



# SOUTHERN HARBOR

ELDERCARE SERVICES



# MISSION

We provide care, comfort, and companionship for elders and others who seek a supportive home or services on the island of North Haven.

# VISION

We envision an island where generations thrive together.

Special thanks to the  
North Haven photographers  
who shared their talents here.

# VALUES

Our values guide who we are and how we interact with our residents, our community, and our partners.

## CARE

Make a positive difference in the lives of our residents, their families, and our community by providing individualized care in a stimulating and supportive home.

## COMFORT

Treat each of our residents with compassion and empathy.

## COMPANIONSHIP

Build community, integrating existing and new relationships.

## INDEPENDENCE

Support residents to make meaningful choices in their lives.

## INTEGRITY

Be ethical, honest, and transparent.

## EXPLORATION

Curiosity and openness to new ideas improve our ability to serve our residents and community.

## SPIRIT

Inspire, encourage, include, and celebrate individuals and the community.

## HOME

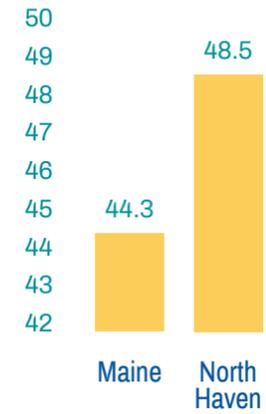
Southern Harbor House is a place that residents will call home.

Through these values, our innovative and compassionate care provides a home for our residents and staff and fosters a strong sense of community on North Haven.

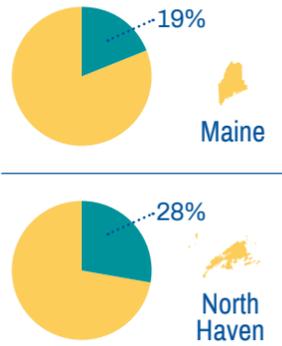




### MEDIAN AGE



### POPULATION 65 OR OLDER



ALMOST 2/3 OF ADULTS 65 AND OLDER WILL REQUIRE LONG-TERM SERVICES AND SUPPORT IN THEIR LIFETIMES.



**“The news of the opening of the extended care facility on North Haven keeps me thinking of my grandmother’s years alone...Her last days would have been more comfortable if she could have stayed on the Island and I’m so glad the possibility now exists.”**

- Dr. Anne W. Sienkewicz

## A GROWING PROBLEM

Maine’s population has the highest median age in the United States and the population of Maine’s islands is aging at a rate faster than the State as a whole. The Census data indicates that 28.3% of North Haven residents are 60 years of age or older and 10.7% are 75 years of age or older.

Most elders want to “age in place” – the ability to live in one’s own home and community with dignity, safety and support regardless of age, income, or physical ability.

## A LOCAL SOLUTION

The Maine 2016-2020 State Plan on Aging describes the need for a new approach to meet the needs of aging and disabled adults. “There are a number of trends fueling the need for change, including trends in: population aging, caregiver strain, income and poverty, food insecurity, a dwindling workforce, and housing concerns.”

There is an urgency to find local solutions to meet the needs of communities across Maine. Southern Harbor House is one of those solutions.

Southern Harbor House welcomed its first resident in January of 2019. The house is now a home.





# A GRAND IDEA BECOMES A REALITY

In 2012, a group of North Haven residents began meeting informally to talk about how to care for aging islanders. In short order, this conversation developed into a community based organization, Southern Harbor Eldercare Services (SHES) with a long term vision to build an eldercare home on North Haven. With the courage to enter the highly regulated long-term care industry, the challenge became finding the right place and raising the funds to bring this idea to reality.

Mary White offered to donate her historic yellow house for the purpose of creating an eldercare

home. With this extraordinarily generous gift and an outpouring of community support, six years of visioning, planning, fund raising, organizing, and development, Southern Harbor House became a reality.

SHES is particularly thankful to North Haven Sustainable Housing (NHS) for taking on the development of the property. We could not have asked for a better partner. It is partnerships like these that reflect all that is special about North Haven — community spirit, commitment, and cooperation.

Together we raised the funds to develop this property, completed the expanded building, built an accessory apartment unit, and started an endowment that now exceeds \$300,000 in investments and pledges. In November 2018, NHS transferred ownership of Southern Harbor House to SHES for long-term management.

Southern Harbor House is now open and operating as a 6 bed Level 111 Residential Care Facility licensed by the State of Maine.

**“We could not be more thrilled to have helped launch Southern Harbor House and we know that it will become an essential part of the island community and a key resource for island seniors and their families in the years to come.”**

- Hannah Pingree, North Haven Sustainable Housing

# PROVIDING RESIDENT CENTERED CARE



SHES is dedicated to the care and support of community members and friends so they may remain on North Haven, surrounded by caregivers and visitors they know and love.

We see each resident as a unique individual. Our philosophy is based in the essential qualities of our close-knit community and focuses on person centered care. We provide full service care, personal care support, home-cooked meals, housekeeping, medication management, coordination of third-party services, transportation and recreation.

