

Philanthropy

PhilanthropyMatters serves as a newsletter to MaineGeneral's supporters and friends. Information is written by MaineGeneral's Philanthropy and Marketing staff.

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Greetings! from the Office of Philanthropy

Dear friends,

As the year draws to a close, we find ourselves reflecting on all that's been accomplished and all who've made it possible. This year's season of gratitude feels especially meaningful, as we think about the generosity, compassion and resilience that defines our wonderful community.

In this issue of *PhilanthropyMatters*, you'll find so many reasons to be inspired: results from our Employee Combined Campaign (p.5); the growing reach of our grant-funded initiatives (p.6); and stories of courage and hope from two remarkable members of our cancer community (p.8).

We're also proud to celebrate our 2025 scholarship recipients (p.16), future caregivers who remind us that the spirit of philanthropy often begins with a motivation to care for others. And, as the year comes to an end, we invite you to consider supporting local health care this holiday season (p.3) – including GivingTuesday on December 2.

This issue demonstrates what's possible when people come together with purpose and generosity (p.12). We are surrounded by neighbors who show up for each other when it matters most and we continue to be humbled by your generosity. You are helping to build a healthier, more hopeful future for our region, and we are deeply grateful.

With heartfelt thanks,

Nicole O. McSweeney

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A Nessage from Our CEO

Friends and supporters,

Across the country, health care systems are facing tremendous challenges and are under unprecedented pressure. It's a difficult moment for health care, one that's testing even the strongest organizations. Here at home, we face the same pressure.

Despite this, and thanks to your belief and support in our mission, we've stayed focused on what we can control: delivering compassionate, high-quality care close to home. In the last year we've strengthened and expanded essential services that matter most to our region, including:

- Maternal and child health
- Cancer care
- Surgical and non-surgical treatments
- Primary care access

We know the future of health care will bring new challenges, but it will also bring new opportunities to grow, innovate and care for one another.

Your trust and generosity make this possible. We need our community now, more than ever, as we continue to focus on factors within our control. Together, we're not just weathering the storm. We're building something lasting that ensures exceptional care is always within reach for every generation to come in the Kennebec Valley.

Thank you for your support. Thank you for believing in us.

Nathan Howell President & CEO MaineGeneral Health

Double Your Impact this TUESDAY



This GivingTuesday, we're celebrating the spirit that makes Central Maine proud: neighbors who show up for each other.

Meet Trisha, a lifelong Mainer, business owner, MaineGeneral employee - and proud donor. Her story is one of deep roots and deep gratitude. She and her family have turned to MaineGeneral for care through every stage of life, and now she gives back to help ensure that same level of care is here for generations to come.

On December 2, join Trisha and so many others in supporting MaineGeneral. Every gift makes a difference and keeps compassionate, high-quality care close to home.

Be sure to follow us on Facebook to hear more about Trisha and her story this GivingTuesday. >



Thanks to our match sponsors, **Charlie and Nancy Shuman and** Kennebec Savings Bank, your kindness will be DOUBLED on GivingTuesday!*



Visit give.mainegeneral.org/givingtuesday to learn more.

*Gifts will be doubled up to \$25,000.



Congratulations to ACC Cares on another successful tournament! This year marked their 10th annual golf tournament, which raised an incredible \$38,000 to support patients at the Harold Alfond Center for Cancer Care. With this year's success, the tournament has now contributed an amazing \$225,138 over the last ten years!





Tradewinds' Pumped Up to Fight Cancer Program raised \$6,932.19 for the Harold Alfond Center for Cancer Care. For nine years they have been making every penny count, raising more than \$179,542 for cancer care.

In July, Augusta welcomed athletes from around the world for the third IRONMAN 70.3 Maine, and our MaineGeneral team took the lead for medical support of competitors and fans alike! Our incredible team delivered top-notch medical care, led by Dr. Thomas Hoke, and earned us the opportunity to apply for a Volunteerism Grant from the IRONMAN Foundation. This \$1000 grant was ultimately awarded to the Early Learning Center to help pay for new outdoor play equipment at its Alfond Center for Health location. A big win for our little learners!



