



Building a Healthier Community, Together.

**2023 ANNUAL REPORT**

# Dear Friends of Healthy Androscoggin,

This past year represented a time of growth and stabilization for Healthy Androscoggin. We were able to host our first Annual Meeting since 2019, hired new team members, and were awarded several new grants to support our efforts in improving the overall health and well-being of our community. New partnerships were formed with a focus on health disparate populations who have experienced the biggest barriers to wellness.

Healthy Androscoggin's commitment to community health means that the community is at the beginning, center, and end of work. This is accomplished by partnering with every aspect of a community at all levels, from assessment, to identifying action plans, implementation efforts, and evaluation. The World Health Organization defines community health as the environmental, social, and economic resources to sustain emotional and physical well-being among people in ways that advance their aspirations and satisfy their needs in their unique environment. With this in mind, Healthy Androscoggin team members and the Advisory Committee underwent a review of our mission, vision, and values to determine if they accurately reflect this commitment to our community. Through this review, new mission, vision, and values were adopted that embody our changing community.



**Corrie Brown, MSW, PS-C**  
*She/her/hers*  
Executive Director



**Read more about  
our mission, vision  
and values here.**

.....

**Mission** - To support an inclusive culture of well-being by providing accessible programming in collaboration with the diverse communities we serve.

**Vision** - Healthy Androscoggin envisions a community where all members thrive in their home, school, work, and neighborhood.

**Values** - Inclusion and Diversity; Service to the Community; Partnership and Collaboration; Respect; Integrity; Culture of Health and Well-being; Excellence.

For more details about our mission, vision, and values, please see our [About Us page](#) on our website.

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All of this would not have been possible without the dedication of Healthy Androscoggin’s team and Advisory Committee. Rick Whiting, Advisory Committee co-chair notes, “Healthy Androscoggin has persevered through a pandemic and come out stronger through the efforts of its director, staff and advisory committee. This is a group extraordinarily devoted to the public health of our entire population.”

In the following report, Healthy Androscoggin’s team highlights some of the partnerships and initiatives that embody the mission, vision, and values of Healthy Androscoggin. A special thank you to Central Maine Healthcare, the numerous funders, and donors who continue to value community health and Androscoggin County.

Wishing you all the best,



Corrie Brown, MSW, PS-C  
Executive Director



# Community Engagement

Our Community Engagement Team works with Central Maine Healthcare's (CMH) three hospitals: Central Maine Medical Center (CMMC), Bridgton Hospital, and Rumford Hospital, to improve the health of the communities each hospital serves.

The team is comprised of two Health Promotion Coordinators that facilitate each hospital's Community Health Implementation Plans (CHIP): Cecilia Natale, who works with CMMC in the urban hub of Lewiston, and Kristina Wilson, who works with the system's two rural hospitals: Bridgton Hospital and Rumford Hospital. A large part of developing and facilitating the CHIPs for all three hospitals is community engagement. Both coordinators work as liaisons to help bridge connections between Bridgton Hospital, CMMC, and Rumford Hospital to the communities they serve.

These connections occur both internally within the hospitals, and externally with community organizations and coalitions.

To view CHIP for each hospital, go to <https://www.cmhc.org/cmmc/about-cmmc/central-maine-community-benefits/>

