

RHW Welcomes Jennifer McCormack



RHW is pleased to welcome Jennifer McCormack as its new Executive Director. Jennifer previously served as the Executive Director at Healthy Community Coalition, a subsidiary of MaineHealth located in Farmington, focused on improving people's health and well-being through community building and promoting healthy behaviors. Jen is also a registered psychiatric nurse and served as a patient support coordinator at Franklin Memorial Hospital prior to

joining Healthy Community Coalition. Her background and prior experience in the healthcare field will be invaluable in helping RHW carry out its mission.

Jen, along with her husband, own Mountain View Cottages in Oquossoc and is dedicating her spare time to managing the business. She also enjoys swimming, skiing, rollerblading and spending time with her two adult daughters. "This organization has always been a special place for me and my family, I am so happy to be a part of it. I look forward to working together with staff, the board and community members to make Rangeley the healthiest community possible." *Jen McCormack*

Jennifer assumes the role of Executive Director from Leslie White who will be pursuing her career and passion as a registered dietician. RHW is grateful for Leslie's leadership and guidance over the past two years, and looks forward to partnering with her on future nutrition initiatives.

**Mark your calendars...
great RHW events are
coming your way!**

Sunday July 3, 2022

ANNUAL DUCK RACE

Monday July 4, 2022

STARS AND STRIPES RUN/WALK

Saturday July 30, 2022

ANNUAL BENEFIT CONCERT

Thursday September 1, 2022

THE CHODOSH MEMORIAL
GOLF TOURNAMENT

Saturday September 24, 2022

FALL FAMILY FESTIVAL





ASCENT Physical Therapy Introduces Lisa Connolly, MSPT, CSCS

Lisa Connolly joins our ASCENT rehab team and brings a dynamic approach to Physical Therapy. Lisa has been practicing Physical Therapy for 28 years in various environments throughout New England including outpatient, school based, hospital based, home health and aquatic. Also a nationally certified strength and conditioning specialist, Lisa is passionate about staying healthy and is an active competitor in triathlons, running and snowshoe races.

Beyond her zest for work and competitive sports, Lisa enjoys cooking, paddle boarding and fishing. Her favorite part of being in the health profession is when a patient feels confident to continue on their own with their exercise programs, post-PT. She loves when patients stop by after their prescribed sessions to say hello and let her know how well they are doing!

Wellness Woods

Wellness Woods was born out of a dream to create a safe, dynamic outdoor landscape for learning and play that stimulates the mental and physical growth of children, maintains function of our seniors, and provides space for intergenerational programming all while incorporating the natural features of the beautiful Rangeley environment. The goal of Rangeley Health and Wellness was to design a space that promotes a real sense of community and wellness for all ages. Located behind Rangeley Family Medicine, this enchanted forest will include a large playscape for children, walking paths for seniors, an outdoor theatre and six life-sized teepees. Future plans include a guided literature walk, raised gardening beds and a covered pavilion.

Wellness Woods was completely funded by the generous support of donors who share RHW's passion for creating opportunities for people of all ages to live healthier lives. Community members also donated countless hours of in-kind work to make this dream a reality. In addition, RHW received a generous \$15,000 challenge grant from Arctaris Saddleback which was successfully matched dollar for dollar. "Rangeley Health and Wellness is one of the most dynamic and effective community service organizations in the state," said Andy Shepard, General Manager of Saddleback Mountain. "We are all fortunate to have this remarkable facility and Arctaris Saddleback is honored to help play a role in their plans for the new health-promoting landscape design."

This multigenerational space is sure to bring out the child in everyone!



Strategic Planning

In September 2020, the Board of Directors of Rangeley Health and Wellness began a strategic planning research project to assess the health and wellness needs of the Rangeley community and to develop a strategy to meet those needs. Summarizing the opinions of the Rangeley residents through surveys, interviews, and focus groups, the research revealed the health and wellness needs of the community and how well RHW is meeting those needs. It represented the opinions of a wide range of constituencies, including full-time and seasonal residents, seniors and teens, RHW members and non-members. The Strategic Planning Committee is currently working on designing detailed action plans for RHW derived from the ideas and recommendations that surfaced.

All those great ideas will be captured within action plans and shared with the Rangeley community. RHW looks forward to continuing this work in the coming year and is excited to put these community-based recommendations into action. The Committee would like to thank everyone who participated in the survey process for their honesty, engagement, and continued support!

Meet Brittani Martin RHW Fitness Coordinator

Greetings from the Fitness Center. My name is Brittani and I have been the Fitness Coordinator at Rangeley Health and Wellness since July. In addition to managing the Fitness programs and Fitness Center staff, I am also an ISSA (International Sports Science Association) Certified Personal Trainer and have been actively working with RHW members to help them achieve their fitness/lifestyle goals.

After graduating from Massage Therapy school in 2016, I knew that wellness was absolutely the avenue I wanted to explore for the rest of my days! I loved studying muscles, the science of the human body and exactly what it takes to maintain optimal health. When I was out and about in the world, I realized it was extremely important to not only use that knowledge but also to share the knowledge that I had acquired over the years.

