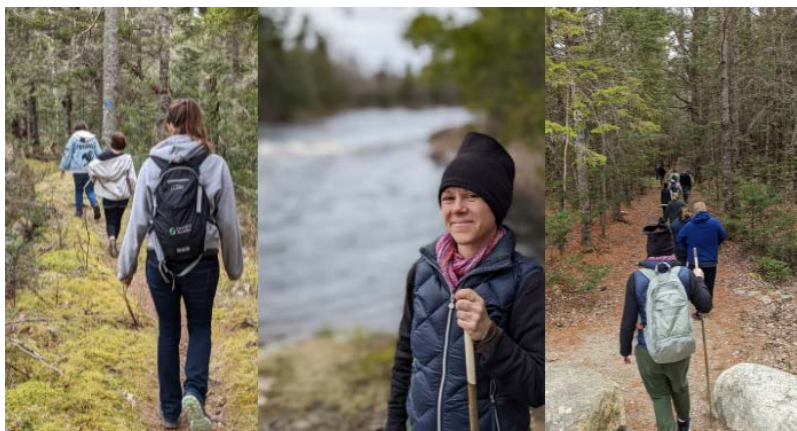
Ensuring that our indoor and outdoor spaces are safe, healthy, and promote physical activity and wellness.

Program Highlight - Community Hikes

In FY2022, Healthy Acadia, as part of our Downeast Partnerships for Success initiative, launched Community Hikes - a multifaceted endeavor designed to reduce risk factors, increase protective factors, and promote physical activities and wellness.

Enlisting the spirited assistance of youth members of the Maine Recovery Advocacy Project, these hikes came to life - weaving education, physical activity, and a sense of togetherness into a tapestry of transformative experiences aimed at preventing substance use. A symphony of social connections and structured activities resonated during these events, with each step enhancing the protective fabric of the community.

The inaugural, all-ages, family-friendly event gathered 15 eager adventurers; the second outing drew 30. With nature as our backdrop, the seasoned hikers and nature lovers in the group shared their passion for the outdoor experience, fostering bonds and strengthening the sense of community across generations. Amidst laughter and camaraderie,



"We always have fun...that is prevention at its finest!"

- Sara McConnell, Downeast Partnerships for Success Coordinator

these gatherings became melting pots for conversation, with participants sharing additional experiences, activities, and offerings within the community for our youth and families.

"Keeping youth, families, and community members active IS prevention," said Sara McConnell, Downeast Partnerships for Success Coordinator, as she reflected on the significance of involving youth in event orchestration and the soaring engagement these collaborations inspired. "Partnering with youth to help organize events that they are passionate about is my favorite part of this work. We always have higher participation and lots of fun - that is prevention at its finest!"

Healthy Aging

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

Program Highlight: Equitable Access to Health Resources

Throughout FY2022, amid the ongoing challenges posed by the COVID-19 pandemic and a surge in cases of respiratory ailments like flu and RSV, we continued to share and disseminate essential health guidance, while also offering a range of vital health resources including N95 face masks and rapid at-home COVID-19 self-test kits.

Empowering individuals to conduct tests within the familiarity of their own homes played a pivotal role in early detection and containment efforts while reducing the burden on local healthcare systems, enabling them to prioritize critical respiratory cases.

Across Hancock and Washington counties, our vaccine equity team distributed 652 N95 face masks and 3,380 COVID-19 self-test kits including 1,480 to 740 individuals and households, and 1,900 to 134 local businesses, recovery centers, food pantries, and other community-serving organizations, at their request.

By providing these resources free of charge, we ensure that individuals who are at high risk of health complications or face financial constraints can access the necessary protection to reduce their exposure to the virus. This inclusive approach not only safeguards public health but also promotes equitable access to vital resources during a crisis.

To request these health resources, visit healthyacadia.org and click “NeedHelp?”



“This program has had a such a positive impact on our community. An EMT caring for many elderly residents in her community last winter, some sick with active COVID cases, others isolating to avoid the disease, shared with me her gratitude for the much-needed supplies - ‘You guys are angels, thank you for all you do!’”

- Nina Duggan, COVID-19 Vaccine Equity Coordinator

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978

Community members were trained to carry and administer naloxone (Narcan), a medication that reverses opioid overdose and saves lives.



205,993

Servings of fresh produce - 38,407 pounds - were gleaned from local farms and gardens for those experiencing food insecurity.



From Our Community Members

“Thank you for your help in not judging me...For really caring about me as a person.”

“I love the grassroots, organic feel of your efforts.”

“Many of our clients [at the food pantry] look for fresh produce more than anything else, and Healthy Acadia really helps to fill that need for them!”