"I enjoy how my work directly impacts the community I live in." – *Team Member*



**Cecilia Natale, CHES**  
She/her/hers  
Senior Health Promotion  
Coordinator

**Kristina Wilson**  
She/her/hers  
Health Promotion  
Coordinator



**Scan to learn more  
about projects  
the Community  
Engagement team  
is working on.**

Reached  
OVER **86,000 INDIVIDUALS**  
ON SOCIAL MEDIA

Supported  
**11 COMMUNITY EVENTS**

Distributed **150**  
SUBSTANCE USE COMMUNITY  
**RESOURCE GUIDES**

Established **36**  
**COMMUNITY PARTNERS**



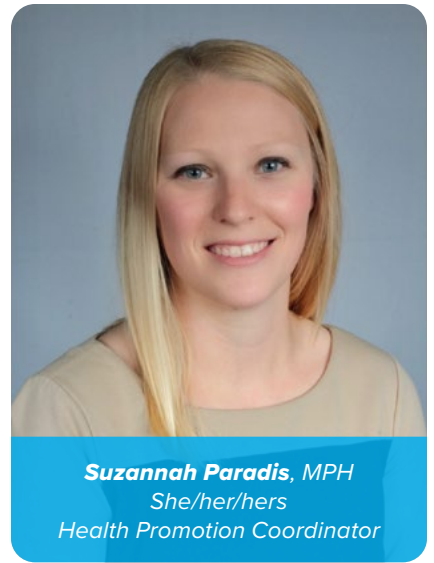
“My favorite thing about my job is that I am able to foster collaboration and connection within rural Maine communities.” – *Team Member*

“It allows me to see our community in Androscoggin County from so many different perspectives.” – *Team Member*



# Healthy Eating Active Living



The Healthy Eating Active Living (HEAL) program develops and implements evidence-based, culturally appropriate programs to promote healthy eating and active lifestyles in the communities we serve. We accomplish this by promoting changes that make active living and healthy eating the easy choice; ensuring people have access to healthy foods at a good price; supporting people in achieving their recommended levels of physical activity; increasing access to places for physical activity; and supporting breastfeeding best practices in health care systems, at worksites, and within the community.




Participated  
IN **7 COMMUNITY  
EVENTS** REACHING  
OVER **980**  
**INDIVIDUALS**

Partnered  
WITH **24**  
**COMMUNITY  
ORGANIZATIONS**  
TO PROVIDE SUPPORT





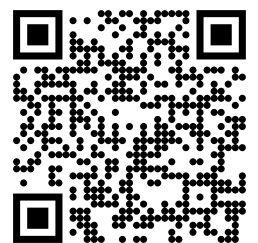
 **School Meals Matter to Healthy Androscoggin** 



The collage features several photos of individuals holding signs and handwritten notes. The signs include:

- "you can't learn with an empty belly..."
- "Children are at school but when they are full, they learn better."
- "It ensures that all students have nutrition they need throughout the day to be an active learner."
- "Androscoggin School Food helps students develop lifelong healthy eating habits."
- "Let's get creative to ensure all kids and teachers can learn!"
- "No kid should be hungry."
- "I think 2 school aged children can't eat but that's lunch!"
- "Let's get creative to ensure all kids and teachers can learn!"

 **#SchoolMealsMatterToME** 



Learn more about  
our **HEAL** program

# Tobacco

Healthy Androscoggin is committed to supporting tobacco-free lifestyles by: preventing the initial use of commercial tobacco and tobacco products; preventing involuntary secondhand smoke exposure; promoting tobacco treatment services which includes our annual incentive based quit program – Quit & Win; and creating and implementing culturally appropriate tobacco interventions.

Over the past year, the tobacco team has worked with landlords and medical practices to create tobacco-free policies and referrals to tobacco cessation support, protecting their tenants and patients from second-hand smoke exposure, as well as providing education to youth in schools across Androscoggin County.



Partnered WITH  
**6 SCHOOL DISTRICTS**

Established  
**9 TOBACCO PREVENTION CHAMPIONS** IN LOCAL SCHOOLS AND AFTER-SCHOOL PROGRAMS

Quit and Win  
PARTICIPANTS REPORTED AN **INCREASE IN MOTIVATION AND CONFIDENCE** TO QUIT TOBACCO USE.



