MESSAGE FROM OUR PRESIDENT

Greetings,

When reflecting on 2018 and our many accomplishments, it’s clear that LincolnHealth has positioned itself to provide high quality, patient-centered care in Lincoln County for years to come.

Without question, the highlight of 2018 was the opening of the Herbert and Roberta Watson Health Center in August. The Center has brought providers and staff under one roof, which helps to foster integrated and well-coordinated patient care. The $13.7 million project was made possible in part by generous donors who contributed more than $4.8 million, including LincolnHealth employees who contributed more than $160,000. We are grateful for this support and thank Cornerstone Campaign Co-Chairs, LincolnHealth board member Marva Nesbit and LincolnHealth Chief Medical Officer, Russell Mack, MD, for their leadership.

Receiving national attention for the quality of care we provide never gets old, and for the seventh time in eight years, LincolnHealth earned the Top Rural Hospital distinction from the Leapfrog Group, a national nonprofit organization driving forward movement in the quality and safety of health care in America. In 2018, only 11 hospitals in the United States earned Top Rural Hospital distinction.

Our commitment to being a leader in improving our communities’ health and wellness extends far beyond the hospital’s walls and our physician practices. We continue to build new partnerships in our communities while strengthening existing ones. Our effort to respond to the opioid crisis and the many wellness programs offered by the Coulombe Center for Health Improvement are great examples of the power of partnerships. We also continue to expand the Central Maine Community College’s Nursing Program in Damariscotta, with the largest class to date enrolled in 2018.

The keys to our success continue to be our talented providers and staff, our many volunteers and donors, and our patients, who have made LincolnHealth their provider of choice.

We are grateful for your continued support.

Sincerely,

Jim

James W. Donovan, FACHE
President
The MaineHealth system reaches more than 1.1 million residents in central, southern and western Maine and eastern New Hampshire. MaineHealth organizations include Coastal Healthcare Alliance (Pen Bay Medical Center and Waldo County General Hospital), Franklin Community Health Network, LincolnHealth, Maine Behavioral Healthcare, Maine Medical Center, MaineHealth Care at Home, Memorial Hospital, NorDx, Southern Maine Health Care and Western Maine Health; the MaineHealth Accountable Care Organization is also part of the MaineHealth family. Affiliates of MaineHealth include MaineGeneral Health, Mid Coast-Parkview Health, New England Rehabilitation Hospital of Portland and St. Mary’s Health System.
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COVER PHOTO: ANITA OBERLANDER IN HER GARDEN (SEE ANITAS'S STORY ON PAGE 10-11)
SENIOR LEADERSHIP

LINCOLNHEALTH SENIOR LEADERSHIP TEAM

James Donovan, FACHE
President

Cindy Wade, RN, BSN, MHA
Regional Chief Operating Officer

Russell Mack, MD
Chief Medical Officer

Stacey Miller
Vice President Physician Services

Christine Anderson, RN, BSN, NE-BC
Chief Nursing Officer

Wayne Printy
Chief Financial Officer

Andrew Russ, MD
President of Medical Staff, Associate VPMA

Timothy Fox, MD
Director of Emergency Medicine, Associate VPMA

Brooks Betts
Senior Director of Operations

Gracie Ramos, MOAM, SPHR
Senior Human Resources Director

Jacob Fongemie
Senior Director and Regional Chief Information Officer

John Martins
Director of Communications and Public Affairs
LINCOLNHEALTH BOARD

2019 LINCOLNHEALTH BOARD

William W. Logan
Chair

David W. Lawrence
Vice Chair

Jack T. Fulmer, MD
Secretary

Aquilino Alamo, MD

Joan Boomsma, MD
Chief Medical Officer, MaineHealth

James Cosgrove

James Donovan, FACHE
President, LincolnHealth

Leslie Fossel

Timothy Fox, MD

Bruce P. Garren

Meagan G. Hamblett

Samira Hasan, DO

Bruce Lutsk

Russell Mack, MD

Wayne Moore

Marva Nesbit

Sean O’Donnell, MD

Richard Petersen
President, MaineHealth

Susan Porter

Andrew Russ, MD

Louis D. Sell

Denise Soucy, MD

Holly B. Stover

Peter W. Wood
In August, the long-awaited Herbert and Roberta Watson Health Center greeted its first patients. The opening brought to an end a project that began back in 2010. The facility, which capitalizes on natural light and functional design, has brought physicians, surgeons, women’s health specialists and behavioral health providers under one roof, supporting an integrated patient care model known as the Patient Centered Medical Home.

