



Annual Report

July 1, 2021 - June 30, 2022

A Message From the Executive Director

As I reflect on my first year as Executive Director of Rangeley Health and Wellness (RHW) I am inspired and proud of all the incredible work our team, volunteers and board members have accomplished. Over the year our physical therapy staff have provided care to students who attend the local school, individuals in their home, and at the RHW facility. Personal trainers have worked closely with the physical therapy staff to offer 1:1 services to patients once discharged from physical therapy in addition to the 1:1 training and group sessions they conduct in the fitness center. Our behavioral health coordinator has provided support to community members on many different levels including crisis intervention, assistance with basic needs, activities for seniors and opportunities for youth to engage in fun and enriching outdoor adventures and activities for youth to learn leadership skills. Respite care, community programming for seniors and children's programming have expanded to include more days of service and increased offerings.

In this annual report you will see highlights of RHW's accomplishments as well as read about some of our very talented and caring staff who provide critical services for our community. Thanks to the generous support of our donors and funders we are able to provide many of these services to the community at no cost or for a fee much less than the actual cost.

Jennifer McCormack RN, BSN, MBA
Executive Director

An Eventful Year Ahead

July 3rd

ANNUAL DUCK RACE

July 4th

STARS AND STRIPES RUN
5K/10K

July 29th

ANNUAL BENEFIT CONCERT

August

CHODOSH MEMORIAL
GOLF TOURNAMENT





RHW Welcomes Janis Walker

RHW is pleased to welcome Janis Walker as Director of Finance and Development, replacing Jeanne Thorvaldson who has retired from the position. Janis brings over 30 years of experience in grant and program management, development, fundraising, event planning and community partnerships in Franklin County. She began her career at Franklin Community Health Network and most recently was Program Manager at Healthy Community Coalition in Farmington where she oversaw initiatives focused on health disparities, poverty, access to care and other services for vulnerable populations in Franklin County, worksite wellness, and fundraising. She brings to RHW valuable tools to broaden our ongoing commitment of bringing wellness services to the community while initiating positive growth on our campus.

Janis holds a Master's degree in Business Administration from Thomas College in Waterville where she graduated Summa Cum Laude. She lives in Wilton with her son Nick and daughter Jenna. Please join us in welcoming our newest community liason to RHW and offer her a warm hello when you see her around town.



Getting to Know Hannah Schwartz

When Hannah Schwartz left home in Chicago for college in Colorado, she had never heard of Rangeley, Maine - until she met Dawson Bordick. Dawson invited Hannah to join him on visits to his family in Rangeley, and as a true lover of the outdoors, Hannah was immediately drawn to our area's natural beauty. When COVID-19 forced virtual learning, the couple made their move to the Northeast. Dawson began his career at Saddleback and Hannah joined the RHW team.

In April 2021, Hannah began teaching yoga and working at our fitness center front desk. Hannah has capably added to her job description through assisting in the PT office and working with Joanne Dickson in our Behavioral Health department. She is a senior at Johnson & Wales University, studying remotely for her Bachelor's degree in Public Health. Hannah admits that her job description is always evolving, which can be challenging, but the relationships she has built at RHW with her co-workers and clients make it all worthwhile. Hannah has clear goals. Upon graduation from Johnson & Wales, she plans to put her public health degree to work at RHW, creating new and innovative programs in fitness, exercise, and wellness for the benefit of our community. Off the clock, Hannah can be found camping, hiking, running, or walking with Dawson and their dog. She is determined to fine tune her ski skills at Saddleback. Hannah and Dawson live in Rangeley with Roy, their one-year young rescue puppy. Stop by RHW and meet Hannah. Her caring, kind nature is infectious.



