

Priority	Activity	Partners	Key Accomplishments
<b>Organization: Northern Maine Medical Center</b>			
Physical Activity, Nutrition and Weight	In 2020 – Focused on Food insecurity and finding ways to encourage (in particular outdoor) physical activity in light of COVID restrictions that canceled many events.	ACAP Agency on Aging Cooperative Extension Service Elementary schools (Nurse & Wellness Coordinator) Hope & Justice NMMC (Nursing, Diabetes RN, Provider) Town Recreation Department Edgar J Paradis Cancer Fund	Early in the year, before COVID shut down most facilities, partnered to provide weights for Bone Builders classes; Implemented Food Insecurity Screening in the Oncology, OB, and Psych Departments; Donated 170 turkeys to the local good pantry; Provided meals at home to eligible discharged patients; Found a creative way to continue hosting Tour de la Vallee as a virtual event;
	In 2021 – Resumed some activities that promoted physical activity.	ACAP Agency on Aging Cooperative Extension Service Elementary schools (Nurse & Wellness Coordinator) Hope & Justice NMMC (Nursing, Diabetes RN, Provider) UMFK Town of Madawaska Town Recreation Department	Finalized construction of gymnasium as addition to Children’s Psychiatric Unit; Resumed contracts for local gym access for employees; supported local elementary schools during wellness days; Tour de la Vallee resumed in-person and continued to offer virtual options; Out of the Darkness Walk resumed in-person event; Walk to End Alzheimer’s resumed in-person event;
Mental Health Access	In 2020 – Focused on community education and access to mental health during pandemic.	AMHC Hope & Justice Life by Design Schools	Published monthly Mental Health topics in local newspapers and on social media; Offered telehealth appointments so

		NMMC (Psychiatry Unit Leader, Social Worker) UMFK Frank Netter Medical School	patients could have easier access during pandemic; Frank Netter Medical School fourth year student presented a class at Madawaska high school on teen mental health; assisted UMFK to publicize the program on Facilitating Connections - Integrating Behavioral & Physical Health; Andrna Christopher, MHNP, did two stress management segments on WAGM-TV;
	In 2021 – continued to focus on community education and access to mental health during pandemic.	AMHC Hope & Justice Life by Design Schools NMMC (Psychiatry Unit Leader, Social Worker) UMFK	Finalized construction of children’s gymnasium as new addition/improvement for Children’s Psychiatric Unit (which celebrated its 20 <sup>th</sup> year in operation in August 2021), this allows children a place for physical outlet even during cooler months; Published monthly mental health topics in local newspapers and on social media; Out of the Darkness suicide awareness walk resumed in-person event w/collaborating partners offering resources on site;
Substance and Alcohol Use	In 2020 – Offered Suboxone Clinics in coordination w/AMHC RCORP grant; Launched Meds to Beds program	AMHC Financial Counselor Hope & Justice Life by Design NMMC (Medical Practice, Pharmacy) Person in recovery Power of Prevention UMFK	Dr. Kristin Hartt offered sessions at the local schools and university on the dangers of vaping; Meds to Beds offered in-patient prescription delivery and

		MaineHealth Center for Tobacco Independence	pharmacist counseling prior to discharge; Received recognition for achieving platinum level of excellence for our efforts in tobacco independence;
	In 2021 - Due to a refocus on COVID related tasks, we have not participated in many of the planned activities for 2021, although we continued to offer suboxone clinics in partnership with AMHC.	AMHC NMMC (Medical Practice, Pharmacy)	
Cardiovascular Disease	In 2020 – Focused on community education and messaging about heart disease.	NMMC (Care Manager, Community Educator) Quinnipiac medical students UMFK	NMMC Community Educator offered 2-hour session at the NMMC Pharmacy on identifying risk for heart disease and stroke; Posted weekly messages on social media during Heart Health Month; Used social media throughout the year to promote heart healthy habits and to discourage unhealthy habits such as smoking.
	In 2021	NMMC (Care Manager, Community Educator) Quinnipiac medical students UMFK	Posted weekly messages on social media during Heart Health Month; Used social media throughout the year to promote heart healthy habits and to discourage unhealthy habits such as smoking.
COVID-19	In 2020 – Training for Staff Support for Staff Communication to Public/Transparency	Walgreen’s Pharmacy Maine Center for Disease Prevention and Control (CDC)	Established a COVID Task Force comprised of key staff members to meet as needed (sometimes daily) to

	<p>Internal Safety Measures  Shifted to Telehealth where able to continue to provide patient services</p>	<p>St. John Valley municipalities  Multiple individual community members  Local Businesses  WAGM  Channel X Radio  BDN county papers  Town Square Media  Aroostook Public Health Council's  Emergency Planning Committee</p>	<p>plan courses of action and communicate those plans to staff via a regular COVID Alert update; Converted facilities garage to become COVID Swab Clinic; Received and coordinated distribution of countless donations of PPE, cleaning supplies, gifts of encouragement, etc. from the community; 64% of staff and nearly all residents at Forest Hill Manor received their first dose of COVID vaccinations by end of December 2020; Dr. Kristin Hartt offered community education via Zoom to address questions and concerns about COVID and vaccinations; Extensive communication with public about ever-changing safety measures and the local COVID situation – this was done via every available medium including social media, radio, TV, print, e-newsletters, and website; CEO joined other three Aroostook County hospital CEOs for ongoing segments on the COVID situation in Aroostook County for WAGM-TV;</p>
	<p>In 2021 – Focus was on vaccination efforts: Organized and hosted mass</p>	<p>Maine CDC  Knights of Columbus (Fort Kent &amp; Madawaska)</p>	<p>In addition to 2020 efforts that continued into 2021: Established a COVID Vaccination</p>

	<p>vaccination clinics at local Knights of Columbus halls Weekly then transitioned to smaller walk-in clinics as the demand for vaccines waned</p>	<p>ACAP  Houlton Regional Hospital  Cary Medical Center  AR Gould  Fish River Rural Health  Local Pharmacies  Aroostook County Emergency Management  County of Aroostook  Municipal Association</p>	<p>Hotline to register thousands of St. John Valley residents for COVID Vaccinations, administering approximately 7,695 first and second doses to date; Joined a county-wide collaborative to promote vaccines via social media, radio, television, and print marketing under a Don't Wait, Vaccinate campaign; Participated in a live WAGM event to offer education on vaccines to the public; Expanded COVID testing services to include PCR Swabbing for travel once the Canadian border reopened;</p>
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