The Center is named for longtime LincolnHealth and community volunteers, Herbert and Roberta Watson.

“Having primary care physicians and specialists in the same location will make it easier for patient care to be coordinated,” said Stacey Miller, Vice President of Physician Services. “Having behavioral health services nearby offers an opportunity to treat the whole person and integrate physical and mental health.”

The project cost $13.7 million, which was supported by the generosity of donors as well as funds set aside by LincolnHealth. More than $4.8 million was raised through the public Cornerstone Campaign, co-chaired by LincolnHealth board member Marva Nesbit and LincolnHealth Chief Medical Officer Russell Mack, MD.

We are grateful that our friends, neighbors, employees, board members and our communities chose to support this worthwhile endeavor.
Having primary care physicians and specialists in the same location will make it easier for patient care to be coordinated.

— Stacey Miller, Vice President, Patient Services
FOLLOWING THE PATIENT’S WISHES WHILE DELIVERING QUALITY CARE

Although Anita Oberlander had already had orthopedic surgery to replace both knees, she was determined that the surgery needed to replace her hip would be managed in a new way.

Uncomfortable with the way that medications made her feel during recovery, Anita asked her orthopedic surgeon, Dr. Rifat Zaidi of Lincoln Medical Partners, to find a solution to manage her pain that would not include opioids. After extensive research, Dr. Zaidi identified a non-opioid medication that was used during Anita’s procedure.

“Here, in one of the oldest counties in the United States it is vital to find a way to reduce pain after surgeries without using opioids. Opioids can really cause havoc for those over the age of 65 who are likely already on other medications. If you can avoid the opioid, you can help avoid unwanted effects such as increased confusion, decreased blood pressure, constipation and more, and hopefully patients are able to go home sooner.” said Dr. Zaidi.

On the day of her hip replacement, Anita was able to stand on her own with minimal discomfort around 6 p.m. She had no confusion or dizziness as was the case in her previous surgeries and was alert as if she had taken no medication at all.

The next day she walked down the hall while gently holding on to Dr. Zaidi’s arm. “It is a wonderful thing to know I didn’t need any opioids after my surgery,” Anita said. Just a few months later, she had resumed all of the activities she has enjoyed her entire life as an avid gardener and outdoor enthusiast.

If you can avoid the opioid, you can help avoid unwanted effects such as increased confusion, decreased blood pressure, constipation and more, and hopefully patients are able to go home sooner.

— Rifat Zaidi, MD, Orthopaedic Surgery Specialist
INNOVATIVE PARTNERSHIP

TUFTS MEDICAL STUDENTS GET FIRSTHAND, RURAL HEALTH EXPERIENCE

Practicing medicine in a large metropolitan area is much different than caring for patients in a small, rural setting. To give medical students a chance to explore those differences, LincolnHealth has partnered with the Tufts University School of Medicine Maine Track Program for seven years.

This innovative program emphasizes the importance of continuity of patient care while providing the students with a true rural health care experience. The students participate in patient care in a variety of settings including both primary care and specialty offices, as well as hospital based services such as surgical, obstetrical and emergency department care. Attracting physicians to rural areas can be challenging and this experience enables students to develop lasting relationships with our healthcare team. In 2018, LincolnHealth hosted Maine Track students, Sydney Ford and Micah Ludwig.

“I could not have imagined a more valuable learning experience than my nine months at LincolnHealth,” said student Sydney Ford. “It was an honor to be part of the team caring for patients and families in this wonderful community. I am grateful to the many amazing doctors, medical assistants, nurses, administrative staff, and especially patients who welcomed me into their lives. I will carry the many valuable lessons I learned here forward in my training.”