“I have spent my life striving to promote and maintain a healthy ocean. A healthy workplace is a natural extension of this.

Healthy Acadia was able to tailor a smoking policy to my unique [business] needs; on land and at sea.”

“I liked how we got to cook (with a little help) and garden (also with a little help). I liked how I got to be myself, most of all.”

“I really enjoyed watching the students learn examples of tai chi. This could help some students relax when they are under stress or feeling overwhelmed.”

“He was able to acquire tires, which made it possible for him to both get to work and to visit his children.”

“I just love the overall programmatic investment in furthering good health for community members regardless of what their needs are.”

From Our Staff and Board Members

"I decided to become a recovery coach because I want to help people. I've been witness to and impacted by addiction from the day that I was born. I want to help people see that they are worthy of a happy life."

"Healthy Acadia's strong beginnings and healthy aging programming show commitment to building healthy communities where people in all phases of life can thrive."

"I love working in the community that I grew up in. I am so grateful for a responsive, understanding and creative agency and group of people."

"Regardless of age, mindfulness practice is a tool that brings calmness and balance into our lives. We have seen the benefits it brings to children as well as adults."

"I love seeing people light up and smile when I talk about Healthy Acadia because they know and have felt the impact of the incredible work that we do to help all people gain the healthful resources they need to thrive."

"I'm proud to be involved with Healthy Acadia because I believe that an emphasis on health being about a person's overall well being is important."

332

Youth engaged in and led programs aimed at supporting resilience, gender equity, leadership, job skills, and tobacco, cannabis, and vaping cessation.



32

15 Mothers and 17 Children were housed through Safe Harbor Recovery Home for Women and Children.



1,824

Children and Adults participated in nutrition education classes offered by Healthy Acadia's Maine SNAP-Ed Nutrition Educators.



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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.

Program Highlight: Harm Reduction Resources

“I asked to have naloxone training at school because it’s something everyone should know how to do. You never know if something is going to be laced, and you never know who you’re going to be with who might want to try drugs. I’m glad that my school reached out to Healthy Acadia, and that they were willing to train teens. We’re all safer for knowing about and having naloxone.”

- Reece Smart, Junior, Cobscook Experiential Program



As the opioid crisis continues to grip our communities, naloxone, commonly known as Narcan, offers a beacon of hope. Opioids adversely affect respiration, which is why someone suffering from an overdose may stop breathing. Naloxone acts by blocking the absorption of opioids in the brain at the receptor level, pausing its effects in the body and restoring breathing. While Narcan is not a replacement for calling 911, it can save a person’s life while emergency medical personnel are on the way.

The U.S. F.D.A.-approved naloxone nasal spray is user-friendly and enables family members, friends, and community members who may be the first on the scene to swiftly respond and provide life-saving assistance before emergency medical personnel arrive.

Healthy Acadia provides free naloxone kits and training to those who want it, and an increasing amount of other public health organizations and health providers are doing the same. By ensuring widespread access to this life-saving tool, we empower individuals and communities to intervene rapidly and prevent overdose-related fatalities. Contact us to request a free naloxone kit, training, and other harm-reduction resources.

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.

Program Highlight: You've Got a Friend Fund

You've Got a Friend Fund (YGAFF) administered through Healthy Acadia, provides one-time grants of up to \$1,000 to residents for those who are in need of financial assistance to overcome specific hurdles or setbacks and accomplish goals in order to reach greater self-sufficiency and quality of life.

Linda Lunt, LSW and Resource Specialist at MDI YWCA, shared this heartwarming story involving a child she was assisting - a success that was made possible with a YGAFF grant.

I was working with Margot*, who, at the age of three, was not yet speaking, despite her obvious intelligence and ability to comprehend instructions and conversations. Complicating matters were the backdrop of the COVID-19 pandemic, which had disrupted in-person services, and the family's limited access to technology due to a lack of a computer and transportation challenges. There was a real worry that Margot might struggle to form connections and friendships, as social interactions were impacted by her speech challenges.



“Your grant has most definitely made a difference in her life, empowering her to overcome her challenges and find her voice!”

- Linda Lunt, LSW

We got Margot set up with speech therapy using my computer and

she loved it! She eagerly engaged with her therapist and even started responding verbally on occasion. The therapist recommended specific exercises for Margot to work on, using a tablet, which were tailored to help her identify and articulate words.

Healthy Acadia [through YGAFF] bought her a very sturdy tablet that could survive in her bustling household with four siblings. Her mother set up the practice speech therapy exercises that her therapist had recommended, and Margot actively used these. She began speaking more and more; and now even has extensive conversations!