38Special performing LIVE at our 2022 Benefit Concert



Pumpkin artists at our Fall Family Festival



Familiar staff smiles at the fitness center

Physical Therapy at RHW

Mandy Holt joined Rangeley Health and Wellness 2 years ago but has spent her entire professional life in health care. She has been a licensed massage therapist (LMT) for 12 years and continues to work part-time in direct support at LEAP in Farmington, supporting people with developmental, cognitive and intellectual disabilities to be actively involved in their communities. Both of these experiences have enabled her to bring a great skill set to her job as a Physical Therapy Assistant at RHW. As a LMT she is able to expertly provide hands-on physical therapy which is important for pain reduction, increased mobility/flexibility/range of motion, increased circulation and reduction in soft tissue tension. Her experience at LEAP has helped her make great strides working with students from RLRS who face physical disability challenges gain better access to their curriculum. Mandy's patients love working with her and find her very easy to talk to and work with. She takes the time to investigate and research diagnoses, asks important questions, and thinks outside of the box for resources available to get her patients back to doing what they like to do. Mandy lives with her husband



and three children in Farmington and in her free time enjoys hiking, reading and music. She feels Rangeley is an amazing community where everyone knows everyone and takes care of each other. We are glad to have her as part of our community!



HARC Compassionate Senior Care

RHW provides an array of services to benefit the seniors in our community through our HELP (Helping Elders Live in Place) programming. In 2016 we introduced HARC (HELP Adult Respite Care) to our senior services menu. HARC is an opportunity for cognitively challenged seniors to participate in enriching, small group activities on our campus, while giving the traditional at-home caregiver a much-needed day of rest. HARC activities are tailored to the unique needs of each participant and include watercolor painting, collage, paper crafts and guest speaker presentations in a safe, provider supervised environment. Maine State licensed for up to ten participants, RHW provides this vital service for a nominal fee each Wednesday, 11am–3pm. To learn more about our HARC support services call Jennifer McCormack at 207-864-4397 ext. 6.



Back to Nature – Kids Making Connections In and Around the Community



Children's programs at RHW have always been popular, and 2022 may have been the best year yet. In addition to swim lessons, soccer camp, vacation camps and our Children in Action Afterschool Program (CIA), this year's programming offered a seven-week "Back to Nature" Summer Camp, which saw 20 Rangeley kids taking full advantage of summer fun and adventure. Making connections with their community was the objective of the program, which focused on appreciating Rangeley's natural wonders and celebrating the region's sporting traditions. Best of all, the campers had multiple opportunities to venture off campus and participate in exciting hands-on adventures.



Organized and led by Children's Program Director Maxie Gatcomb, the campers enjoyed eight field trips plus visits from some extraordinary guests. "The goal was to get kids involved in things they might not get at home," noted Maxie. One of the most popular adventures saw Back to Nature campers not just participating in – but two kids placing in - the Kid's Fishing Derby in July. A trip to the Maine Mineral & Gem Museum in Bethel presented an out-of-this-world opportunity to learn not just about local geology, but to hold actual rocks from the Moon and Mars. Other field trips took campers to two different Alpaca farms and Hardy Farm, an organic dairy farm, where they had some close encounters with cows, turkeys, and goats and even got to stick their fingers in the milking machine. Exotic animals were also on the summer schedule with a day safari to DEW Haven Zoo and Rescue. Maxie commented that while the zoo was fun, the kids especially loved learning about local fish and wildlife and the people in the community who work in those fields and streams. One of the summer's most popular visitors was local trapper Courtney Ellis, who brought his gear, some traps, and pelts for the kids to examine up close. Maine Game Warden Maddie Killian and a Maine Department of Inland Fisheries and Wildlife biologist stuck around for hours after their presentation answering questions about their careers, safety, and managing wildlife. The Rangeley Region Sports Shop visited giving the kids an opportunity to learn about different fish species, fishing, and fly tying.



The town park was the site of a potluck family BBQ at the summer's end. Maxie noted that all the kids participating in the camp were local. Still, some were new to the community, and their families had never met. While the kids had become fast friends during their camp adventures, the potluck BBQ was the first opportunity to bring these families and parents together. "It was so wonderful to see these families getting to know each other," said Maxie. "It was such a great time."