**Hillary William**  
She/her/hers  
Health Promotion  
Coordinator

**Vicky Wiegman,**  
M.Ed., CAS, TTS-C,  
PS-C  
She/her/hers  
Health Promotion  
Coordinator

**Suzannah Paradis,**  
MPH  
She/her/hers  
Health Promotion  
Coordinator

**Rowan McFadden,**  
PPS  
He/him/his  
Health Promotion  
Coordinator



Learn more about  
how we support  
tobacco-free  
lifestyles

# Nutrition Education

## SNAP-ED

The Maine Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides nutrition education services in settings like schools, food pantries, Head Starts and other child care settings, grocery stores, and regional DHHS offices. Maine SNAP-Ed uses evidence-based curricula and multi-level community-based approaches to help make the healthy choice the easy choice for Maine families.

**Completed**  
**118 SERIES AND WORKSHOPS**

**Taught 609 NUTRITION EDUCATION CLASSES**

**Reached 1799 PARTICIPANTS- 1556 OF THEM YOUTH**

**Visited 28 LOCATIONS TO TEACH CLASSES**

“I just want to tell you that you are AMAZING! Your lessons are terrific! I hadn’t seen these ...[virtual videos]... and I am blown away by your videos... you give PBS kids a run for their money!”

—Leeds Central School 3rd grade teacher

“I didn’t know I liked pears! I’m going to ask my mom to buy me pears now.”

— Students from Elm Street School 2nd grade



**Rachel Legendre**  
She/her/hers  
Health Promotion  
Coordinator

**Becca Schoen**  
She/her/hers  
Senior Health  
Promotion  
Coordinator

**Emily Smith**  
She/her/hers  
Senior Health  
Promotion  
Coordinator

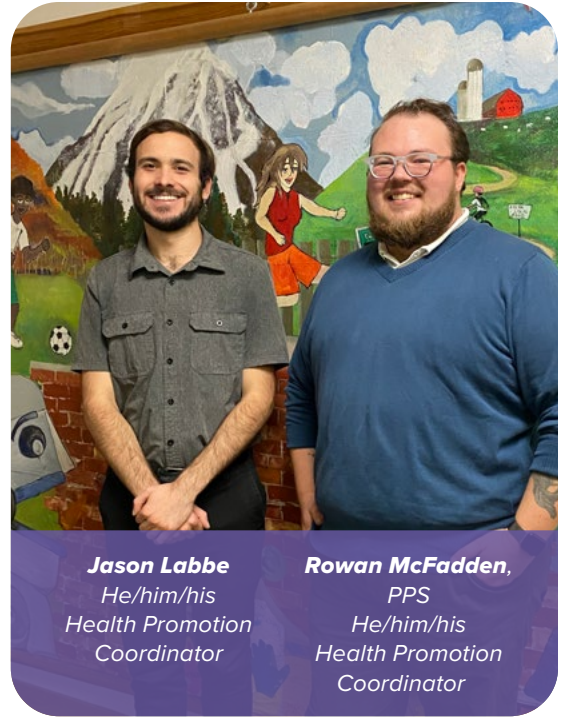


**Learn more about  
our SNAP-ED  
programming**



# Substance Misuse

Healthy Androscoggin is committed to preventing and reducing substance use, misuse, and related problems by: preventing the initiation of substance use and high-risk substance use by implementing primary prevention strategies across the lifespan; collaborating with community partners to create awareness and promote new and existing resources on safer use/overdose resources and other local harm reduction resources; identifying and addressing substance use-related health disparities in Maine's high-priority populations; and reducing and preventing prescription drug and opioid fatal and non-fatal overdoses in Androscoggin County.