Proper training is extremely important to prevent injury. It is my job to ensure that those using our facility are doing so safely. I also try to encourage healthy activity outside of the gym. Wellness is a broad term that should encompass all aspects of life and my goal is to get people into a healthy cycle of well-being. Working out and eating healthy increases feel-good hormones in the brain and feel-good hormones in the brain increase the desire to work out and eat healthy. It typically takes the brain 60 days to form a habit, so I encourage my clients to stick with me for at least 8 weeks to give themselves a real shot at living the life they have always imagined.

Working alongside our Physical Therapy department is a blessing for my work and our members. Currently, we have a plan in place for people wishing to continue their path to wellness after completing their medically prescribed sessions with RHW's ASCENT physical therapy professionals. I have one client who came from ASCENT after a double knee replacement procedure. He transferred from ASCENT to me and reported increased strength and mobility due to the continued work he has been doing in the Fitness Center. Great things are happening in our Fitness Center. Please stop in to talk about how I can help you meet your lifestyle goals.



Children's Programs

Over the past year, RHW has embarked on an in-depth strategic planning process that has clearly revealed the need for the continuation and expansion of programs that promote health and wellness among children from birth to teens. When children are given the education, support and encouragement they need, they become healthy and productive adults. We believe that through supporting our youth on their wellness journeys, we can further realize our mission of improving our community's health and its future.

Our Children in Action (CIA) after-school and summer program continues to provide activities, education, and opportunities for physical and psycho-social growth and development for school age children. Children's swimming lessons have grown in popularity under the direction of our dedicated swim director, Danika Coaplin. Utilizing RHW's heated therapy pool, we are able to offer classes for all ages including infants. We have also expanded our children's swimming lessons in the summer to include outdoor lake safety courses held at the town park. Given the number of lakes and rivers in our region, we feel compelled to support families by making sure their children are safe in and around water.

Our physical therapists have recently collaborated with Rangeley Lakes Regional School to ensure youth, particularly student-athletes, have access to physical therapy treatments close to home. By meeting with athletes, parents, medical providers, and trainers, RHW's licensed physical therapists are able to prescribe a course of treatment that can ensure a quick recovery from injury and get athletes back to the sport they love.

2021 brought many new challenges for older youth, prompting an expansion of behavioral health programming for tweens and teens through guided adventure outings. With a focus on building resiliency and social connections, these enhanced opportunities have proven to support the emotional well-being of this vulnerable population with a hands-on approach to building self-confidence and finding inner joy through unity with our natural surroundings, its beauty and its challenges.

At Rangeley Health and Wellness, we believe every child should have equal access to our after-school programming, our summer camps, swimming lessons, and every broad-spectrum fitness opportunity we offer. Funding kids who might be unable to pay is our top priority and we continuously apply for private and public grant opportunities designed to fund these important programs. Grant awards, private donations and the unparalleled local support we receive underwrites scholarships to families who need a little help, keeping RHW's Children's Program accessible to every child throughout the year. If you or a family you know needs assistance or an introduction to any of these programs, please contact Jen McCormack at 207-864-4397 Ext 6 for a private conversation on how to enroll.





Funder Spotlight: JTG Foundation

In the spring of 2021, Rangeley Health and Wellness was generously awarded a \$25,000 grant from the John T. Gorman Foundation to help increase mental health, wellness, and community support opportunities for older youth during the pandemic. The funding addressed rising concerns about the well-being of young adults who are suffering from the mental health effects of the prolonged pandemic.

“The pandemic has taken an enormous toll on people all over the world, including and especially our young people. We are losing them to isolation, substance use, and suicide at alarming rates,” says Lisa Margulies, Program Associate at the JTG Foundation. “These grants represent only a drop in the bucket compared to the resources needed to fully meet this crisis, but we hope that they will make a difference to the most vulnerable young people in Maine.”

In response to the grant award, RHW’s Behavioral Health Coordinator, Joanne Dickson, designed and executed a series of adventures that included white water rafting, skiing, fly fishing, and drop-in volleyball games. Each of these opportunities encouraged young adults to stretch beyond their comfort zones and build resiliency during a time of isolation and uncertainty. They also provided an outlet for staying active in healthy, positive ways. Built into each shared experience was a chance for young adults to engage with peers and caring adults to discuss their emotions and strategies for coping with the loss of so many familiar activities. Each adventure also included time for shared meals, snacks and face-to-face conversation. Additional adventures are being planned for 2022 including downhill ski trips, cross country skiing, snowshoeing, and so much more!

The JTG grant also allowed Rangeley students to participate in the much-loved MYAN (Maine Youth Action Network) Conference. Although students were not able to attend the statewide conference in person this year, they were able to gather as a group to create a local two-day conference at RHW and participate remotely with youth around the state. Joanne brought undeniable excitement to this year’s conference. In a brief post-event interview Joanne applauded JTG: ‘thanks to the generosity of the JTG Foundation, Rangeley’s young adults were able to build confidence, self-esteem and competence in new skills while also having fun in a social setting’.