Thanks to the guest speakers, field trip hosts, and children and families who participated in this year's summer camp. And special thanks to our driver Tami McGarvey and our wonderful counselors: Maxie Gatcomb, Ivalyce Stevens, Brooke Laliberte, and Nora Ransom, who made the Back to Nature Summer Camp such a success.



Wellness Woods From Concept to Creation



Wellness Woods was born out of a vision to create a safe, dynamic outdoor landscape for learning and play in a space inspired by nature. As our existing playground adjacent to Rangeley Family Medicine was showing its age, the timing was perfect to reinvent the space. Inspired by board member Beth Brunswick, board Vice President Jim Higgins assembled a capable team and spearheads the project. Now, just one year later, Wellness Woods is providing hours of outdoor entertainment for our community’s children. The playscape, climbing wall, balance beam, teepee village and stage are complete. A new shed was added to house equipment and the landscape is adorned with wooden benches, flowering planters and paths creating an inviting and playful environment for all ages. Future phases include a covered pavilion, an adaptive swing and ADA compliant walking paths.

The adage “it takes a village” is certainly true. Wellness Woods came to life through the commitment of our donors, local businesses, dedicated volunteers, staff, and board members who embraced the vision and remain committed to its completion. Special thanks to these community partners who rolled up their sleeves to create this amazing outdoor play space:

Dan Aleck
Julie Bernstein
Jim & Joanne Dickson
Courtney Ellis
Dan Higgins
Jim & Debby Higgins

Mike Cerminara Landscaping - Mike & Marley Cerminara
Cousineau Inc. - Randy Cousineau
Morrill Excavating - Steve Morrill
M & H Construction
Perry Transport - Peter and Krista Perry
E.L. Vining Construction - Judy Vining
Sunrise View Farm - Brian and Priscilla St. Louis

Mark Beauregard Inc.
Matt & Sara Higgins
Dennis Marquis
Mark Morton
Bob & Leeanna Wilbur
Ken Wyman



Celebrating 4th of July



Independence Day 2022 found RHW staff and volunteers on Main Street hosting two of our favorite annual events:

Our 24th Annual Duck Race was held on Sunday, July 3rd at the Haley Pond outlet to Rangeley Lake. Fun for all ages, participants 'adopted' pre-numbered rubber ducks at \$5 per duck, hoping to win prizes donated by local merchants as the ducks float their way to the finish line. Volunteers sell ducks at various locations in the weeks leading up to the race and on Main Street July 3rd. After the annual parade, all the adopted ducks are dropped in the water and the race begins. Water levels cooperated this year, allowing more than 2600 adopted ducks to swim happily toward the checkered flag. Forty prizes were awarded for this fun family event that follows the community's annual children's parade on July 3rd of each year.



Bright and early the following day on July 4th we kicked off our annual Stars and Stripes 5K Run/Walk. An event for both serious runners and walkers alike, 122 brave athletes laced up their running shoes to complete the 5K competition while the younger entrants enjoyed the kid's fun walk. Our Stars and Stripes event sees increased participation year after year with many new faces volunteering to help organize as it grows in popularity. To our runners, walkers, and workers, thank you for your part in helping our organization thrive.

Special thanks to our sponsors and volunteers who make these annual community events an exciting part of Rangeley's July 4th celebrations each year while helping to fund RHW programming.



The starting line of our kids fun run in the town park



Lindsay and Connor Richards running in our Fun Run



The annual dumping of the ducks on Main Street

By the Numbers...Meeting the Community's Needs

The wellness needs in our rural community are unique. RHW strives to fill the service gaps in our remote corner of Maine through diversified programming funded through a dynamic yet fragile network of facility fees, grants, fundraising, philanthropy and volunteers. We have the utmost respect for all those who believe in us by participating in our services, giving their time and expertise and responding to fundraising initiatives. All are crucial components for the betterment of our neighbors and community.

