**Thriving in Place Downeast ~~ *By The Numbers***

**Year 1 (2014-15)**

* Tai Chi for Health: Funded Healthy Acadia to offer 16-week course to **46 participants** in **Stonington**, March-June 2015 and a second 16-week course to **15 participants** in **Castine**, March-June 2015.
* Matter of Balance: Funded Eastern Area Agency on Aging (EAAA) to offer 8-week class to **16 participants** in **Deer Isle**, July-September 2015.
* Cooking Matters: Funded collaboration among CCT, BHMH and Healthy Acadia to provide this intensive, 6-week nutrition course to approximately **6 participants** in **Blue Hill** (September-October 2015); and to **6 participants in Deer Isle** (June-July 2015).
* Caregiver Training: Funded EAAA to conduct a 2 caregiver trainings, one for **19** participants at the **Penobscot** Senior Meal Site in June 2015 and one for **24 participants** at the Island Community Center’s Community Café in **Stonington** in June 2015.
* Grieving on the Installment Plan (GR.I.P.): Funded a collaboration among Friendship Cottage, Hospice Volunteers of Hancock County and Hancock County HomeCare and Hospice to provide 7-week self-care educational series for caregivers of people living with chronic medical conditions. Trained **2 social workers** in GR.I.P., January-March 2015; offered GR.I.P. in **Castine** and **Blue Hill**, July-September 2015.
* Community Forum: Alive Inside! As part of Camden International Film Festival’s Aging in Maine Screening Tour, screened this film in partnership with the Island Nursing Home and Opera House Arts in **Stonington** in August 2015to **over 25 participants**. Helped raise awareness of and donations for INH’s music therapy program.
* Community Forum: Living with Alzheimer’s Disease As part of Camden International Film Festival’s Aging in Maine Screening Tour, screened series of short films and sponsored post-film discussion with Friendship Cottage’s Anne Ossanna at Witherle Library in **Castine** in May 2015 to **12 participants**.
* Community Forum: Golden Shorts As part of Camden International Film Festival’s Aging in Maine Screening Tour, screened series of short films on aging and sponsored post-film discussion with Healthy Peninsula’s Janet Lewis, at **Blue Hill** Public Library in June 2015 to **15 participants**.
* Community Forum: Janet Lewis presented on the Community Resource Guide to Salt Air Seniors in **Deer Isle** in August 2015 (**10-15 attendees**).
* Community Forum: Presented to Healthy Island Project’s Community Breakfast (**19 attendees**) in January 2015, which resulted in collaborative community planning effort with HIP on transportation issues on **Deer Isle/Stonington** (**4 meetings, 15-20 participants at each meeting**).
* Provider Network: For professionals and volunteers serving **Blue Hill Peninsula, Deer Isle and Stonington**, to share ideas, referral information, and find new ways to work together. Meeting regularly since March 2015 at the Blue Hill Memorial Hospital.
* Community Resource Guide: Online resource guide for providers, caregivers and community ([www.communityresourceguide.com](http://www.communityresourceguide.com)). Collaborative project with Blue Hill Memorial Hospital. Recognized statewide as a model.
* Clinics of Expertise: Started April 2015, free weekly clinics with rotating “experts” (each of whom come on the same week every month). Experts have included: EAAA, AMHC (mental health and substance abuse), financial coach, Tech Support, Legal Services for the Elderly. Clinics are held at BHMH but open to entire **Blue Hill Peninsula, Deer Isle and Stonington service area**. Approximately **25 people** attended these clinics from April-October 2015.
* At Home Downeast: Established volunteer coordinators to cover all of the **Blue Hill Peninsula, Deer Isle and Stonington**. Recruited **18 new volunteers**, providing an average of 337 rides per month for doctor’s appointments, pharmacies, grocery stores, and other personal reasons.
* Penobscot Bay Press: Regular TiPD-specific news/advertising in all 3 PBP publications, as well as online editions. Placed TiPD Program notices in Community Calendars of PBP papers, Ellsworth American, WERU (on-air and online).