**identity changed to protect privacy*

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Elsie Flemings, Richard Cleary, Fiona Cleary, and Sylvia Cleary (x2)
Angela Fochesato
The Fochesato Family
Andrew Foss
James and Michelina Frey
Lucas Graychase
Christine H.
“Healthcare Heroes”
Terry Hilt
Aaron Johnson
Paige Johnston
Amy Chalmers Kaplan
Robert J. Kord
Norris and Norma Manchester
“My social worker mom”
Elin and David Poneman
Larry R.
Susan Sassman
Tristan Seavey
Sharon
Vijay Pal Singh
Kellie Sprague
Joseph Van Eaton
Martha Wagner (x3)
“Washing County Lobstermen/women

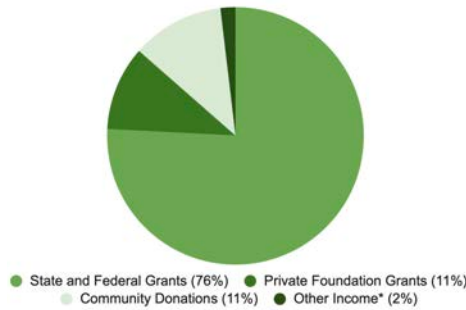
Gifts in memory of

Todd Alley

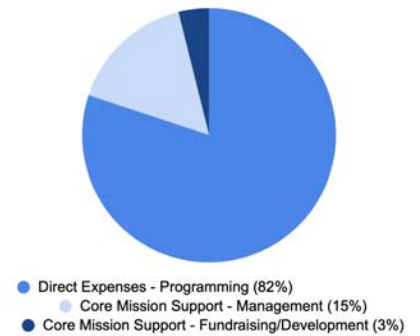
Gifts in Memory of, continued

Athena
 Wesley Bialosuknia
 George R. Boomhower
 Janet M. Boomhower
 Ann Burrows
 Jo Carr
 Candice J. Cleary
 Floyd Colbeth
 Warren Colbeth
 Ethelyn A. Coleman
 Obie Deyo
 Ruth Koivisto DeYoung
 Carroll Dodge
 Veronica Dodge
 Deanna Eaton
 Alan Emus
 Loren Faulkingham
 Clyde H. Fitch
 Norma D. Fitch
 John K. Fitzgerald
 Mary Elizabeth Gaddis
 Linda Gayle
 Nancy H.
 Gary Hanscom
 Peter N. Heller
 Paul S. Ivan
 Jerry, Mike, and Trish
 Lukie Jones
 Barbara Kelley
 Edwina Kelley
 Jack Kenefick
 Jean Martelis Kerkman
 Mary Laracy
 Goldie McLaughlin Martelis
 Christopher McMahon
 Bill McCaffrey
 Gregory S. McConnell
 Dorothy McFarland
 Barbara Tackett Meyers
 Molyneaux Family Members
 Mary Morrison
 Bernard Morse Sr.
 Gertrude Morse
 "Grandma Morse"
 Greg Morse
 Elsie Lewis Newell
 Gary O'Dowd
 Helen Payne
 Ann R.
 Donna Fitch Reeve
 Ann Beakes Rensema
 Richard Richards
 Ann Ritter
 Ora Seavey
 Frances Tackett Showman
 Manuel Walter Souza
 Paula Eckardt Souza
 Maureen Smith
 Patty Smith
 Thomas J. Tackett
 Lee Tenney
 "Those Who Have Lost Their Lives To
 Addiction"
 Harry Tucker and Norma (Ingalls) Tucker
 Stephen Verburt

Revenue FY2022



Expenses FY2022



Summary of Revenues and Expenses

Healthy Acadia's Fiscal Year 2022: October 1, 2021 - September 30, 2022

FY 2022 Revenue

State and Federal Grants: \$3,397,069
 Private Foundation Grants: \$477,149
 Philanthropic Donations: \$522,198
 Other Income*: \$84,637
Total Revenue: \$4,481,053

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

FY 2022 Expenses

Direct Expenses - Programs and Services: \$3,383,174
 Core Mission Support - Management and General: \$677,157
 Core Mission Support - Philanthropic Development: \$164,329
Total Expenses: \$4,224,660

Visit healthyacadia.org to review the complete financial statement for fiscal year 2022.

