



Northern Light
HealthSM



Community Benefit
2022

ARE YOU EATING OK?

Matt Dexter was 13 years old when his mom headed off for what was supposed to be a routine checkup with her doctor. Seven months later, in April of 2008, Matt's mother died of stomach cancer. "She was our family's rock and a generous person. When she was diagnosed with cancer she changed dramatically. She lost weight, and barely spoke to any family or friends. It really shook my sister, my dad, and me," Dexter recalls.

When he attended college at University of Maine in 2014, Dexter already had a solid foundation for community service, something his mom instilled in him at a young age. An avid runner, he organized a fundraiser road race in his mother's honor and called it the Eastern Trek for Cancer. "It started off very, very simple—raise funds, give them out, have a good time. I quickly realized service to others is what I was meant to do, and that is how the Christine B. Foundation (CBF) got its start."

From its humble beginnings as a college student's road race in his mother's name, CBF has transformed into a non-profit agency that provides nutrition assistance to cancer patients across Maine. "We have supported more than 1,300 Mainers and provided nearly



Christine B. Foundation Executive Director Matt Dexter, Manager Brian Ross, and volunteers Rebecca Dauphinee and Dan Bahr deliver food for patients at the Lafayette Family Cancer Institute.



300,000 medically tailored meals. We work with 120 volunteers every week. We're headquartered in Bangor and reach people over 11,000 square miles of the state, which is magical with only two staff," explains Dexter, who serves as executive director of CBF.

The Christine B. Foundation partners with agencies, government, colleges, universities, hospitals, and healthcare systems, including Northern Light Health, to provide meal assistance to cancer patients.

"For patients recovering from cancer, a nutritious diet is vitally important. Having the opportunity to provide nutritious meals at no cost to our patients, especially with food prices so high, goes a long way to help us heal those in need in our communities," shares Kate Fergola, community health specialist, Northern Light Mayo Hospital.

Northern Light Health recently awarded CBF a \$10,000 community benefit grant. "The Christine B. Foundation and their amazing team of volunteers bring nutritious food and a caring personal connection to people living with cancer. We are proud to support the growth of their home delivery network improving food equity and access for people in rural Maine communities," shares Doug Michael, MPH, associate vice president, chief community health and grants officer, Northern Light Health.

Matt Dexter is grateful to have community partners like Northern Light Health support CBF's mission.



Learn more about Christine B. Foundation at: chrisbfund.org



Find Help and other resources at: <https://northernlighthealth.org/Find-Help>

Total Community Investment by Category

Community Health Improvement Services	\$1,688,553
Health Professions Education	\$2,014,444
Research	\$1,263,109
Cash and In-Kind Contributions	\$250,058
Community Building Activities	\$551,469
Community Benefit Operations	\$1,798,788
Traditional Charity Care	\$13,996,429
Unpaid Cost of Public Programs:	
Medicaid	\$112,656,916
Medicare	\$208,557,110

Total Systemwide \$342,776,876

Northern Light Health Member Community Benefit to our Communities

Acadia Hospital	\$12,948,815
AR Gould Hospital	\$18,778,272
Blue Hill Hospital.....	\$4,883,678
CA Dean Hospital	\$129,640
Eastern Maine Medical Center	\$227,976,812
Home Care & Hospice	\$423,576
Inland Hospital	\$13,117,525
Maine Coast Hospital.....	\$13,105,471
Mayo Hospital	\$662,439
Mercy Hospital	\$49,878,565
Northern Light Health Home Office.....	\$462,944
Sebasticook Valley Hospital	\$409,139



To learn more go to: northernlighthealth.org/Community-Health-Needs-Assessment/Community-Benefit-Reports

Acadia Hospital

Community Health Improvement Services	\$57,621
Health Professions Education	\$639,002
Community Benefit Operations	\$9,314
Traditional Charity Care.....	\$9,267,527
Unpaid Cost of Public Programs:	
Medicare	\$2,975,351