“The small coastal towns that LincolnHealth serves are the same towns where I spent my time playing sports as a kid, picking corn for the Spears Farm, flipping blueberry pancakes at Moody’s, and kayaking with my family,” said Micah Ludwig, who grew up in Waldoboro. “Now, because of my time at LincolnHealth, I can say it’s where I learned how to be a doctor.”

It is always our hope that the students who participate in the Maine Track enjoy the rural experience enough to stay in Maine, and in turn, perhaps consider LincolnHealth as they establish their professional careers.

We thank our talented staff for their mentorship of these students, and we hope to see Micah and Sydney in the future.

“I could not have imagined a more valuable learning experience than my nine months at LincolnHealth.”

— Tufts University Medical School student Sydney Ford
Bill Babb woke up in the middle of the night during Labor Day weekend with chest pain and profuse sweating. The Edgecomb resident was uncomfortable, but not in severe pain. Thinking that his symptoms were due to some work he’d been doing on his truck, Bill wanted to wait to see if they continued or worsened. His wife, Barbara, on the other hand, did not. She made Bill take some aspirin and immediately drove him to the LincolnHealth Emergency Department on the Miles Campus.

Bill was stabilized with blood thinners and given an electrocardiogram by the skilled team at LincolnHealth. A second EKG confirmed that a heart attack had occurred and once stabilized, it was time for Bill to be moved to Maine Medical Center, where a team of six providers were waiting to perform surgery. All of Bill’s medical history was accessible to the team, since LincolnHealth is part of the MaineHealth system.

“I could not believe the amount of coordination that occurred between the LincolnHealth ED staff led by Dr. Fox, the ambulance service and Maine Medical Center,” said Bill. “The ambulance team and MMC teams were so well-informed by the LincolnHealth ED team, by the time I arrived at MMC, I was able to roll directly into surgery.”

Dr. Jeremy Estrada and his team inserted two stents in his arteries, which were blocked at 100 and 75 percent. The next day, Bill was released into the care of longtime Primary Care Provider, Jennifer Oddleifson, PA-C, in Waldoboro. A rehabilitation program was created and Bill’s recovery process began.

Bill’s story illustrates a coordinated, connected approach to life-saving care. We’re happy to report that Bill has returned to his hobbies, like paddling his kayak, fly and ice fishing and snowshoeing. “I’m much more confident and aware of my body now and what I can safely do,” Bill said. “Today, there is nothing I can’t do. I’m totally recovered with no permanent damage.”
The ambulance team and MMC teams were so well-informed by the LincolnHealth ED by the time I arrived at MMC, I was able to roll directly into surgery.

— Bill Babb
One thing that we’ve never taken for granted at LincolnHealth is the support we receive from the community. In 2018, the Emergency Department sought to upgrade its existing cardiac monitoring system to a new, state-of-the-art portable system.

We needed to raise the funds for this project, and a generous friend of LincolnHealth infused the effort by committing to match all donations, dollar for dollar. More than 170 individuals and organizations in our community responded to the challenge, making this purchase possible.

“The new cardiac monitors are portable, stay with the patient during transfer to another department, and data flows directly into the patient’s electronic health record,” said Timothy Fox, MD, Emergency Department Medical Director. “Now, our staff can gather critical information quickly and easily on one screen. This new technology benefits the patient and our clinicians, and we’re grateful for the support that brought these monitors to our community.”

Lincoln County residents can rest assured that should a health care need arise, we’ve got you covered. As part of the MaineHealth system, our patients receive the very best care locally and are connected to highly skilled services that are not found at any community hospital.
BRINGING YOU
THE BEST IN PATIENT CARE

Lincoln Medical Partners continues to grow, attracting primary care physicians, specialists and advanced practice providers, including physician assistants and nurse practitioners. In 2018, 12 new physicians joined the team. Now, more than 40 providers are employed by Lincoln Medical Partners.

The services LMP provides are diverse and include primary care services, including pediatrics, family medicine and internal medicine; orthopaedics; cardiology; general surgery; ophthalmology; wound care and women’s health services, including obstetrics and gynecology.