**Year 2 (2015-16)**

* Deer Run Health & Wellness Program: Funded MDI Hospital’s Coastal Care Team to provide year-long community based prevention program at Deer Run in **Deer Isle**, incorporating elements of nutrition, exercise, and wellness activities. (**5 regular participants**)
* Tai Chi for Health: Funded Healthy Acadia to offer 8-week (2x/week) course to **50 participants** in **Brooklin**, January-May 2016, and to **36 participants** in **Brooksville**, June-October 2016.
* Move It To Lose It: Provided funding to Healthy Island Project to supplement their MITLI program, a 6-month weekly weight loss program in **Deer Isle/Stonington** with a focus on healthy eating and exercising. (**18 participants**).
* Matter of Balance: Funded EAAA to offer 8-week class to **8 participants** at the **Brooksville** Town Office, September–November 2016.
* Salt Air Seniors: Provided funding to Healthy Island Project to supplement their social support program – Salt Air Seniors, a group of men and women who come together for socializing and activities in **Deer Isle/Stonington**. **(6-18 participants at each bi-monthly meeting).**
* Living Well: Funded EAAA to provide a 6-week Living Well class at Deer Run in **Deer Isle**, May-June 2016. (**12 participants**)
* Cooking Matters: Funded Healthy Acadia to provide this intensive, 6-week nutrition course to **9 participants** in **Blue Hill**, August-September 2016, and **10 participants** in **Sedgwick**, September-October 2016.
* Behavioral Health Support Group: Funded collaboration between Friendship Cottage and Community Health and Counseling Services to provide monthly support group for caregivers of people with behavioral health issues. Group is offered in Blue Hill but is free, open to all and advertised throughout TiPD service area (**Blue Hill Peninsula, Deer Isle and Stonington**. (**7 participants**)
* TiPD Volunteer Initiative: Collaborative project among Friends in Action, Eastern Area Agency on Aging, Hospice Volunteers of Hancock County and Healthy Peninsula. Goal is to provide trained volunteers to regularly visit elderly or chronically ill patients referred by BHMH discharge planners or BHMH Family Practice care coordinators. Focus on providing socialization, resource orientation, support, and/or caregiver respite for under-served and isolated individuals. Supervised by licensed social worker from Friends in Action. Trained **10 volunteers** in April 2016. To date, have placed volunteers with approximately **10 clients**, from **Blue Hill, Brooklin, Deer Isle, Surry, Stonington and Penobscot.** Second volunteer training scheduled for spring 2017. Referral sources will expand as project grows. Project covers entire **Blue Hill Peninsula, Deer Isle and Stonington**.
* Gentle Yoga for Cancer Survivors: Funded Beth C. Wright Cancer Resource Center to expand its program to provide free access to community-based gentle yoga classes. Includes expanding class in **Blue Hill**, as well as initiating planning of an additional Gentle Yoga class in **Deer Isle**. (**19 yoga sessions** offered to total of **7 participants**; average class size of 4 participants)
* Grieving on the Installment Plan (GR.I.P.): Funded a collaboration among Friendship Cottage and Hospice Volunteers of Hancock County to provide 7-week self-care educational series for caregivers of people living with chronic medical conditions. Series offered to **4 participants** in **Castine**, April-May 2016. Scheduled for **Blue Hill**, February-March 2017.
* Caregiver Training: Funded EAAA to offer two caregiver trainings, for **2 participants** in **Castine** (July 2016) and another in **Blue Hill** in September 2016 that did not get any participants.
* Penobscot Bay Press: TiPD-specific news/advertising included **154 ads across three papers**. Produced t**wo short-run flyers** for TiPD Partners. Placed TiPD Program notices in Community Calendars of PBP papers, Ellsworth American and WERU (on-air and online). Published **5 Community Columns** with educational information for community on issues of healthy aging, chronic disease management, and community resources. Held **3 communications workshops** for TiPD Partners and members of the Provider Network (two in Blue Hill and one at MeHAF meeting in Augusta). Total of approximately **35 participants.** PBP reach covers entire TiPD service area of the **Blue Hill Peninsula, Deer Isle and Stonington**.
* Hospice Volunteers of Hancock County Alzheimer’s/Dementia Support Program: Funded HVHC’s program of training and education for service providers and volunteers on Alzheimer’s disease and other forms of dementia. Outreach throughout **Blue Hill Peninsula, Deer Isle and Stonington** to **6 libraries, 9 churches, 64 targeted residents**. Educational program at the **Blue Hill** Public Library, October 2016, for **15 participants**. Two educational programs at the Island Nursing Home, **Deer Isle**, December 2016, for staff and public.

* Learning Community for social service providers, medical providers and community members: Facebook Group and periodic e-Newsletter available to TiPD Partners, members of the Provider Network, members of the Hancock County Healthy Aging Taskforce, and any other interested community members or service providers serving the **Blue Hill Peninsula, Deer Isle and Stonington**. (**43 participants** in Facebook group; **58 recipients** of e-Newsletter)
* Community Resource Guide: Continued partnership with BHMH from Year 1.
* Clinics of Expertise: Continued from Year 1, serving approximately **35 participants** in Year 2.
* Provider Network: Continued from Year 1, with addition of invited speakers at each meeting. **6 bimonthly meetings**, November 2015–October 2016, total of 60 participants in Year 2 (average of 10 per meeting).

**Year 3 (2016-17)**: All program details have not been finalized but projets include:

* Healthy Island Project (continuing from Year 2)
  + Move It To Lose It
  + Salt Air Seniors
* Tai Chi for Health: Healthy Acadia will offer class in **Surry** and one other community (TBD).
* 10 Tips Nutrition Classes: Healthy Acadia will offer a 4-week class in 3 different TiPD communities.
* Taking Action for Health: MDI Hospital and Healthy Acadia will offer one class in a TiPD community (TBD).
* Taking Action on Pain: MDI Hospital and Healthy Acadia will offer one class in a TiPD community (TBD).
* Beth Wright Cancer Center Gentle Yoga (continuing in **Blue Hill** and **Deer Isle**)
* Beth Wright Cancer Center Caregiver Support (throughout TiPD service area)
* EAAA/HP emergency food support (throughout TiPD service area)
* Volunteer Initiative (continuing) (throughout TiPD service area)
* Friends in Action will offer a free, weekly “Coffee House” in **Blue Hill**, starting in January 2017.
* Friendship Cottage social activities program for their participants.
* Behavioral Health Support Group (continuing) (throughout TiPD service area)
* UMaine/Friendship Cottage Tele-Speech Pilot (for any FC participants who need it)

* Penobscot Bay Press (continuing) (throughout TiPD service area)
* Clinics of Expertise (continuing) (throughout TiPD service area)
* Community Resource Guide (continuing) (throughout TiPD service area)
* Learning Community (continuing) (throughout TiPD service area)
* Provider Network (continuing) (throughout TiPD service area)