

Blue Hill Memorial Hospital Partnership 2018

Healthy Peninsula enjoys a first-class relationship with Blue Hill Memorial Hospital and their primary care clinics. Not only is our office in one of their buildings—the one at the very top of their parking lots—but we work closely together, envisioning a healthier community and looking for opportunities to partner together to support the health and well being of the people we serve in the most cost-effective way. Some of the shared projects planned for 2018 include:

- Online Community Resource Guide—visit www.communityresourceguide.org
- Choices that Matter Community Conversations about end-of-life care
- Age-Friendly Coastal Communities
- Healthy Eating community initiatives supporting obesity education
- Food-security screening and resource education
- Community Health Planning Committee
- Your Health Matters, a shared column in the Penobscot Bay Press on health-related topics



Thank you to the medical management and PR teams at Blue Hill Memorial Hospital for your committed partnership with Healthy Peninsula. As your tagline says, "Together we make a difference"!



Healthy Families 2018

Kindergarten readiness—the work of the Early Childhood Interest Group (ECIG)—is one of the best predictors of success in school and beyond. The complex issues involved with transitioning young children and their parents from home to school demand long-term advocacy, education, and connection to local resources, especially for children with developmental delays.

During the last five years, ECIG members have publically supported the start of two public preschool programs, and helped to introduce science-based parent, behavior, and life-skills support programs that are starting to make a difference in the lives of local families. In 2017, Healthy Peninsula partnered to bring the Early Childhood Consultation and Outreach program (ECCO) to the nine towns of our service area, supported a beloved island teacher and advocate as she expanded her parent support programs, and offered a kindergarten readiness workshop to kindergarten and preschool teachers. We also provided six \$800 mini-grants to local librarians and educators for parent-child reading programs and mindfulness workshops.

In 2018, we will continue to collaborate with and support home-visiting programs, playgroups, family reading programs, resiliency and mindfulness education for parents, and teacher educational programs, with help from the Virginia Wellington Cabot Foundation and other supporters .



Fall 2017

Community inspired • Partner driven Together we work to improve health and well being

After much thoughtful deliberation, this tagline has found its way onto our stationery and our new entry sign. 2018 marks the seventeenth year that Healthy Peninsula has been your local community health organization. Changes in funding? Yes. Different staff and programming? Absolutely. Still committed to leading collaborations that maximize the power of partnerships related to better health? You betcha.

What does it mean to be **community inspired**? It means that we recognize that for a program or project to have any sort of impact or be successful, a need or challenge must be identified by members of the community, who ideally become part of the planning, implementation, and evaluation of any solution that is developed. We are constantly scanning the horizon of our nine-town region for information and feedback about what obstacles are preventing people from living their best lives.



Partner driven? This refers to the fact that as a coordinating organization, we fully believe that greater impact is realized when an issue or challenge is addressed from many different perspectives. Our staff is composed of four part-time employees; although we like to say that we are small but mighty, we understand that without strong, trusting partnerships, the complex work of improving community health opportunities and strengthening resources and supports would not happen. Conversely, our partners benefit equally from increased referrals, more effective networking, and new opportunities to serve their clients, patients, and patrons. Healthy Peninsula has deep, reliable relationships with a multitude of key social service, medical, ecumenical, and community-based advocates who are quick to respond to a call to action, ready to work together, appreciating our leadership in the effort.



Why is it important **to improve health and well being**? Everyone has the right to the same opportunities to be well and to thrive, but not everybody has the same access, resources, or needed support. Helping to identify needs and address gaps will, over time, improve the opportunities our community members have to live their best lives. The equation is simple—healthy people mean healthier communities and healthy communities mean healthier people—but not simple to achieve. Healthy Peninsula is honored to be part of that successful equation and committed to adding our efforts to the task at hand.

Will "together" include YOU?

Please consider a donation to Healthy Peninsula this year. Donating is as easy as slipping a check into the enclosed envelope or clicking a button on our website. Thank you!

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Good bye to

Healthy Aging 2018

On October 11, the Halcyon Grange in Blue Hill was dressed in autumn regalia to celebrate the successful conclusion of our four-year, \$340,000 Thriving in Place Downeast Planning and Implementation grant, generously funded by the Maine Health Access Foundation. Built upon Healthy Peninsula's cornerstone philosophy that deep community work cannot be successful without harnessing the power and resources of multiple committed partners, over \$210,000 was distributed directly out to local and regional social service, volunteer, and community organization partners to support new, creative efforts focused on keeping seniors, caregivers, and people living with chronic illness in their homes and communities as long as possible.