Removing Health Barriers

In FY2022 we distributed \$146,806.63, including 84 grants to support individuals and 42 grants to support businesses and organizations, through multiple barrier-removal and health building programs, including:

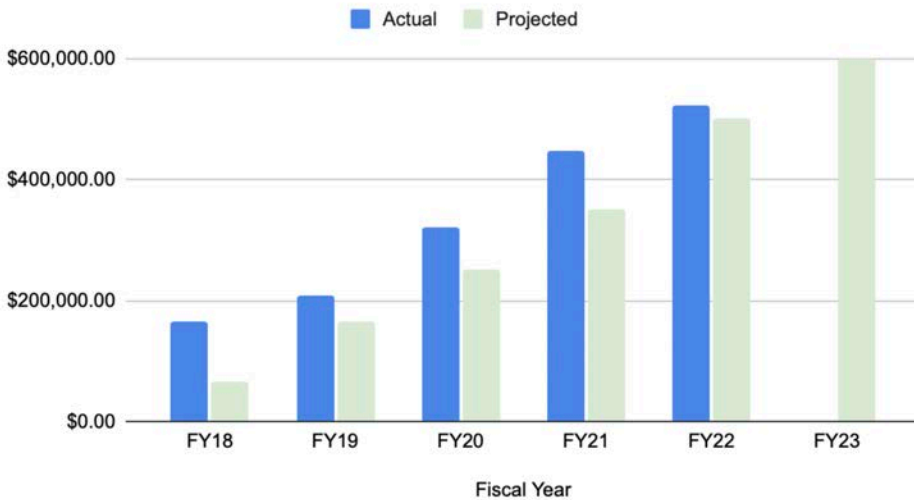
The neighbor4neighbor Fund, You've Got A Friend Fund, Colorectal Cancer Screening Fund, COVID-19 Cancer Patient Relief Fund, Support for smoke-free policies, Downeast Partnerships for Success Community Project Mini-grants Recovery Resource Fund, and Ellsworth Project HOPE (in collaboration with Ellsworth Police Department).

By the Numbers

Together, We Make Health Happen

Thanks to your amazing support, we soared past our community donation target of \$500,000 in 2022. Can we count on you to join us on another inspiring journey to meet our 2023 fundraising goal of \$600,000?

Donation Revenue - Actual and Projected



While our organization does secure many diverse grants, we also rely on the generosity and support of individuals, families, and businesses like yours. This support enables us to innovate and respond nimbly to emerging health needs, and also ensures strong, uninterrupted health services, regardless of fluctuations in federal, state, and private grant funding. Your generosity ensures that Healthy Acadia to remain a steadfast presence in our community - continuing to deliver the impactful programs our community has come to rely on and trust. Even in the face of evolving health needs and changing grant landscapes, your backing empowers us to stand tall.

With your partnership we hope to raise \$600,000 in FY 2023 to sustain access to essential health resources. Together, we're not only making health resources accessible but also nurturing a healthier community across our region.

Thank you for working with us to address health disparities and reduce inequities where we live, work, and play. Your contribution truly makes a difference, and we can't thank you enough!

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. Our donors include those who contribute funds, time, in-kind resources, and more. Everyone has an important place at our table.

Gifts in Memory of, continued

Richard Waugh
Mandi Thibault West
Vance White
Maurice Charles Willett
Donald Woodward

Anonymous Gifts

x33

Key

- 5+** 5+ year donors
- 10+** 10+ year donors
- Sunrise Monthly Giving Circle donors

Business and/or Organizational Supporters

Champions

Bar Harbor Bank & Trust **5+**
Cleary Law Office **10+**
Darling's Auto Group
Goodrich Trust
Machias Savings Bank **10+**
Maine Community Foundation
Maine Health Access Foundation
Witham Family Hotels Charitable Fund

Leaders

The By "US" Company **5+**
Diakoneint Foundation
Friends of Acadia
Mount Desert Island Marathon
Seven Angels
Tick and Mosquito Offense
Welcome Home

Sustainers

Acadia Corporation
Artemis Gallery
Fedco Seeds **5+**
Galyn's Restaurant **5+**
Greater Bangor Area Branch N.A.A.C.P.
Salsbury's Organics **10+**
Sumner Memorial High School National Honor Society
Viking Lumber **5+**
The West Street Cafe **10+**
YWCA Mount Desert Island

A Message From Our Executive Director



Business and/or Organizational Supporters, continued

Builders

Above Average Coop **5+**
Bangor Savings Bank, Ellsworth Branch
Bar Harbor Savings & Loan **5+**
Beth C Wright Cancer Resource Center
The Borealis Press
Church of the Redeemer **5+**
Coffee Matter and Mother's Kitchen
Downeast Community Partners
Exercise Design Lab
Finn's Irish Pub
Gruehn Properties
Rooster Brothers
Versa Gripps **5+**
West Bay Acadia RV Campground