Total \$12,948,815

northernlighthouse.org/Acadia-Hospital

AR Gould Hospital

Community Health Improvement Services	\$100,782
Health Professions Education	\$494,969
Cash and In-Kind Contributions	\$47,504
Community Benefit Operations	\$48,034
Traditional Charity Care.....	\$211,323
Unpaid Cost of Public Programs:	
Medicaid	\$6,412,746
Medicare	\$11,462,914

Total \$18,778,272

northernlighthouse.org/A-R-Gould-Hospital

Blue Hill Hospital

Community Health Improvement Services	\$14,702
Health Professions Education	\$9,987
Cash and In-Kind Contributions	\$19,911
Community Building Activities	\$133
Community Benefit Operations	\$24,340
Traditional Charity Care.....	\$98,161
Unpaid Cost of Public Programs:	
Medicare	\$4,716,444

Total \$4,883,678

northernlighthouse.org/Blue-Hill-Hospital

CA Dean Hospital

Community Health Improvement Services	\$552
Health Professions Education	\$56,336
Cash and In-Kind Contributions	\$552
Community Benefit Operations	\$25,749
Traditional Charity Care.....	\$46,451

Total \$129,640

northernlighthouse.org/C-A-Dean-Hospital

Eastern Maine Medical Center

Community Health Improvement Services	\$128,853
Health Professions Education	\$505,576
Research.....	\$1,263,109
Cash and In-Kind Contributions	\$34,451
Community Benefit Operations	\$562,037
Traditional Charity Care.....	\$2,521,367
Unpaid Cost of Public Programs:	
Medicaid	\$82,993,290
Medicare	\$139,968,129

Total \$227,976,812

northernlighthouse.org/Eastern-Maine-Medical-Center

Home Care & Hospice

Community Health Improvement Services	\$3,737
Community Benefit Operations	\$131,246
Traditional Charity Care.....	\$4,368
Unpaid Cost of Public Programs:	
Medicaid	\$284,225

Total \$423,576

northernlighthouse.org/Homecare-Hospice



Inland Hospital

Community Health Improvement Services	\$92,605
Health Professions Education	\$79,958
Cash and In-Kind Contributions	\$15,781
Community Building Activities	\$16,192
Community Benefit Operations	\$192,017
Traditional Charity Care	\$159,962
Unpaid Cost of Public Programs:	
Medicaid	\$8,112,277
Medicare	\$4,448,733

Total \$13,117,525

northernlighthouse.org/Inland-Hospital

Maine Coast Hospital

Community Health Improvement Services	\$18,654
Health Professions Education	\$51,930
Cash and In-Kind Contributions	\$12,047
Community Benefit Operations	\$26,964
Traditional Charity Care	\$272,049
Unpaid Cost of Public Programs:	
Medicaid	\$1,003,686
Medicare	\$11,720,141

Total \$13,105,471

northernlighthouse.org/Maine-Coast-Hospital

Mayo Hospital

Community Health Improvement Services	\$3,718
Health Professions Education	\$116,077
Community Benefit Operations	\$48,155
Traditional Charity Care	\$30,578
Unpaid Cost of Public Programs:	
Medicare	\$463,911

Total \$662,439

northernlighthouse.org/Mayo

Mercy Hospital

Community Health Improvement Services	\$1,165,312
Cash and In-Kind Contributions	\$9,691
Community Building Activities	\$534,994
Community Benefit Operations	\$382,476
Traditional Charity Care	\$1,293,161
Unpaid Cost of Public Programs:	
Medicaid	\$13,850,692
Medicare	\$32,642,239

Total \$49,878,565

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Northern Light Health Home Office

Community Health Improvement Services	\$26,880
Cash and In-Kind Contributions	\$109,508
Community Benefit Operations	\$326,556

Total \$462,944

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Sebasticook Valley Hospital

Community Health Improvement Services	\$75,137
Health Professions Education	\$60,609
Cash and In-Kind Contributions	\$613
Community Building Activities	\$150
Community Benefit Operations	\$21,900
Traditional Charity Care	\$91,482
Unpaid Cost of Public Programs:	
Medicare	\$159,248

Total \$409,139

northernlighthouse.org/Sebasticook-Valley-Hospital



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