**Jason Labbe**  
He/him/his  
Health Promotion  
Coordinator

**Rowan McFadden,**  
PPS  
He/him/his  
Health Promotion  
Coordinator

Collected **2,437 LBS.**  
**OF MEDICATIONS** DURING  
FREE DRUG TAKE BACK EVENTS

Provided SAFE STORAGE  
AND DISPOSAL TOOLS AND  
RESOURCES, INCLUDING **15**  
**MEDICATION LOCK POUCHES**

Participated IN  
**3 COMMUNITY EVENTS**

Provided TECHNICAL  
ASSISTANCE TO **7 COMMUNITY**  
**ORGANIZATIONS**

Provided EDUCATION TO **4**  
**WORKPLACES** AND **3 SCHOOLS**



Learn more about  
our substance  
misuse prevention  
strategies

“Our partners and stakeholders care a lot about the community and understand the importance of community mobilization on positive change.” – *Team Member*

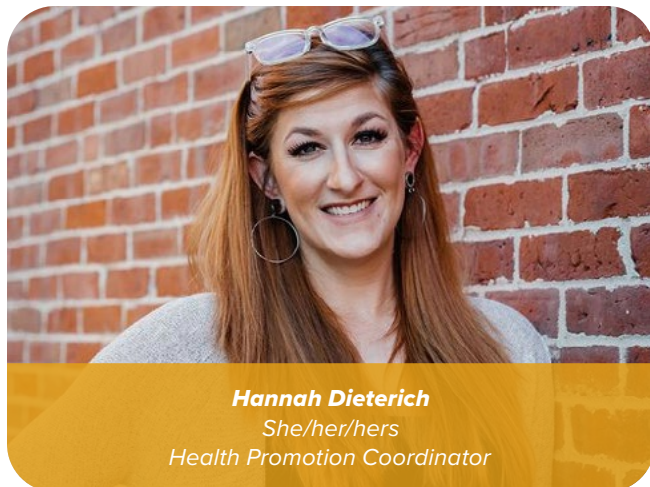
# Childhood Lead Poisoning Prevention

Healthy Androscoggin began efforts to prevent childhood lead poisoning in 2008 when health data provided by the Maine CDC showed that large numbers of children were poisoned in our community every year. Through partnerships with the Maine Center for Disease Control and Prevention, as well as our work with both the cities of Lewiston and Auburn's respective lead programs, Healthy Androscoggin educates residents how to identify lead-based paint; obtain and complete a residential lead dust test; clean safely to remove lead dust; and understand the importance of blood lead screening, particularly for children and pregnant women. In addition, Healthy Androscoggin is working with local pediatric practices to increase lead testing for one and two-year olds.

**Participated** IN 3  
COMMUNITY EVENTS REACHING  
**OVER 500 PEOPLE**

**Educated** OVER  
**25 PARTICIPANTS** THROUGH LOCAL  
COMMUNITY-BASED ORGANIZATIONS

**Reached** **4,000 LANDLORDS**  
AND PROPERTY OWNERS INFORMATION  
ON AUBURN'S LEAD PROGRAM



**Hannah Dieterich**

*She/her/hers*

*Health Promotion Coordinator*



**Learn more about  
our childhood  
lead poisoning  
prevention efforts**



# Be a Hally!

**For just \$10/month** you can support Healthy Androscoggin in our mission to grow an inclusive culture of well-being by providing accessible programming in collaboration with the diverse communities we serve through a reoccurring donation.

You can also make a one-time donation to support programs like these:

- **\$15** is 5 Androscoggin County Substance Use Resources Guides to help individuals and families find support in their community.
- **\$20** is 1 cleaning kit to prevent lead poisoning in a family's home.
- **\$20** is enough books for a SNAP-Ed nutrition educator's entire school year curriculum.
- **\$20** is 1 Lockable Medication Bag to ensure medications are safely secured from children and pets.
- **\$25** is 1 naloxone overdose prevention field kit to save a life.