MaineGeneral Believes!



At MaineGeneral, generosity starts here. This year, **more than 1,250** MaineGeneral employees came together to raise **more than \$466,000** in support of MaineGeneral and our community during the annual Employee Combined Campaign. Our employees imagined what was possible for our health care system, inspired one another with their giving and believed in the power of their collective generosity, knowing that every dollar raised strengthens access to care and support for our neighbors in need.

These contributions represent compassion in action. Dollars raised go right to work, helping sustain mission-driven MaineGeneral programs while also supporting food security, housing and access to critical resources through the United Way of Kennebec Valley. We are incredibly proud of our employees and thank them for making these amazing results possible.

\$466,643

Raised

\$354,037

For MaineGeneral Programs and Services

\$112,606

For the United Way of Kennebec Valley

inspire · imagine · believe



Chants at a Glance

Grant Highlights FY26:

Active Grants

Applications Submitted

Awarded

Pendina (includes applications pending from FY25)

FY26 newly awarded grants:

- · Ryan White Northern Border, Health Resources Services Administration
- · Cancer Prevention in Maine, Maine Cancer Foundation
- Maine Community Health Worker Heart Health Ambassador Training, Maine Community Health Worker Initiative

Healing Trauma, Empowering Families: Building a Trauma-Informed System in Central Maine

In 2020, MaineGeneral was one of only 10 sites in the nation to receive a \$2 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to become a National Child Traumatic Stress Initiative Category III Site. With this support, the Central Maine Youth Trauma Initiative (CMYTI) was born.

Since then, CMYTI has transformed how children and families in Kennebec and Somerset counties receive care - creating a trauma-informed system built on empathy, proven therapies and support that reaches from the clinic to the classroom and into the home.

By training counsellors and social workers, CMYTI expanded access to proven therapies that work for kids and teens who've experienced trauma. It gave foster and resource parents vital tools through the Resource Parent Curriculum (RPC), a training that helps caregivers understand trauma and respond in ways that help children feel safe and supported. It also reached teachers, school staff, paraprofessionals (case managers, community health workers, etc.) and others who work with kids every day.

Throughout the 5-year project:

- 1,364 people learned how to spot signs of trauma and respond in ways that help, not harm, through Trauma 101 trainings
- 3,800+ children and teens were screened for trauma
- 738 youth and caregivers received trauma-focused services
- 95 caregivers received support through RPC from 14 learning sessions
- 31 families successfully completed Trauma-Focused Cognitive Behavioral Therapy
- 55 families successfully completed Parent-Child Interaction Therapy
- 48 clinicians were trained in Modular Approach to Therapy for Children

Thanks to this initiative, more children in Central Maine have access to care that helps them feel safe, emotionally heal and build brighter futures. Families and communities are better equipped to care for kids who've been through difficult experiences. And while the grant may be ending, its impact is just beginning.

The CMYTI has fundamentally improved access to high-quality pediatric behavioral health care both at MaineGeneral and at our local behavioral health partners. We will be forever grateful for the opportunity to positively impact so many children and families in the Kennebec Valley.

 Liam Shaw MBA, LCSW, CMYTI Project **Director and Principal Investigator**





Feeding Health, Fueling Hope: How a Mobile Kitchen and Emergency Food Bags Changed Lives in Central Maine

This past year, with generous support from the Avangrid Foundation (the philanthropic arm of Central Maine Power's parent company Avangrid), MaineGeneral's Peter Alfond Prevention & Healthy Living Center (PAPHLC) delivered hands-on, healthy food education to hundreds of our community members.

PAPHLC hit the road with its mobile teaching kitchen, offering 16 free cooking classes at 10 locations, from high schools to libraries to housing complexes. Led by dietitian Brenna Nelson and nutritionist Dr. Anna Froman, participants of all ages and walks of life learned to whip up flavorful, budget-friendly meals like Chickpea & Potato Curry, Buddha Bowls and even Dungeons & Dragonsthemed dishes!

At the Gardiner Public Library, teens rolled sushi inspired by their favorite fantasy books. At The Studio at Gallant Therapy Services, adults with intellectual disabilities practiced food safety and independence. Across the board, 235 individuals gained skills, confidence and new relationships — all through food.