Some of what we made happen this year:

- 12 area seniors received help with light household chores through our Neighbors Calling Neighbors program
- 3 raised garden beds were built at the Rangeley Townhouse allowing the residents to grow their own vegetables and build relationships among residents
- 15 Rangeley Townhouse residents enjoyed a cookout at their location hosted by RHW, and 22 residents received emergency food assistance through a partnership with RHW and our local ecumenical food pantry
- 50+ boxes of food were delivered to home bound seniors along with 6 referrals to Meals on Wheels
- 6 seniors regularly participated in our free Functional Fitness classes twice per week at the Wellness Center and 6 memory care clients were served weekly by our HARC Respite care program
- 26 campers in grades K-5 took part in our 7-week Back to Nature Summer Camp
- 74 children joined our British Soccer Camp program
- 17 kids in grades K-5 attended our CIA afterschool program during the school year
- 16 local teens attended the Maine Youth Action Network conference held at RHW; a two -day leadership program with the opportunity to collaborate and meet virtually with teens across the state
- 125 RLRS students in grades K-12 attended our end of season Ski Tuesday party at Saddleback
- 300 attendees enjoyed our free Fall Festival with games, crafts, food, and entertainment
- 2,578 patients were seen in our Physical Therapy department
- 4 RLRS students with disabilities received Physical Therapy at RHW
- 381 fitness memberships were sold and we logged 12,200 check-ins at the gym
- 25 RLRS students spent their Health Education class time at our facility
- 90 swim lessons and 4 Lake Safety courses were provided to area children
- 75 COVID vaccines were administered during two clinics hosted by RHW
- 5 Blood Drives hosted, collecting 128 units of blood, potentially saving 384 lives

A few of the ways we do it:

Our board of 19 dedicated directors, loyal staff members and over 100 community volunteers work tirelessly to get the job done. It is not always easy, but we are committed. We have the support of our local municipalities, along with federal, state and private foundations across the state which provide program grants and financial support. Events such as our Annual Benefit Concert are successful thanks to the dedication of community members, local and regional businesses. We appreciate all you do. We believe in transparency and welcome you to schedule a visit with our operations staff or our board of directors to learn more about who we are, what we do and how we get it done.



A Letter From the President



Dear Friends,

As we reflect on the past 12 months, we do so with a feeling of gratitude for all the dedicated donors and volunteers who have stood firmly by our side as we navigated personal losses, a new phase of the pandemic, and an evolving local workforce. It has been a challenging year, but RHW stands firm in its commitment to be nimble and responsive. Our mission is stronger than ever to make a significant impact on the health and wellbeing of all who live and work in the Rangeley region.

This past year, RHW completed its first ever strategic plan to serve as a roadmap for our work today and into the future. Our in-house committee conducted dozens of one-on-one interviews with a carefully identified cross section of area residents. We asked a lot of questions, compiled each response and heard the message loud and clear: The community wants us to remain focused on what we do best which is to serve in the areas of Children and Teens, Seniors, Behavioral Health and Fitness for All. We are charged with developing new ways to ensure our services are inclusive and accessible to everyone while offering assurance to our donors and the community at large that we operate at the highest levels of efficiency. Programs are being redesigned to meet residents wherever they are on their wellness journeys. Whether it is bringing services closer to home or expanding our current offerings, RHW's priority is to be engaging, welcoming and responsive to those we serve. To view the Strategic Plan in its entirety, please visit our website at www.rangeleyhealthandwellness.com.

In closing, I want to take this opportunity to thank everyone who makes our work possible. We could not do all that we do without our dedicated team of volunteers, donors, board members, and staff. Thank you all for making us the dynamic organization that we have become and the trust you place in us for the future.

Best wishes,

Patti Butler