Brian Blethen, Lincoln Medical Partners Director of Operations, said that the involvement of the medical staff and the sense of community at LincolnHealth are pivotal in the recruiting process.

“Physicians and potential staff who visit us see the respect that our medical staff members have for each other, how much they care for their patients and how connected they are to the community,” he said. “This is a collegial, supportive medical group and that sense of team, along with the quality of life found here in Lincoln County, have led to significant growth in our medical group.”
EXPANDING ACCESS TO OPIOID ADDICTION TREATMENT

We are fortunate here in Lincoln County that our community has recognized the devastation that comes with opioid crisis, and that it takes a collaborative approach to support recovery from addiction.

A highly productive community coalition has helped increase access to what’s known as Integrated Medication Assisted Treatment, a progressive approach to treating substance use disorders with a combination of behavioral therapy and medication. In 2018, LincolnHealth began a new program that helps patients in the Emergency Department begin recovery immediately if they are ready to do so. This program aligns with initiatives across the region that are guided by the belief that there is no wrong door to recovery.

“If they want to start recovery and it is medically safe to do so, we can help,” said LincolnHealth Emergency Department Medical Director Timothy Fox, MD. “Suboxone helps stop opioid withdrawal symptoms, and when combined with appropriate counseling, it improves the patient’s chance of engaging in successful treatment.”

The goal is for patients to leave the emergency department with an appointment at the Mid Coast Addiction Resource Center in Damariscotta or Brunswick within 48 to 72 hours. This helps ensure that a pathway to ongoing comprehensive treatment for the addiction is established.

The model is based on the idea that there are few, if any, opportunities for physicians to offer help directly to people with substance use disorder. It also complements our comprehensive outpatient recovery program.

“This new way to begin addiction recovery is part of our ongoing efforts to help community members with substance use disorder,” said Chief Operating Officer Cindy Wade, RN. “We are proud to be the second hospital in Maine to prescribe Suboxone in the Emergency Department.”

Soon, LincolnHealth will implement a universal screening of all Emergency Department patients for substance use disorder. That will allow clinicians to offer treatment to more people who might be interested, and help to reduce the stigma associated with substance use disorder.
AT LINCOLNHEALTH, WE ARE HERE TO HELP YOU IN YOUR RECOVERY. GIVE US A CALL AT 207-563-4747.
HONORS AND RECOGNITION

LincolnHealth had many achievements to celebrate in 2018. Certainly, the opening of the Herbert and Roberta Watson Health Center was most significant, but there were other awards, individual achievements and community contributions that are worth noting:

EXCELLENCE

• Chosen Top Rural Hospital by Leapfrog Group
• One of three Maine Hospitals to Receive Patient Safety Excellence Award
• Received Healthcare Division Award from United Way of Mid Coast Maine
• Emergency Department exceeded the NRC Picker average for all patient experience goals

INNOVATION

• LincolnHealth was the second hospital in Maine to offer rapid induction for those who are ready to begin recovery from opioid use
• Presented first Coulombe Center for Health Improvement Innovation Award to Haley Bezon, founder of Hearty Roots
• Partnered with Pen Bay Medical Center and Waldo County General Hospital to create a Nurse Internship/Residency Program
• The John A. Bowers Innovation Award was presented to 11 employees for their innovative and creative roll out of the MaineHealth Values to LincolnHealth employees

COMMUNITY HEALTH AND WELLNESS

• Miles Maternity opened Maine’s third human milk depot
• Lincoln Medical Partners in Damariscotta donated its 20,000th book through the Raising Readers program
• LincolnHealth was recognized for meeting the Platinum Level in the 2018 Gold Star Standards of Excellence Program for efforts to prohibit smoking and tobacco use on campus and addressing client tobacco use
• Lincoln Medical Partners led successful community flu shot clinics
INDIVIDUAL HONORS

- Pam Chandler, RN and Joanne Larson, RN, were chosen to receive the DAISY Award
- LincolnHealth Director of Emergency and Urgent Care Services Nancy Jackson, RN, MSN, received the Agnes E. Flaherty Leadership Award from the American Nurses Association, Maine Chapter
- LincolnHealth and Great Salt Bay Community School Nurse Kerri Lilly, RN, BSN, received the Sister Consuela White Spirit of Nursing Award from the American Nurses Association, Maine Chapter
- Megan Melville was named Outstanding Emergency Manager of the Year
A NATIONAL LEADER IN QUALITY AND PATIENT SAFETY

To say that the quality of care provided at LincolnHealth is ‘leaps’ and bounds ahead of other rural hospitals in the nation is not a stretch. We have the awards to prove it.