But the impact didn't stop there.

This class was made possible by Possible by Possible by Poundation Foundation Foundation

This has been a great way for our folks to practice independent living skills such as kitchen safety, food safety, hygiene and food prep. The class has given our clients an opportunity to interact and build relationships as well as their independence.

Lexi Johnson, The Studio at Gallant Therapy Services

With these grant funds, we also distributed 1,380 emergency food bags to patients experiencing food insecurity, filled with essentials like peanut butter, oatmeal, canned veggies, tuna and a guide to local food resources. These bags were distributed by 13 MaineGeneral practices, including Kennebec Pediatrics and Augusta Family Medicine, along with nutrition supplements like Ensure® and Glucerna® for those with specific dietary needs.

"An unhoused family came in for an appointment.

I brought the bag to the family and the children immediately went through the bag and asked to eat the applesauce. They were so excited to dig in." – Missy Begin, social worker, Family Medicine Institute

Thank you, Avangrid Foundation. Your support brought more than just food to our community; it has brought empowerment, connection and hope. Together, we are making healthy living more accessible — and delicious — for all.





Meet Andy

Before cancer, Andy Goodspeed was always on the move. Traveling, kayaking, long days at the beach – and always with a perfectly planned food itinerary. "Our vacations were always planned around food!" Andy's wife, Simone, laughs. As a longtime chef and catering manager – nine years in a local pizza shop and over 20 years at Colby College — Andy was used to feeding others, leading teams and embracing a full life.

But in the spring of 2021, something shifted. He was 44 years old and suddenly exhausted. The kind of exhaustion that no amount of sleep seemed to fix. "I was diagnosed with anemia first," he said. "But even during a trip to Vegas, I knew something wasn't right. I could barely get through the day."

To determine the cause of his anemia, his doctor scheduled Andy for an endoscopy and a colonoscopy. The gastroenterologist ordered a CT scan following his procedure, and the results came back at the same time as the pathology: stage 4 gastric cancer.

The feelings that followed were complicated and chaotic; he threw his phone across the room. He punched a wall. "The wall won," he jokes. Then, he got dressed and went to work. "I was in total shock. Everything had changed, but at the same time, nothing had. Life was still happening even though I felt like mine was ending. I tried to focus on my normal routine."

But despite his routine, the ground was shifting beneath him. The week following his diagnosis was a blur, and he was his own worst enemy in reading the

> statistics for his diagnosis. "I had no hope," he admitted. "I assumed I'd be sick from treatment until I died."

A New Kind of Care

Andy's care was led by the Harold Alfond Center for Cancer Care in Augusta, but his infusions were delivered closer to home, at Redington-Fairview General Hospital in Skowhegan. It's a satellite model of care that allows patients to receive their lifesaving treatments without driving to the cancer center for every appointment. For Andy, it became more than convenient – it became personal.

"I didn't expect my care team to become part of my life the way they did," Andy shared. "They weren't just nurses, they became friends. I spent six, sometimes eight hours at every infusion and they made a point to get to know me and personalized my experience."

There were moments along the way when Andy felt seen in ways he never expected—like the time the infusion team at Redington surprised him with a birthday cake, a card and a chorus of "Happy Birthday" during his infusion.

"It floored me," he said. "You don't expect that when you're sitting there for chemo. But they went out of their way to celebrate me, not because they had to, but because they wanted to."

His care plan included chemotherapy, immunotherapy and ongoing palliative support. Jessica Douin, FNP, is an advanced practice provider at the Harold Alfond Center for Cancer Care and was responsible for overseeing Andy's treatment plan and managing his medication. She became a constant in Andy's life. "If she didn't know an answer, she'd find it. Even if it wasn't technically her role, she followed through, every time."

That consistency, that attention, that care gave Andy back the one thing he thought he'd lost - hope.

A Community of Hope

Throughout his walk with cancer, Andy leaned heavily on Simone, his wife of 19 years. "She was with me every step of the way," he said. Andy started a YouTube channel in 2018, long before his cancer diagnosis. Following his diagnosis, Simone encouraged him to keep documenting his experience, but he was hesitant.

