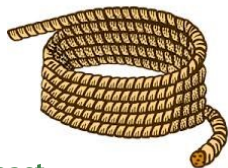


Thriving in Place Downeast (TiPD) is a collaboration between Healthy Peninsula and committed community partners designed to benefit elders, people with chronic health conditions, and care-givers. Together, we work to implement creative solutions for coordinated care and support, linking community members to health care that promotes prevention and wellness.

Working together allows for joint planning, sharing of information, networking, increased referrals across agencies resulting in better care, improved health outcomes, and sustainable programs for the community and its most vulnerable members.



Thriving in Place Downeast
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Healthy Peninsula
P.O. Box 945, Blue Hill, ME 04614
www.healthypeninsula.org



**Together, we're
knitting up the holes
in the safety net.**

Health begins where we live, work, learn, and play. Since 2001, Healthy Peninsula has used collective impact strategies to improve the health of the Blue Hill Peninsula and Deer Isle/Stonington. Our work is based on challenges and needs as defined by the people we serve and implements proven strategies that are individualized to each community.

As the TiPD grant manager, among other things, Healthy Peninsula provides:

- Hands-on project coordination
- Targeted programming
- Program evaluation



**Thriving
in Place
DOWNEAST**



A project of
Healthy Peninsula
and its community partners

TiPD is funded by a three-year grant from the Maine Health Access Foundation (MeHAF)

Who We Are

Aroostook Mental Health Center

Blue Hill Memorial Hospital

Coastal Care Team

Community Health and
Counseling Services

Eastern Area Agency on Aging

Friends in Action

Hancock County HomeCare & Hospice/
Eastern Maine Health Systems

Healthy Acadia

Healthy Island Project

Hospice Volunteers of Hancock County

Penobscot Bay Press

Washington Hancock
Community Agency

At Home Downeast
Friendship Cottage



How We Sustain Collaboration

- Joint planning for new volunteer initiative
- Service Provider Network meetings and e-mail discussion group
- Regular Partner meetings
- Facebook Community group
- Learning Community e-newsletter
- Behavioral Health Task Force

What We're Up to in Year Two



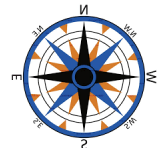
- Social workers from partner agencies are meeting twice a month to brainstorm needs and services for mutual patients.
- A year-long health and wellness initiative is being provided to residents of a low-income housing community to help them thrive on their own.
- Classes designed to promote safe and healthy lifestyles are being offered on various topics to target communities:
 - Matter of Balance
 - Living Well
 - Tai Chi for Health
 - Caregiver Training
 - Cooking Matters for Adults
- A pilot program in which trained volunteers will provide in-home support for at-risk clients is being developed and implemented.
- A Caregiver Support Group open to anyone in the Deer Isle/Stonington community is starting in the spring.
- Deer Isle/Stonington's Move It to Lose It, a weight-loss program with a focus on exercise, is now incorporating healthy eating and nutrition.
- A Behavioral Health Caregiver Support Group is being launched.



The TiPD Advisory Council, composed of partners, community members, and consumers, meets every other month. Their primary roles are funding allocation and program evaluation.

- Salt Air Seniors, men and women who come together for socializing and activities on Deer Isle, is expanding.
- The Grieving on the Installment Plan (G.R.I.P.) series is being provided in three target communities for caregivers of those with a chronic medical condition.
- Licensed social workers from three medical clinics affiliated with Blue Hill Memorial Hospital will be trained to facilitate future G.R.I.P. series.
- A new initiative is starting that will enhance training, outreach, collaboration, and resource development for providers and caregivers of dementia patients.
- TiP partners are receiving training on how to effectively market their programs in the print and digital markets, as well as advertising space in local weekly newspapers.

Clinics of Expertise



Free walk-in consultations on Medicare, MaineCare, Social Security, behavioral health, substance abuse, caregiver support, and computer literacy.

Let the experts
point you to true north!