For the seventh time in eight years, LincolnHealth was one of a select few rural hospitals across the nation to win the Top Hospital Award from the Leapfrog Group, a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of health care in America. This award is widely acknowledged as one of the most difficult to achieve. In 2018, we were one of 11 hospitals in the United States to earn Top Rural Hospital Distinction.

“Our dedicated staff have an unrelenting focus on providing high quality, patient-centered care while ensuring the safety of our patients and staff,” said LincolnHealth President Jim Donovan. “This national honor is reflective of our commitment to excellence, and we are proud to have earned this recognition so many times.”

The Leapfrog Hospital Survey uses 28 national performance measures to evaluate hospitals. Measures that evaluate inpatient care, inpatient surgeries, pediatric care, medication safety, maternity care, and infections are included in the review. In order to be considered for this distinction, a hospital must be receive an ‘A’ for patient safety from the institute.

“Being acknowledged as a Top Hospital is an incredible feat achieved by less than six percent of eligible hospitals nationwide,” said Leah Binder, President and CEO of The Leapfrog Group. “With this honor, LincolnHealth has established its commitment to safer and higher quality care. Providing this level of care to patients in Lincoln County requires motivation and drive from every team member. I congratulate the board, staff and clinicians, whose efforts made this honor possible,” she said.
LincolnHealth has long considered providing high quality senior living opportunities a part of its mission. You can find all levels of care within our system, with independent living, skilled rehabilitation, assisted living, memory care and long-term care offered both in Damariscotta and Boothbay Harbor.

Our residents live as independently as possible and if they choose, can participate in a variety of indoor and outdoor activities. You only need to look at the monthly activities calendar to see how our residents can engage in physical, recreational and social activities.

A grant from the Maine Community Foundation’s Lincoln County Fund helped us to begin a program for our residents with ‘green thumbs.’ Vertical gardens that are easily accessible for people with limited mobility were purchased and installed at Cove’s Edge in Damariscotta and St. Andrews Village in Boothbay Harbor. The gardens are well-utilized and are very popular with residents and staff alike.

“Our residents love gardening, and the vertical gardens allow them to pursue their passion,” said Jerie Phinney, Activities Coordinator at St. Andrews Village. “The planters are easily accessible, and we move them inside or outside depending on the weather. Everyone helps each other with planting and maintenance, and it is wonderful to see the smiles on our residents’ faces as they watch the fruits of their labor grow.”
2018 COMMUNITY BENEFITS SUMMARY

LincolnHealth’s (LH) day-to-day operations as a tax-exempt organization include many system-wide initiatives to provide inpatient, outpatient, chronic and acute health care services. Whether it’s free care, community education, wellness initiatives or subsidized services in the community, our goal is to fill the gaps and make a positive impact on the health and well-being of the people of Lincoln County.

The total quantifiable benefits we provided to the community in Fiscal Year 2018 is $15,505,613, and much of this good work goes unnoticed. The following represents a small sample of how we support the health and well-being of our communities. The full Community Benefit Report may be viewed on our website, https://lincolnhealthme.org/cbr18

SUPPORT GROUPS
We offer support for those who are coping with Alzheimer’s disease and Dementia; Grief; Surviving Suicide; Parkinson’s disease; Diabetes and more.

PUBLIC EDUCATION
Some of the education provided at no cost includes: childbirth classes; infant and child CPR classes; advance care planning; falls prevention, balance improvement and home safety; “What’s Cooking Doc… healthy cooking series;” support of schools, childcare, preschools and afterschool programs enrolled in the Let’s Go program.