RHW'S 2021 Fall Family Festival



In September, RHW opened its campus to host our popular community event: the Fall Family Festival. Despite grim-looking weather reports in the days leading up to the event, we were gifted with perfect fall weather, phenomenal attendance, and an abundance of volunteers and vendors, all of which came together to create a perfect autumn day. A record-breaking turnout of more than three hundred attendees provided a variety of fun and safe family activities for all ages.

As one of RHW's newest and most popular events, our Fall Family Festival has become the highlight of the season and a feel-good way to wrap up a successful and fun summer. The festival offers a delightful blend of food, fun, games and live musical entertainment, while offering a glimpse of who we are at RHW and what we do.

Joanne Dickson, RHW'S Behavioral Health Coordinator, organized this year's festival which was accessible and inclusive to all members of the community. The festival featured a variety of vendors, all of whom brought a special activity for families to enjoy. We were honored to have representation from Rangeley Library, Rangeley Lakes Regional School, Franklin County Children's Task Force, Franklin County Healthy Coalitions, United Way, wood carver Bill Lewis, the Outdoor Heritage Museum, Rangeley Rotary, Little Mountain School, Maine Forestry Museum, RHW's ASCENT Rangeley Lakes Rehab, SoJo's at the Inner Eye, Franklin Savings Bank, Rangeley Teens, Rangeley Recreation, Franklin County Safe Voices, Rangeley Fire Department, Franklin County North Star, RHW's Children in Action Program, Saddleback, Rangeley Lakes Heritage Trust, Rangeley Farmer's Market, and four separate vendors offering fresh produce and baked goods. Live entertainment was provided by Unknown Legend, encouraging lively fresh air dancing for all ages.



One of the highlights of this year's event was the Scarecrow Contest. Seventeen different scarecrows were created by the students at Rangeley Lakes Regional School and were entered into a contest vying for Best Scarecrow status. This year's winners were pre-K and first grades, third grade, seventh grade and Sonja Johnson's advisory team. Congratulations to the winners and a job well done by all!

Our annual Fall Family Festival brings the community together to celebrate the season and would not be possible without the numerous volunteers and vendors who make the fair such an enormous success. Rangeley Health and Wellness is grateful for this camaraderie, and we look forward to hosting Fall Family Festival 2022!



RHW's Year in Numbers – Every Age. Every Body. Every Day.

RHW shares our community's concerns about existing and emerging research-based needs affecting the Rangeley region including:

- 20% of Franklin County residents are 65 years of age or older
- 27.2% of Maine high schoolers report being sad or hopeless for 2 weeks or more
- 26% of teens in Franklin County report using alcohol in the past 30 days
- 25% of residents in Franklin County say they live a sedentary lifestyle
- 33% of adults in the county are overweight
- Overdose deaths in Maine are rising at an alarming rate

**statistics provided by Maine Shared Community Health Needs Assessment*

In response to these needs, we are proud to report:

- Our fitness center averages 365 members who use the facility on a regular basis.
- Our therapists conduct 3,681 visits with patients needing Physical Therapy.
- 12 senior households receive weekly check-in calls and help with light chores by volunteers in our Neighbors Helping Neighbors program.
- 31 households received holiday food baskets prepared and distributed by RHW.
- 11 households with seniors received Meals on Wheels coordinated by RHW.
- 4 seniors received assistance coordinating vital services including ambulatory needs and at-home care through the Rural Health Action Network of Franklin County.
- Local families caring for seniors with cognitive delays received 300 hrs of respite care.
- 31 campers from grades K-5 participated in our summer Children in Action program for five weeks of arts and adventure.
- 42 aspiring athletes attended our annual summer British Soccer camp
- 15 youth from grades K-5 joined our CIA afterschool program each week.
- 12 teens branched out through our Teen Adventure program enjoying guided activities including volleyball, river rafting, skiing, and fly fishing.
- 12 teens attended the Maine Youth Action Network conference for an opportunity to build leadership skills while collaborating with teens across the state.
- 18 RLRS students attend Health Education class at RFC each semester.

As an organization providing a multitude of services, we employ as many as twenty-six personnel over the course of the year. Each department requires not only expertise but also a dedication for the service provided whether in Physical Therapy, Fitness, Behavioral Health, Children's or Senior Programming. Our individual donors, grant funding and program fees provide the financial support for all that we do. We are so thankful to all who work for and have contributed to our success this past year!





Rangeley Health and Wellness

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A Letter From the President

Dear friends,

As we look back on this past year, we do so with the realization that this has been unlike any other that Rangeley Health and Wellness has seen. We have taken on the challenges and uncertainties that this new era has brought, and it has amplified the importance of the work we do in this region. More than ever, we recognize that our services bring the support and skills our community members require to navigate these

everchanging times. As we look to the future, we will continue to be a consistent support for our region by continuously improving upon our existing programming and bringing new and innovative programs to meet emerging needs. We look forward to collaborating with our staff, partners, donors, and community members to make this happen. As always, I would like to express our gratitude to the local community and to our supporters for allowing us to provide these vital health and wellness services to the region.

Yours in health,

Patti Butler