"What if it's too depressing?" He asked.

"What if it helps someone else find hope?" She replied.

So, he kept going.

Through his chemotherapy treatments, scan results, hard days and hopeful ones, Andy's video blogs became a window into what cancer treatment really looked like. Not the movie version, but the real, messy, sometimes funny, sometimes heartbreaking reality of fighting for your life.

In the process, he built a community. Friends and strangers rallied around him, some even shaving their heads in solidarity.

"It was funny - I think I fought harder because I had so many people cheering me on. I didn't want to let them down!"



Still Walking - Now with Hope

Today, Andy is a miracle – a stage 4 gastric cancer survivor with no evidence of disease. He still has his stomach, an unusual outcome for someone with his diagnosis. He will undergo scans every six months, remaining under watchful care. While his official diagnosis won't change, his life is very much his own again.

Hope, which to Andy once meant surviving the night, now means watching progress unfold: better diagnostics, earlier screenings, more individualized care and fewer people having to walk the path he did. When asked if there's anything he'd want to share with others facing a similar diagnosis, he responded,

"Don't read the statistics. I was facing dismal odds. If I had accepted and given in to those odds, I wouldn't be here. You could be the exception - you could be a miracle."

When Andy took the stage at this year's Day of Hope, he represented more than survivorship. He represented what's possible when advanced care, human connection and unwavering support come together, close to home.

Meet Crystal

Crystal Leavitt was ready to enjoy life.

She had a full summer of travel and fun planned and by all accounts, her life was exactly where she wanted it to be. But just as summer approached, Crystal's world shifted. On June 25, 2024, she felt a strange, unfamiliar ache near her breast – almost like a bruise. She asked a friend, "Should I be worried?" That night, lying in bed, she felt a lump.

Suspecting an infected duct,
Crystal's primary care clinician
prescribed antibiotics. She flew off to
Michigan that same afternoon and then to
Florida for a much-anticipated girls' trip. "I felt so much
better, I thought everything would be fine," she recalled.

By August, the lump hadn't gone away. She scheduled imaging, which resulted in a biopsy. On August 25, she got the call.



Breast cancer. Triple negative. Grade 3.
Stage 2A. She was 30 years old.

Crystal didn't hear much after hearing the word cancer. As the world as she knew it shattered around her, she focused on what she could control. "It was game time. I wanted to know exactly what I needed to do to get my body ready for what was to come."

It wasn't until she had to tell her younger siblings about her diagnosis that the impact of it really hit her. "My younger sister had already lost people to cancer – I was dreading telling her. We sobbed and then pulled it together and I made her a promise – I'm going to beat this and we're going to ring that bell together."

And so began Crystal's walk.

Walking Together

Crystal's care team at the Harold Alfond Center for Cancer Care in Augusta quickly became her second family. From her very first appointment she felt seen: not just as a cancer patient but as a person.

"Dr. Polkinghorn was so kind and upbeat. He was honest that my treatment was going to be tough, but confident that it would be worth it. **He had hope – and so I did too.**"

Her treatment began in October: 12 weeks of chemotherapy, followed by surgery and then 25 rounds of radiation. It was grueling. There were allergic reactions. Side effects. Breakdowns on the most difficult days. And yet, every time Crystal hit a wall, someone was there to lift her up. "Even when I went to my appointments alone, I was never alone," she said. "Everyone at the cancer center— from my nurses to the check-in staff— walked my walk with me. They cared so deeply and went out of their way to make sure I was OK."

She worked throughout treatment, strengthened by the incredible support shown to her by her students and coworkers at Jobs for Maine Graduates (JMG). On her best days, she was "normal Crystal," showing up for others with the compassion and warmth she's known for. Her most difficult moments were the days when she had to do both – receiving injections at the cancer center followed by a full day of work. She shared, "I hated having to be 'normal Crystal' and 'sick Crystal' on the same day, going from feeling strong and capable to facing the part of me that was sick."