FREE HEALTH CARE SERVICES (NOT INCLUDING CHARITY CARE)
Postpartum and newborn home visits; blood pressure screenings; staffing of Lincoln Academy and Boothbay Regional school-based health clinics; breast health case management; Hepatitis B and Flu vaccination for health care volunteers.

HEALTH CARE PROGRAMS OFFERED AT REDUCED COST
The Maine Breast and Cervical Health Program; CPR for nonprofits; Mindfulness-Based Stress Reduction (nine-week course); Mindfulness in Education (six-week course); school flu clinics; vaccination clinics

THE COULOMBE CENTER FOR HEALTH IMPROVEMENT
This Center is a catalyst for action within the community. It builds relationships and works collaboratively with others to enhance assets in the region, linking people, organizations and resources.
NURSING SCHOOL PARTNERSHIP
This collaboration between Central Maine Community College and LincolnHealth is the first college degree program in Lincoln County. The program is centralized in Damariscotta and uses distance learning technology at the LincolnHealth Education. Clinical training is at LincolnHealth – Miles Campus and at Cove’s Edge. This allows local students to acquire hands-on experience without the time and expense associated with travel.

LincolnHealth provides administrative services, clinical training, equipment, supplies, technical support, telecommunications and full scholarships in support of the nursing school program.

EDUCATION FOR THE HEALTH PROFESSIONS
From our partnership with Tufts University to facility tours, apprenticeships, CNA certification, internships and clinical rotations, LincolnHealth continues to take a leadership role in health care education.

LINCOLNHEALTH COMMUNITY BENEFIT SUMMARY

Charity Care.................................................................................................................. $1,946,111
As part of the MaineHealth system, LincolnHealth provides services free of charge to those at 175 percent of the Federal Poverty Level

Bad Debt .................................................................................................................. $3,233,751
Losses based on unpaid medical bills

Government-sponsored Health Care (shortfall) ........................................... $1,792,471
Unpaid cost of Medicare, MaineCare and other hospital-specific indigent care programs

Programs and Services for Our Community ............................................. $8,533,280
Programs (net expense)

Total Value of Quantifiable Benefits ............................................................ $15,505,613
Provided to the Community
## FINANCIALS

### TOTAL FUNDS COLLECTED

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<th>Service</th>
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<td>Inpatient Service</td>
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<tr>
<td>Outpatient, Emergency and Ancillary Services</td>
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<td>Physician Services</td>
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<td>Long-Term Care Services</td>
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<td>Home Health Services</td>
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<td>Other Operating Revenue</td>
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<tr>
<td>Free Care Provided to our Communities</td>
<td>(3,268,932)</td>
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<tr>
<td>Care Provided for Those Who Won't Pay</td>
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<td>Discounts Required by Medicare, MaineCare and Insurance Companies</td>
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**TOTAL COLLECTIONS** $102,150,291

### TOTAL FUNDS EXPENDED

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<td>Supplies</td>
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<td>Purchased Services and Professional Fees</td>
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<td>Interest</td>
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<td>Depreciation and Amortization</td>
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<td>State Taxes</td>
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<td>Services Provided by LincolnHealth Group</td>
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**TOTAL FUNDS EXPENDED** $99,820,252

### NONOPERATING GAINS (EXPENSES)

| Other Income (Expenses)                                                | $40        |
| Unrestricted Gifts and Donations                                       | 927,609    |
| Interest and Dividends                                                 | 424,601    |
| Recognized Gain in Fair Value of Investments                           | 607,827    |