Over the course of four years, enriched relationships have grown among service providers, who now say they have a much better understanding of the available resources and programs that are in place, as well as a better understanding of the various local communities in our nine-town region. At last count, almost 1,000 community members have participated in new TiPD programs, projects, and volunteer opportunities. Healthy Peninsula and the Thriving in Place Downeast Partners have been cited by the Maine Health Access Foundation as pioneers in their Thriving in Place grant initiative, forming innovative, cross-sector partnerships to increase community awareness of resources, improve engagement of organizational partners, and develop sustainable, efficient programming to improve the lives of our aging populations. With continuing work to be done for our communities in this era of shrinking resources, it is hard to see this wonderful initiative come to an end. The great news is that, from all of the work and the collective concern and commitment of the partners, new opportunities begin where TiPD ends!



Healthy Eating 2018

The familiar coolers, magnetic signs and resource materials have been packed away for the winter, but the creative energy surrounding all of the possibilities of the **Magic Food Bus** program continue to swirl around our office and within our communities. What started as a seasonal, traveling farm stand and lending library seven years ago is naturally evolving to include other healthy eating projects that will span the cold and sometimes lonely winter season, keeping young children and seniors connected to the delicious and healthy virtues of fresh, local produce. It is gratifying to say that all of our projected pilot programming this winter remains free to participants because of the generous financial support from private donations—Blue Hill Memorial Hospital, St. Francis Episcopal Church, the Stanley Family Foundation, the Gleaning Initiative, Tradewinds Market, Bar Harbor Bank and Trust, the First National Bank, and United Way of Eastern Maine—and a Flash in the Pans benefit concert. We are also happy to be joining with a new partner: Blue Hill Heritage Trust!

Anna Wind, enthusiastic coordinator of our Healthy Eating Initiatives, will be organizing outreach, education, and fun workshops focused on preparing healthy snacks and meals. Specifically, we will be guest presenters at Blue Hill Heritage Trust's "Outdoor Adventures & Winter Wellness for Kids!" at the Blue Hill Consolidated School in December, January, and February. Anna will be offering three age-appropriate, hands-on healthy-snack preparation-and-tasting workshops for kids K-Grade 3. Back by popular demand, Anna is planning to offer a handful of healthy suppers for Magic Food Bus patrons at senior housing. Preparing a light, healthy meal and dining together will be a great way to chase away the winter blues. Blue Hill Memorial Hospital will offer guest speakers to discuss a variety of health-related topics to round out a great social evening.

Have no fear! Spring brings the planning and coordination of season eight of the Magic Food Bus which, supported by volunteer drivers, will be setting up "shop" beginning in July in seven of our communities. In addition, Anna will continue to develop our home-gardener donation program, which arranges for the welcome bounty of community friends to be distributed to Magic Food Bus patrons. It certainly helps extend our purchasing budget. In the meantime, this winter Healthy Peninsula will also be exploring funding opportunities that would allow us to continue being involved in a variety of gardening projects, including elementary-school summer gardening, our tiny teaching garden out front, and potentially an elder-focused or multi-generational community garden. Thank you to everyone who generously supports the Magic Food Bus and Healthy Peninsula's Healthy Eating initiatives. For more information, to donate, or to get involved, please visit www.healthypeninsula.org.



Hello to

With a generous grant from AARP Maine, we are currently in the process of shifting the collaborative energy of TiPD to the complementary **Age-Friendly Coastal Communities** (AFCC) initiative, a international movement coordinated by AARP and the World Health Organization. This project will capitalize on the existing trust and spirit of community cooperation, while growing our working group to include town governments, chambers of commerce, local businesses, and emergency responders. The AFCC process is currently in the discovery phase, involving a survey that will use numerous, varied techniques to elicit community members' opinions about the livability of this region. We hope you were able to respond if a survey arrived in your mail. The information gleaned will lead to a region-wide process that will look for and implement realistic solutions for the most important obstacles identified.



Another exciting new initiative is **Choices That Matter Community Conversations**, a far-reaching campaign designed to support people in carrying out the discussion

about their end-of-life care wishes. Healthy Peninsula is proud to be taking a leadership role in this important endeavor. A Maine Community Foundation grant has allowed us to begin, and we continue to look for additional funding for this ongoing project. A committee of hospital staff, service providers, clergy, and passionate volunteers has already developed multiple resources, trained facilitators, and provided technical support for many community events and conversations. Kicking off the campaign was a series of articles published in the Penobscot Bay Press, several showings of Atul Gawande's documentary "Being Mortal" with



discussions following two-day Choices That Matter: Optimizing Healthcare for Difficult Times workshops, and a community breakfast. Do you have an advance directive on file with your healthcare provider?