Asking for help doesn't come easily for Crystal. At every turn, she tried to protect those around her from worry and moved through treatment with quiet determination. So, when her final day of radiation arrived, she hadn't planned anything. No family, no friends, no celebration. "I hadn't faced it yet – what I had just gone through," she shared.

But the team at the Harold Alfond Center for Cancer Care wasn't going to let her milestone pass by.

Honoring the Journey

That day, Dr. Drogos visited her in the treatment area – even though he wasn't her radiation oncologist. "He told me to go outside and read the plaque and ring that bell," she said. "To take a moment and sit with the milestone I'd just endured."

At the same time, the radiation oncology nurses and techs had gathered pompoms. After her treatment was

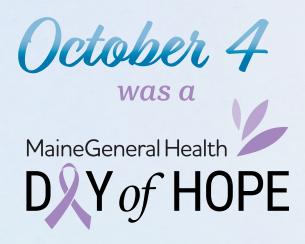
completed, they poured into the room, cheering her on. An employee from registration, who never let Crystal feel alone, joined them in walking to the bell. One of the cancer center's volunteers took their photos.

"It was such a special moment," Crystal said. "I had spent months being strong for everyone and in that moment, they were strong for me. They made me stop and honor what I had survived."

Sharing Strength, Inspiring Hope

When Crystal took the stage at this year's Day of Hope, she did so not just as a cancer survivor but as a voice for every young person who never thought cancer would be a part of their story. Her presence was a tribute to the community of support around her – both at home and at the Harold Alfond Center for Cancer Care.





The Day of Hope, held on Saturday, October 4, at the Augusta Civic Center, was a day filled with warmth, both from the sunny skies and the outpouring of support that filled the space.

More than 1,000 community members came together to walk, share and celebrate strength in all its forms. This year's theme, "Your Walk is Our Walk," reflected the heart of what makes this day so meaningful: no one in our cancer community walks alone.

After an inspiring opening ceremony and the Walk for Hope, attendees took part in free health screenings, explored integrated therapies and visited the Education and Food Pavilions to learn about nutrition, wellness and support available beyond clinical care. These countless moments of connection and learning remind us that care extends far beyond treatment to hope, prevention and community.

The success of this year's event is a testament to the generosity and spirit of everyone who participated, volunteered or gave in support of local cancer care. Every step taken, every dollar donated and every story shared helps support those facing cancer in our community and bolsters the work of our amazing care team at the Harold Alfond Center for Cancer Care.

With more than \$216,000 raised by our community, the impact of the Day of Hope will live far beyond the day – supporting the expansion and patient programming at the cancer center. We are so grateful to everyone who played a part in making this day so special! >



Donations are still being accepted at give.mainegeneral.org/hope.

Thank you to our sponsors!

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Volunteers

\$216,000+

Raised

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Teams

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Integrative **Therapy Sessions**





than 1,000 of my peers and their families, each walking their own journey, and I shared my story. It was an emotional and empowering moment I'll never forget. I met some of the most incredible people and will forever be grateful for the connections made.

- Crystal Leavitt







Congratulations to our Scholarship Recipients

Every year, the MaineGeneral Scholarship Committee awards scholarships to students pursuing a career in health care. Thanks to the generosity of our funders, the 2025 MaineGeneral Scholarship program awarded \$45,700 to 50 local students. Congratulations to these deserving students and thank you to our funders for supporting the future of health care!

If you are interested in supporting our scholarship program, please reach out to the Office of Philanthropy at philanthropy@mainegeneral.org or 207-626-1809. >

\$45,700 Awarded to 50 Students

2024 Scholarship Recipients

Mary-Grace Bean Memorial Scholarship

- · Holly Blackwood
- Morgan Foss
- · Riley Fyfe
- Marie-Jacqueline Gershman-Mannocchi
- · Desiree Kelley
- · Kuhle Madlokazi
- Sage Maloon
- · Ashley Nuhaj
- · Lily Staples
- · Olivia Thomas
- · Shylah Woodford