**TOTAL NONOPERATING GAINS (EXPENSES)** $1,960,077

Excess (deficiency) of Revenue Over Expenses $4,290,116
### STATISTICS

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<tr>
<th>LINCOLNHEALTH HOSPITAL</th>
<th>FY 2016</th>
<th>FY 2017</th>
<th>FY 2018</th>
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</thead>
<tbody>
<tr>
<td>Admissions (Including Newborn)</td>
<td>1,930</td>
<td>1,881</td>
<td>1,823</td>
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<td>Patient Days (Including Newborn)</td>
<td>7,112</td>
<td>7,180</td>
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<td>Average Length of Stay (Days)</td>
<td>3.64</td>
<td>3.82</td>
<td>3.92</td>
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<tr>
<td>Average Occupancy (%)</td>
<td>64.95%</td>
<td>65.57%</td>
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<td>Emergency Visits</td>
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<td>Operations (Inpatient Surgeries)</td>
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<td>311</td>
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<td>Long Term Care (Days)</td>
<td>9,771</td>
<td>12,680</td>
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<tr>
<td>Residential Care (Days)</td>
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<td>5,806</td>
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<th>COVE'S EDGE</th>
<th>FY 2016</th>
<th>FY 2017</th>
<th>FY 2018</th>
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<td>22,059</td>
<td>22,230</td>
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<tr>
<td>Residential Care (Days)</td>
<td>13,390</td>
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<td>14,220</td>
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<td>Adult Day Care Hours’</td>
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<td>-</td>
<td>-</td>
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<tr>
<td>Home Health Companion Care Division (Hours)</td>
<td>13,080</td>
<td>10,494</td>
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<td>Home Health Professional Division (Episodes)</td>
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<td>Home Health Hospice Division (Days)</td>
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THANK YOU FOR YOUR GENEROSITY

Thank you for supporting the important work that benefits the health and well-being of our patients.

Every effort has been made to ensure the accuracy of the donor information in this report. We have honored the wishes of all of our donors who want to remain anonymous. Please notify the Development Office at 207-563-4570 if there are any errors that need to be corrected.

All gifts are gratefully received and are tax-exempt to the extent provided by law. If you are interested in supporting the many endeavors underway at LincolnHealth, please call the Development Office at 207-563-4570 or 207-633-1938. You may also email us at development@lchcare.org.

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**GIFT SUMMARY**

**JANUARY 1, 2018 - DECEMBER 31, 2018**

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<th>Category</th>
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<td>TUFTS PROGRAM</td>
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**TOTAL**                                                                 $1,718,937
A CATALYST FOR COMMUNITY HEALTH IMPROVEMENT

Since its creation in 2015 and thanks to the generosity of Paul and Giselaine Coulombe, the Coulombe Center for Health Improvement at LincolnHealth has evolved to be recognized as a leader in improving the health and well-being of our communities through both programming and collaboration with many partners.

In 2018, the Center focused on several areas including emotional wellness, resiliency building, access to resources and substance abuse prevention and recovery. The strengthening of partnerships across the region helped the Center expand access to health care for students and addressed the growing need for behavioral health services.

“The Center’s financial support of the school-based health centers at Boothbay Region High School and Lincoln Academy allowed for integrated care delivered by health professionals and licensed social workers,” said Anni Pat McKenney, who directs the Coulombe Center. “Most of our work centers around being a catalyst for improved health, and the relationships we have built with the schools also strengthen the connection to local health care providers and various community resources.”

The Coulombe Center has built a keen interest in and raised awareness of the benefits of mindfulness on overall health and well-being. It offered reduced-cost mindfulness in education courses/or class series for local teachers and a mindfulness-based stress reduction course that was available to all community members. In addition, parents and teachers had the opportunity to participate in workshops that focused on the healthy use of technology and ways to teach mindfulness to children.

“Mindfulness practices have a unique way of strengthening our attention and compassion,” said McKenney. “Any age and skill level can use it to improve both physical and mental health. That is why we have found it to be such a useful prevention tool.”

SOME OF THE CENTER’S HIGHLIGHTS IN 2018 INCLUDED:

• Launching the Innovation Award to recognize a person or organization’s unique and important contributions to the community

• More than doubling the number of visits to the integrated behavioral health clinicians at school-based health centers

• Assisted in the development of patient-centered addiction plans in the second year of a Maine Health Access Foundation MeHAF grant

The Coulombe Center for Health Improvement is located on the St. Andrews campus in Boothbay Harbor, though most of its work is happening in our communities. For more information about the Center, please call 207-633-1542.
Mindfulness practices have a unique way of strengthening our attention and compassion. Any age and skill level can use it to improve both physical and mental health.

— Anni Pat McKenney, Director of the Coulombe Center for Health Improvement