



***Seeking to enhance the broad health of the island community, we at Healthy Island Project work in the following five program areas:***

***Age-Friendly Island*** creates an environment in which older residents can thrive, receive social and physical support, and age with dignity, respect, and joy. We love our older islanders!

- Every week, 125 *HIP Lunch Box* participants receive a hot lunch, brought to their home, and a wellness check by phone to combat social isolation. Over 16,000 meals served!
- HIP is starting *A Matter of Balance* fall prevention program for older adults, sponsored by AARP Maine, that reduces the risk of falling and increases activity levels among older adults. Foundational for healthy, we'd like everyone to take part!
- *HIP's Coffeehouse with Friends* meets Tuesdays for coffee, socialization, and tech help.
- *Maine Senior FarmShare Program* provides top-quality, fresh, local produce at no cost directly from local Maine farmers to eligible seniors during the growing season.
- HIP coordinates and distributes the USDA *Senior Food Boxes* on the island for income-eligible persons over 60 years of age by supplementing their diets with a 30 lb. box of groceries each month.
- With our Island Fellow, HIP continues to increase digital inclusion for seniors who don't want to be left behind in the age of digital everything.
- Early in the New Year HIP is pleased to bring back a *Successful Aging Creativity Circle*, a program of Project UnLonely of the Foundation for Arts and Healing.

Through ***Edible Island***, HIP works to create an environment in which local food systems are strengthened and people are inspired to create, experience, and enjoy good food in their homes, schools, and restaurants.

- Through *Let's Get Cooking* Chef Educator Cheryl Wixson, HIP participates in the After School Program at DISES to cook, garden, and extend our vision for an Edible Schoolyard where growing, harvesting, cooking and eating are a continuum of learning and enjoying through our vibrant local food system.
- Through *Let's Get Growing*, HIP promotes local growing for fun, education, and community resiliency by bringing together students, farmers, and gardeners, in partnership with the Evergreen Garden Club to ensure we have local and sustainable sources of food and community participation in the growing process. And don't forget our Mariner Rabbits Davey and Daisy who provide great compost – and great joy to all!
- HIP manages *Deer Isle FarmDrop*, an online farmers market with convenient weekly pickup. FarmDrop increases community access to locally made and grown products through a restructured food system that focuses on expanding local food systems.

- Healthy Peninsula's Magic Food Bus makes weekly stops across the greater Blue Hill Peninsular all summer, delivering free, fresh, local produce, health information, and books for children and adults. Magic Food Bus is delivered across the island by HIP.

Through **Active Island**, HIP works to create an environment where people of all ages tend to and enhance their physical health and well-being through safe and expert-led programming.

- HIP holds Bike Safety sessions for K-5 students at Deer Isle-Stonington Elementary School and sponsors the annual Bike Rodeo for kids on the last Saturday in May. The event encourages safety through a riding lesson, bike tune up, helmet giveaway, and a fun obstacle course.
- Post-COVID, we'd like to bring back Move It to Lose It or Wellness Warriors once again.

**Mindful Island** looks to create an environment in which healthy minds are encouraged and people are attentive to and appreciate the surrounding world.

- Labyrinth Walks can be used as a tool to “unwind the mind,” and to let go stress or worries and concerns.
- HIP would be pleased to collaborate with others in the community to expand access to ways to support more mindfulness initiatives.

HIP's **Engaged Island** works to create an environment in which community is celebrated and people work together with open communication, collaboration, and volunteerism.

- HIP began a Community Asset Mapping process 20 years ago, updating it a decade later. What has the island gained, what have we lost? What are our strengths? What's vital to preserve? This summer HIP partnered with the Town of Stonington and Bowdoin College to capture voices across the community. Add your voice in future sessions – and look for the results to be shared in the months ahead. We can all learn from this.
- HIP hosts a bimonthly Community Breakfast where most of the area's nonprofits gather and provide an opportunity to hear about local and relevant community events. It's a great way to form partnerships and find ways to be involved. All are welcome!
- WinterFest is a community event organized by HIP each January. It's a great chance to get out of the house and join your neighbors and friends for fun, food, activities and fireworks – all for free.
- With seasonal flu and COVID ever with us, HIP collaborates with the towns and Northern Light Health to promote and offer Vaccine Clinics on the island as needed.

HIP is a small, nimble organization with wide reach, thanks to scores of phenomenal volunteers. And make no mistake, we couldn't do it without them. It's a great group of people, and we welcome you to join us in serving our community.