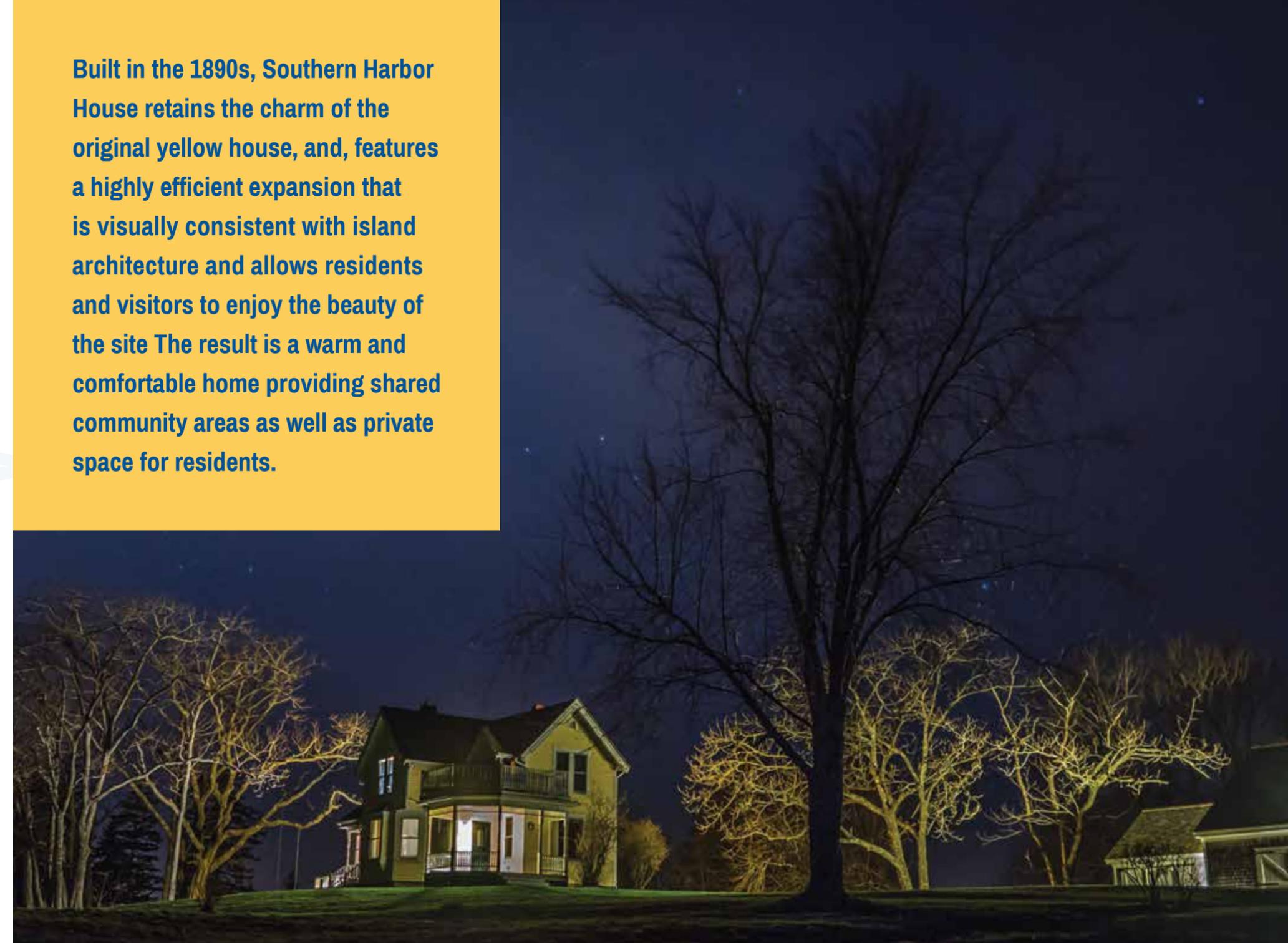
## SOUTHERN HARBOR HOUSE

🌀 opens opportunity for community members to enrich their lives through intergenerational activities

🌀 provides a homelike setting, where residents have support of independence and autonomy and engage in social activities of their choosing with island neighbors and friends

🌀 strives to be a care and referral resource for all island residents needing support to stay on the island

Built in the 1890s, Southern Harbor House retains the charm of the original yellow house, and, features a highly efficient expansion that is visually consistent with island architecture and allows residents and visitors to enjoy the beauty of the site. The result is a warm and comfortable home providing shared community areas as well as private space for residents.



# SECURING OUR FUTURE

We are grateful for the generous support we received from hundreds of individuals, private foundations, and corporations to plan and build Southern Harbor House. Community members volunteered their time, donated furnishings and artwork, pledged financial support, and shared our story. This support has continued now that we are open. You have made our vision a reality. **THANK YOU.**

Now the conversation must turn to sustainability. If only MaineCare (Maine's Medicaid program) reimbursement was enough to cover the cost of care for our residents, but it is not. While we anticipate a mix of private pay, insurance, and MaineCare and pledge to keep our costs as low as possible while delivering top quality care, a revenue gap will still exist. This underfunding issue burdens island, rural, and remote facilities around the state.

Together we can eliminate the funding gap and ensure that our elders receive the care they need and deserve.

[We hope you will partner with us by making a gift to our Annual Fund and/or the Polly Calderwod Endowment Fund, each of which was seeded with \\$250,000 in Caring for Our Elders: The Campaign for North Haven.](#)

LEARN MORE ONLINE AT [SOUTHERNHARBORHOUSE.ORG](https://southernharborhouse.org) OR COME VISIT OUR BEAUTIFUL HOME.

**“If North Haven had a residence, it would offer the opportunity for interaction between older and younger islanders, therefore perpetuating historical dialogue for generations.”**

- David Cooper, Community Member





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