Have a specific topic or program you are passionate about? You can direct your donation to one of the following funds:

- **General** - Healthy Androscoggin team will decide how to best use the donation
- **Downtown/Community** - donation will be used to help fund initiatives aimed at improving our environment and physical activity such as Story Walks, walking trails, or bike racks
- **Healthy Eating/Nutrition** - donation will be used to help fund initiatives focused on healthy eating and nutrition
- **Lead Poisoning Prevention** - donation will be used to support childhood lead poisoning prevention activities
- **Tobacco Prevention** - donation will be used to support tobacco prevention and cessation activities
- **Substance Misuse** - donation will be used to support substance misuse prevention and harm reduction activities

## What our community is saying:

"...we've consistently found a steadfast ally in Healthy Androscoggin." — *Abdikhadar Shire, AK Health and Social Services*

"You all truly care about the people!" — *Thomas Moore, City of Lewiston*

"Our work is valued and our partnership is very authentic and meaningful." — *Ashley Medina, Maine Community Integration*

"The best part about working with Healthy Androscoggin is their diverse range of programs and initiatives catering to our community's health and well-being." — *Kathy Martin, RSU 4*

"Interacting with Healthy Androscoggin is always fruitful; they offer a wealth of resources and expertise" — *Elizabeth Keene, St. Mary's Health System*

"We routinely turn to them when working on key projects and consider them an invaluable asset and partner!" — *Catherine Ryder, Tri-County Mental Health Services*



**Learn more about becoming a Hally**

# Healthy Androscoggin Advisory Committee Members



**Annie Derthick, PhD**

*She/her/hers*

Clinical Psychologist  
Director of Behavioral Science and  
Academic Associate Program Director, Central  
Maine Medical Center Family Medicine Residency



**Christine May Bosse**

*She/her/hers*

Vice President Relationship Manager  
Bangor Savings Bank



**David P. Bilodeau**

*He/him/his*

OPTIONS liaison, Team Lead  
Community S.U.D Team



**Brenda Eddy**

*She/her/hers*

Retired, Lewiston High School  
Health Teacher



**Coleen Elias**

*She/her/hers*

Chief Executive Officer,  
Community Clinical Services



**Jenae Limoges MD**

*She/her/hers*

Central Maine Infectious Diseases,  
Hospital Epidemiologist, Chief of  
Medical Staff, Central Maine Healthcare



**Heritier Nosso, LL.B**

*He/him/his*

New Mainers and Compliance Consultant  
Attorney at Law in Democratic Republic of  
the Congo



**Ornella Nibasumba**

Bates College



**Richard Whiting**

*He/him/his*

City Councilor, City of Auburn  
Retired, Auburn Housing Authority

Thank you to former Healthy Androscoggin Advisory Committee members:  
Delan Fulgham, Kristen D'Eramo, and Brian Wood

## What does being part of Healthy Androscoggin mean to you?

“...I appreciate Healthy Androscoggin’s common sense approach to promoting public health in our region. Healthy Androscoggin’s work is essential.” – *Advisory Committee Member*

