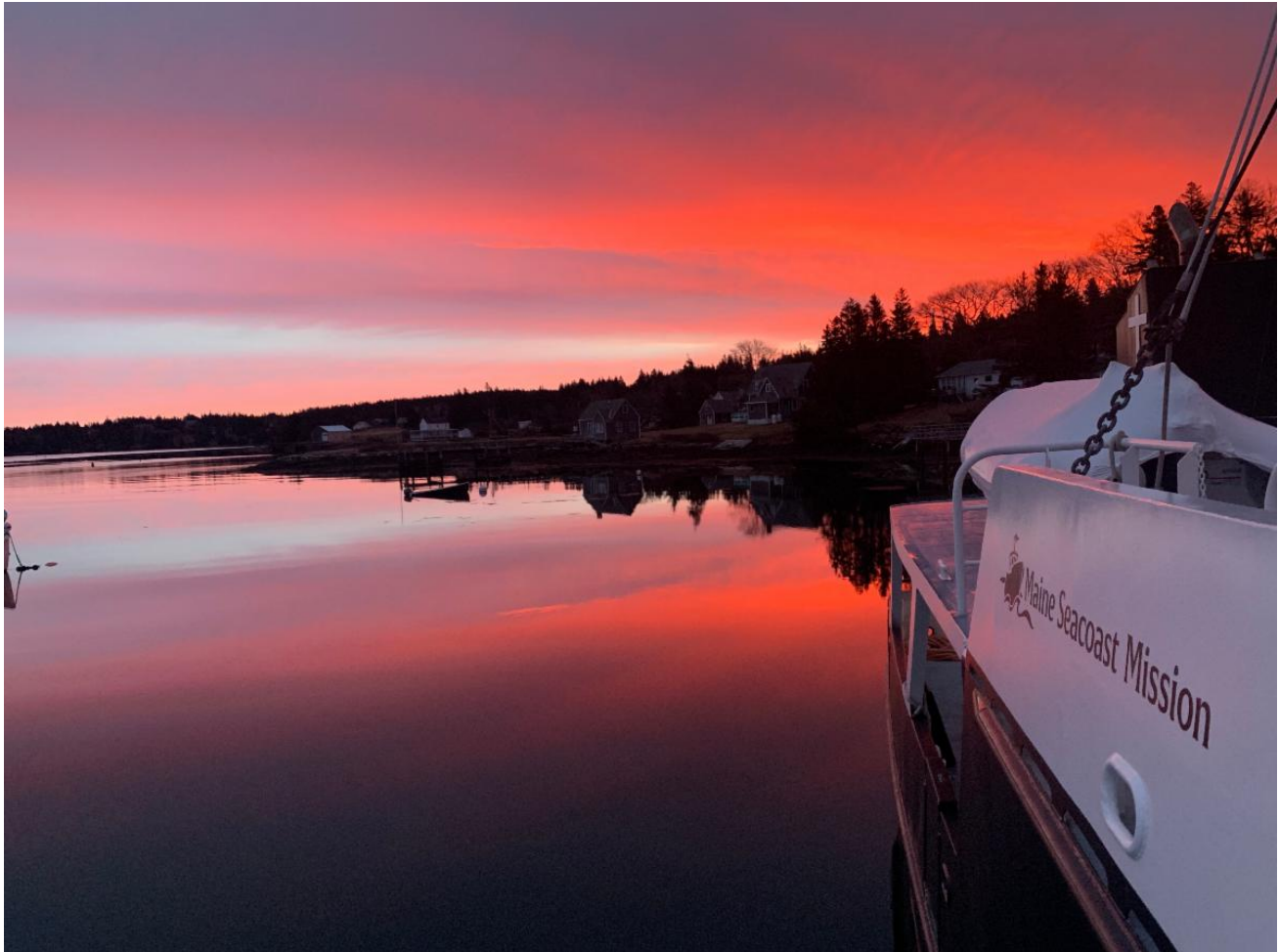




# JANUARY 2023

Mission Stories of Outer Islands  
& Coastal Downeast Maine



## Mission President Reflects on the Past Year

As one year ends and the next begins, there is a proliferation of best-of lists. On TV and social media, they range from the mundane (best plumbing hacks of 2022) to the titillating (no example needed).

Looking back, I am in awe of the amazing things we accomplish when we work together in community. Here are just some Mission highlights from 2022 that may inspire an even better '23.

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## iPads Connect Islanders to Resources

When Covid closed businesses and kept us at home, many of us powered up our devices and started to connect on Zoom, FaceTime and in other ways. We attended work meetings from our living rooms, had virtual game nights, and talked to our health providers in our pajamas. But for people without a computer, iPad, cell phone, or stable internet, these connections were impossible. Many were left isolated without a way to reach friends and family. For people living on Maine's unbridged islands, this separation from the outside world is not new but for those who could not connect, suddenly the gulf was much deeper. Staff aboard the Mission's Sunbeam noticed which islanders were being left behind...

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## Food Pantry Expands Hours to Meet Increased Need

As the temperatures dip, we bundle up, turn up our thermostats, and brace ourselves for a long winter. But with the price of home heating oil almost \$1.50 more a gallon than it was last year, many of us are facing sticker shock when getting our bills. For people already struggling to make ends meet, these large expenses often can mean the choice between buying food or heating their homes. Washington County already has one of the highest rates of food insecurity in the state. And faced with these choices, many more decide to skip their next meal. Because of this increased and continuing need the Mission pantry is expanding its hours to be open Tuesday through Friday 9 a.m. to 3 p.m.

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## A Farewell to Sharon

During a whirlwind trip visiting Frenchboro, Isle au Haut, and Matinicus, Sharon Daley said goodbye to the patients she has known and cared for, for more than 20 years. This trip was her last on the Sunbeam as the Director of Island Health and to mark the occasion, the Sunbeam's crew and Sharon share their reflections as a final farewell to Sharon.

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## Journey Students Volunteer to Help Their Communities

Cuddling cats, wrapping presents, and helping at the Maine Seacoast Mission's food pantry. These are just some of the things that students in the Mission's Journey program have done during Volunteer Wednesdays. These volunteer opportunities are a part of a new initiative that offers Journey students, in grades 7 through 12, a chance to help out at local organizations.

Many students participating in Journey have enjoyed the opportunities they have had...

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## "List" - Sunbeam Steward Jillian Shares Nautical Terminology

List is another word that expanded in meaning once I started working on the water. Sure, I make grocery lists and I list cookie recipes to try in 2023. But now also there is another list that I am familiar with aboard the Sunbeam...

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*Rooted in a history of compassionate service and mutual trust, the Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health.*