Friends

A&B Naturals **5+**
Acacia House Inn
Bar Harbor Bicycle Shop
Blue Bird Motel
Bragdon-Kelley Funeral Home
Chris Parsons Building & Remodeling
Clothes Encounter **5+**
Cold Spring Design & Woodworking
Downeast Rentals and Real Estate
Downeast Salmon Federation
Ellen S. Best, Attorney At Law
Elliott Architects
Ellsworth United Methodist Church
Freshwater Stone and Brickwork **5+**
Geddy's Pub **5+**
Hannaford
Helen's Restaurant Of Machias
Heart of Maine United Way
Interiors by Details **5+**
Jones, Kuriloff & Sargent
The Knowles Company
Maine Coast Sea Vegetables, 100% Employee Owned **10+**
MDI Imported Cars **5+** ☀️
Merrill Furniture **5+**
Orono Pride
Peacock Builders
Peekytoe Provisions
Quietside Realty
Roque Bluffs Community Center
Salon 78
The Skin Room
Sunset Acres Farm
Taste Jamaica
The Thirsty Whale **5+**
Tradewinds Marketplace
Whole Life Natural Market

Key

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

Dear Friends,

Looking back on FY 2022, it is extraordinary to see the many ways in which we have grown together - building our work at Healthy Acadia with partners and community members to reach more people in more diverse and creative ways, and expanding our impact on the health of our region. In the face of substantial challenges that affected our families, communities, and the world, we came together to strengthen the infrastructure of health, launch new and innovative programs, and build on successes and lessons learned. Thanks to our immense collaborations, the hard work of volunteers, partners, and staff, and the involvement of so many from throughout our communities, together we were able to make deep and long lasting differences in the lives of so many throughout the Downeast Region and across Maine.

We lived our mission fully and deeply this year, working together with so many people and partners to build healthy communities together. We built, expanded, and stewarded programs across our Focus Areas, from reaching more young people with resilience and mindfulness offerings, to distributing more healthy food to those experiencing hunger, to training more recovery coaches and offering life changing coaching and navigation services, and so much more.

A thread woven through all of our work at Healthy Acadia is Health Equity, to ensure that all people, no matter their circumstances, have access to resources and conditions that support their best health and wellbeing. Together with partners, we are continuing our learning journey, improving internal systems, offering new and expanded programming, offering programming and information in languages other than English, offering more accessible programming and information to reach more individuals with diverse abilities, and more. Health Equity was a theme throughout many community events we supported, including for Food Justice, Indigenous People's Day, Juneteenth, Pride Month, and more. In all of our work, across the pages you have read here, we are passionate about reaching all community members, working particularly hard to connect with those who are underserved and vulnerable. We are grateful to continually learn from and be guided by the voices of all of our communities.

We deeply appreciate our many incredible collaborations with all of you - community members and partners across the Downeast region, throughout Maine, and beyond. We give profound thanks to all of you ~ you lead, guide, build, support, and sustain in so very many ways, everyday. We are so grateful to be on this journey of growing healthy and vibrant communities together with you!

With deepest gratitude,

Elsie Flemings
Executive Director

Community Health Connects Us All.

Our Healthy Acadia Team, including more than 70 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 2022, 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, and YouTube; and read our web blog for the latest community health news, programming, and events.

Give. Your support of time, funds, and other resources 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 are grateful for and humbled by your continued support and partnership. 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
Elmina B Sewall Foundation
Heart of Maine United Way
John T. Gorman Foundation
Maine Cancer Foundation
Maine Community Foundation
Maine Department of Agriculture,
Conservation,
and Forestry
Maine Office of Population Health Equity
Maine Office of Behavioral Health
Maine Department of Education
Maine Public Health Association
Maine SNAP-ED
MaineHousing
MaineHealth
MCD Global Health
Onion Foundation
Quimby Family Foundation
Maine Network of Community Food Councils/
St. Mary's Nutrition Center
The Farris Foundation
The Hudson Foundation
The Opportunity Alliance
Tobacco Free Kids Action Fund
Unitarian Universalist Congregation of Castine
U.S. Centers for Disease Control and
Prevention
U.S. Health Resources and Services
Administration
U.S. Substance Abuse and Mental Health
Services Administration
University of Massachusetts Chan Medical
School
University of New England
Friends of Hancock County Drug Court
Robert B. and Beatrice B. Goodrich Trust of
Camden National Bank

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

311 Main Street*
Calais, ME 04619

**co-located with
AMHC's Calais Peer
Recovery Center*



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, and across Maine.