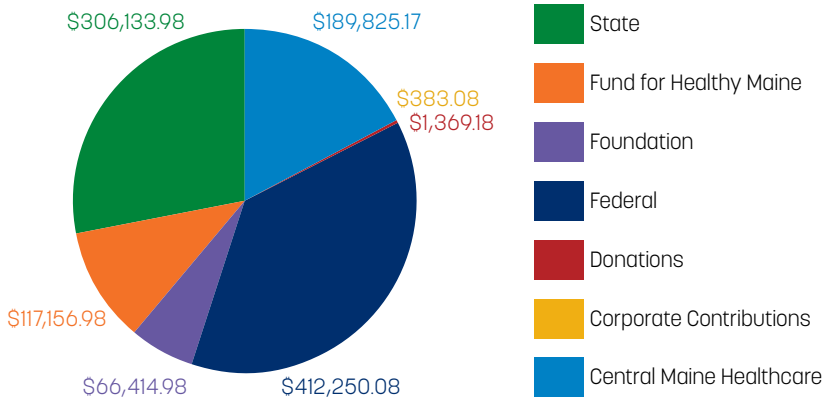


**Learn more about our  
Advisory Committee**

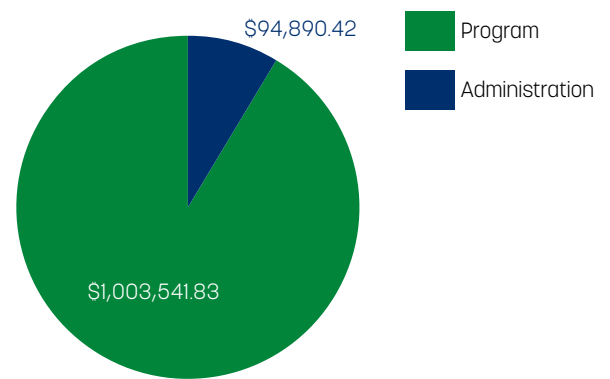
# Donors, Funders and Supporters

## FROM JULY 2022 TO JUNE 2023

FY23 Revenue



FY23 Expenses



### Healthy Androscoggin is generously funded by the following grantors:

- |  |  |  |
|--|--|--|
| Central Maine Healthcare                             | Maine DHHS-Center for Disease Control and Prevention | MCD Global Health                                    |
| City of Auburn                                       | Maine DHHS-Office of Family Independence             | Sewall Foundation                                    |
| City of Lewiston                                     | Maine Medical  | Simmons Foundation                                   |
| Community Health Options                             | Center-Barbara Bush Children's Hospital              | Third Sector New England Inc./Maine Food Convergence |
| Maine Cancer Foundation                              | MaineHealth  | United Way of Androscoggin County                    |
| Maine Department of Health and Human Services (DHHS) |  | University of New England                            |

### We would like to thank the donors and sponsors who have supported our programming over the past year:

- |                 |                              |
|-----------------|------------------------------|
| Catherine Ryder | Austin Associates            |
| Ellen Blake     | Good Shepherd Food Bank      |
| Henoc Mpole     | Hannaford Supermarkets       |
| Mary Caron      | Home Depot                   |
| Ned Claxton     | Shaw's Supermarkets          |
| Patricia Rooney | St. Mary's Health System     |
| Richard Whiting | United Way of Southern Maine |



**Learn more about  
our funding,  
grantors and donors**

# Administration

**INNOVATIVE, COMMITTED, COLLABORATIVE, FUN**



**Lindsay Gannon, MPA**

*she/her/hers*

Health Promotion Manager

**Corrie Brown, MSW, PS-C**

*she/her/hers*

Executive Director

**Emily Dooling Hamilton, MS**

*she/her/hers*

Health Promotion Manager



**Adria Giles**

*she/her/hers*

Administrative Assistant



**Shelemiah Baiei-Makinen**

*she/her/hers*

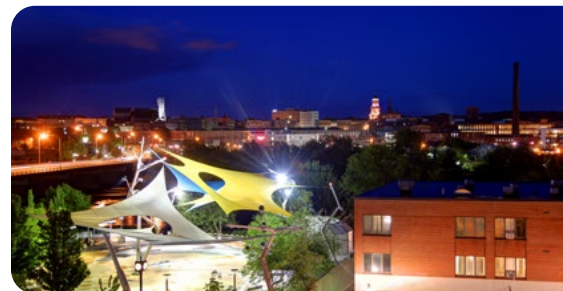
Grants Coordinator

“The best part about the program I work on is how we get to bridge connections between community organizations and the healthcare system.”

– Team Member

“We are a fun, caring, compassionate group of people that share the same mission to improving the wellbeing of our community.” – Team Member

“My favorite thing about my job is all of the new people I get to meet and work with. It allows me to see our community in Androscoggin County from so many different perspectives.” – Team Member



**Learn more  
about our  
administration  
team members**



Physical Address | 124 Lisbon Street, 2nd Floor | Lewiston, Maine 04240

Mailing Address | 300 Main Street | Lewiston, Maine 04240

**207-795-5990 | [www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)**

  **healthyandroscoggin**

**Contact Healthy  
Androscoggin**



Healthy Androscoggin is a community health coalition affiliated with Central Maine Healthcare.