



Healthy Peninsula



Healthy Families



Healthy Eating



Healthy Aging

FALL 2015



Healthy Aging: Working To Keep Older People at Home

Healthy Peninsula’s Thriving in Place Downeast (TiPD) partnership entered its 2nd year on November 1, 2015. The first year of this grant from the Maine Health Access Foundation produced exciting collaborations and improved supports for seniors, folks with chronic health conditions, and caregivers. Our 2nd year will build on these successes with continuing sustainable programming, one new TiPD Partner, now numbering eleven, and nine new projects.

- A yearlong **health and wellness initiative** for residents of a low-income senior housing community in Deer Isle, including classes on nutrition and cooking, weight loss, and ways to begin/stay active.
- Grieving on the Installment Plan, a 7-week curriculum designed for **caregivers of loved ones with progressively degenerative diseases.**
- Community wellness programs from a variety of TiPD Partners, including Cooking Matters, Tai Chi for Health, Matter of Balance, Living Well and Caregiver Trainings. Through coordinated planning, we are reaching multiple communities to provide a broad base of training for community members.
- Friends in Action, our newest TiPD Partner, will coordinate in-home **volunteer support** of at-risk clients, including education for volunteers, socialization, and connection to other community resources.
- With the goal of developing effective and sustainable **behavioral health** (mental health) programming, we have organized a work group to share information, perspectives, and resources for collaboration.
- A new **Care Team Collaboration** of social workers from TiPD Partners will meet at Blue Hill Memorial Hospital twice a month to discuss needs and services for mutual patients. Coming directly from the improved communication and familiarity developed in TiPD’s Year 1, this group formed out of the recognition that improved care will come from improved coordination among service providers.

The new and ongoing TiPD programs illustrate the painstaking, yet inspiring, work of “systems change” that MeHAF is attempting to create with these 3-year grants. Our work with TiPD demonstrates how Healthy Peninsula is perfectly situated to provide structured coordination and leadership for community collaborations to improve health and wellbeing.

Need Health Information? Trying to find local supports and services?

To find the people who can help, visit the Healthy Peninsula Community Resource Guide on the Blue Hill Memorial Hospital website bhmh.org

Healthy Who?

With the emphasis on healthy living these days, there are many community groups with the word “healthy” in their title. So, who is Healthy Peninsula?

We are local and privately funded. Since 2001, we have been based on the Blue Hill peninsula, and work with both individuals and organizations to help our friends and neighbors “create health” for themselves, their families, and their communities.

We are Healthy Peninsula!

Principles to Guide Communities in Developing New Pathways to Health

- Acknowledge that success depends on everyone—knowledge is limited, progress is collective
- Bring more voices to the table—understand dynamics and relationships within the community
- Expand what counts as knowledge—value community and organizational insights alike
- Embrace community-driven interventions—unexpected outcomes can signal success
- Value what people value—identify goals then measure progress toward them

Adapted from Creating Health in the 21st Century, Stanford Social Innovation Review, July 2015

Healthy Families: Early Childhood Summit Will Spur Action

“There are more poor kids with issues, but there are also notable exceptions. The real question is how invested are the parents? Not really a question of blue-collar vs. white-collar or divorced vs. two parent home; it depends on the family and what it offers”. In September, HP completed a one-year planning grant from the Virginia Wellington Cabot Foundation to fund community engagement activities—learning from local parents, educators, and community members the resources families use, the challenges they face, and what more they need.

Through interviews and surveys, early childhood educators related concerns about young children with medical problems of **asthma, obesity, chronic fatigue, anxiety**, and behavioral issues that include **verbal or physical aggression**. Parents would like more support in the areas of **positive discipline, honesty** and **respect**, and **healthy eating and physical activity** for their children. They also cite the need for before- and after-school childcare, activities for toddlers, and financial assistance for childcare and preschool programs.

HP’s EC Coordinator, Anne Schroth, led the asset mapping project, and, with Bob Holberg, MD, analyzed the results which have been disseminated to educators and parent participants. On November 21st, all participants and the public have been invited to gather at a Summit at the Blue Hill Public Library to review the results and develop a community plan for action.

Healthy Eating: Magic Food Bus 5th Season Successful

The Magic Food Bus (MFB) has ended its fifth successful season of offering **free, locally grown fruits and vegetables and books for summer reading** for children and adults. With the help of community organizations and volunteers, the Magic Food Bus delivered more than **2 tons of food** and over **500 library and donated books** at **12 stops in 4 towns**—Sedgwick, Deer Isle, Stonington, and Blue Hill—beginning in July and extending its summer season until the end of October.

Supported by a grant from the Virginia Wellington Cabot Foundation, HP teamed up with several partner organizations and dedicated volunteers to help with the purchase and collection of food from local farms and to broaden community involvement. Healthy Acadia’s Gleaning Project, Farmdrop, and Edible Island Culinary and Ecological Center (IECEC) all provided critical organizational and financial support. Volunteer gleaners and drivers and unexpected financial gifts from the community all made the extension into the fall season possible.

Plans for next year include expansion of MFB deliveries to a fifth town, targeted fundraising from the local community, and collaboration with the Blue Hill Memorial Hospital to offer health related screenings and information.

The Magic Food Bus project—fresh food and good reading for people of all ages—spans all of HP’s initiatives and brings together diverse members of our communities.



Healthy Peninsula mobilizes, supports, and collaborates with community partners to improve the health of the towns of the Blue Hill peninsula, Deer Isle, and Stonington.



**Tax Deductible gifts can be sent to Healthy Peninsula
PO Box 945 Blue Hill 04614
or go to our website healthypeninsula.org to donate online through PayPal
(207) 374-3257 email info@healthypeninsula.org**

Healthy Peninsula’s fiscal agent is Washington Hancock Community Agency (WHCA)