Sandie Belden Memorial Scholarship

Madeline Wagner

Mary Boucher Memorial Scholarship

- Devin Fitzgibbons
- Ezra Holt
- · Cameron Lavallee
- Tri Truong

J.E. Ciembroniewicz, MD Nursing Scholarship

- Kami Costa
- Marie-Jacqueline Gershman-Mannocchi
- Jessie Mayberry
- Jessica Silsby-Digmann

Mary I. Crawford Memorial Scholarship Recipients

- · Delena Cabral
- Marie-Jacqueline Gershman-Mannocchi

Michele Joly Memorial Scholarship

Alissa Michaud

George Landwehr, MD Scholarship

· Kami Costa

MaineGeneral Medical Center Auxiliary Scholarship

- Malak Alkattea
- · Abigail Allen
- Drake Brunelle
- · Delena Cabral
- · Isabel Folsom
- Dawn Gee
- Elizabeth Hardy
- Katherine Hart
- Serena Hotham
- Lauren Hunt
- Jade McCollett
- Nhi Nguyen
- Marta Norton
- · Lillian Powell
- Karlie Reith
- Hannah Robinson
- · Abigail Rounds
- Roxanne Sasse

Drake Turcotte

Sage Sculli

- · Tealah Ward
- · Sadie Williams
- · Madison Wills

MaineGeneral Medical Center Friends & Associates Scholarship

 Marie-Jacqueline Gershman-Mannocchi

MaineGeneral Medical Center Scholarship

- · Serena Hotham
- · Jacob Smith
- · Tabitha Washburn

Sarah L. (Sadye) Martel Scholarship

· Christine Schanz

Joan H. Melendy Nursing Scholarship

Sophie Marr

Antoinette Stevens, RN Memorial Scholarship

- Delena Cabral
- Christine Schanz

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John van Summern MD Memorial Scholarship

- Luca Hardy
- Danica Martin

Mr. and Mrs. C.H. West Scholarship

Christine Schanz

MGRLTC Ken Williams Nursing Scholarship

· Riley Fyfe

Pauline N. Young Memorial Scholarship

· Delena Cabral

FY25 at a Glance

We are proud to share our FY25 (July 1, 2024 – June 30, 2025) results. These are more than numbers on a page: these are gifts that have touched the lives of countless members of our community. We are grateful to each of you for supporting MaineGeneral.



^{*}The capital campaign to expand the Harold Alfond Center for Cancer Care has raised \$34,351,287 and counting!

Give the Gift of Health This Holiday Season

As the year draws to a close, we're filled with gratitude for the generosity that sustains MaineGeneral's mission every day. Your support ensures that exceptional, compassionate health care remains close to home for you, your loved ones and your neighbors across our region.

This holiday season, we invite you to give the gift of health by making a year-end contribution to MaineGeneral Health. Every dollar you give helps us sustain programs, strengthen care teams, and invest in the future of community health right here in Central Maine. Your support truly makes a difference, helping patients heal, families find hope and ensuring we and our health system continue to grow stronger, together.



If you plan to make your gift by mail, please note that donations sent through the U.S. Postal Service must be postmarked by December 31, 2025, to qualify for a 2025 charitable tax receipt.

To make your gift online or learn more about year-end giving options, please visit give.mainegeneral.org/givetoday.

Thank you for believing in this work and for helping ensure a healthier tomorrow for our community.

^{**}Includes \$392,587 in FEMA reimbursement grants.

Thank Honoring a Legacy, Shaping the Future

to the many Honoring a Legacy, Shaping the Future Capital Campaign donors who have helped us shape the future of local cancer care so far! This list honors those who have made a capital gift or pledge as of June 30, 2025.

Gift of \$25,000,000

Harold Alfond Foundation

Gift of \$1,000,000

The Shuman Family & Charlie's Family of Dealerships

Gift of \$500,000

Sandra and Peter Prescott

Gifts of \$250,000

Kennebec Savings Bank Lajoie Brothers The Employees at Pine State **Trading Company**

Gifts of \$100,000

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Gifts of \$75,000

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Gifts of \$25,000 to \$49,999

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Cheryl Moon and Family

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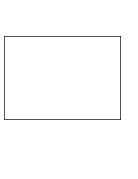
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