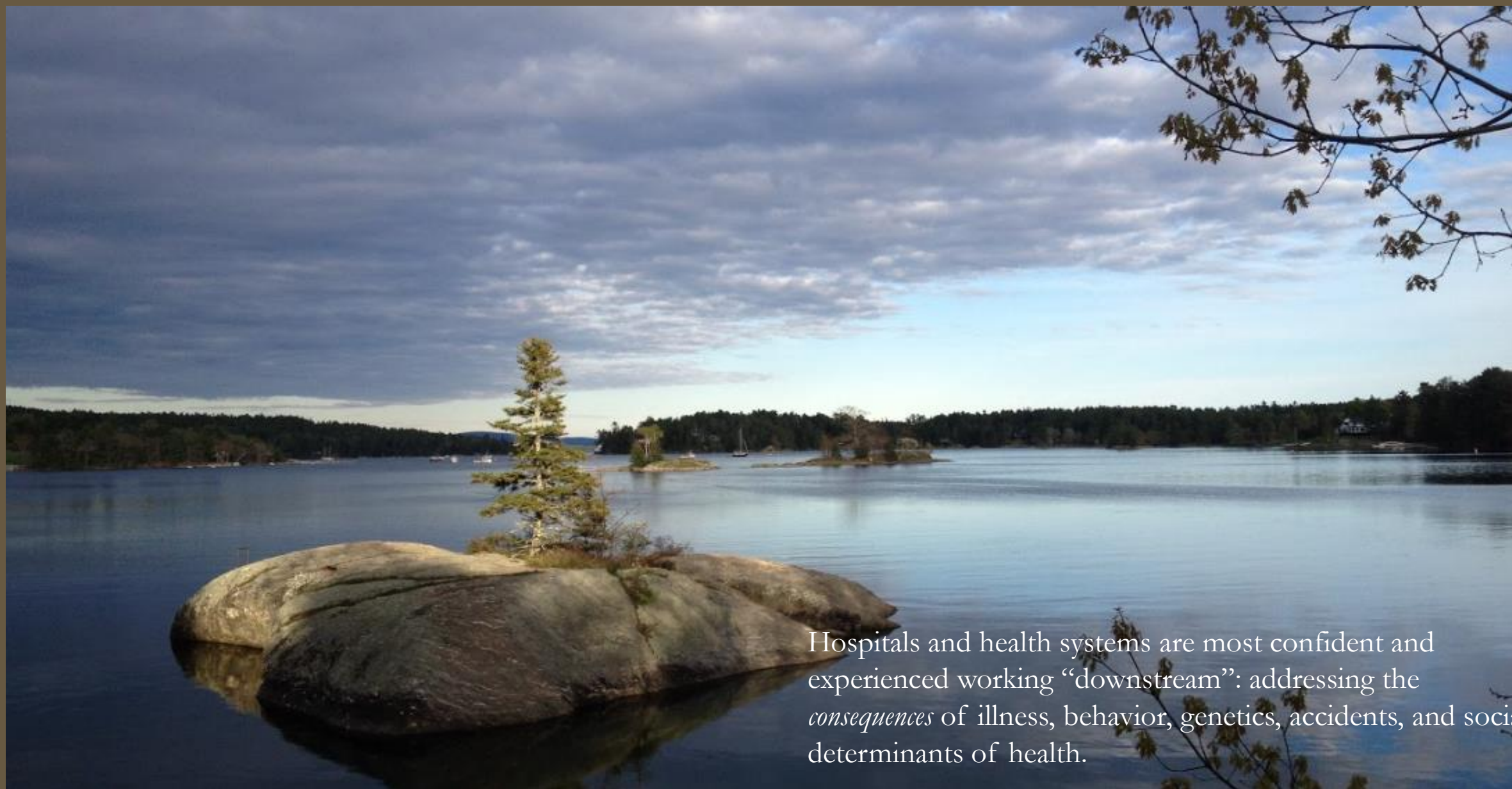
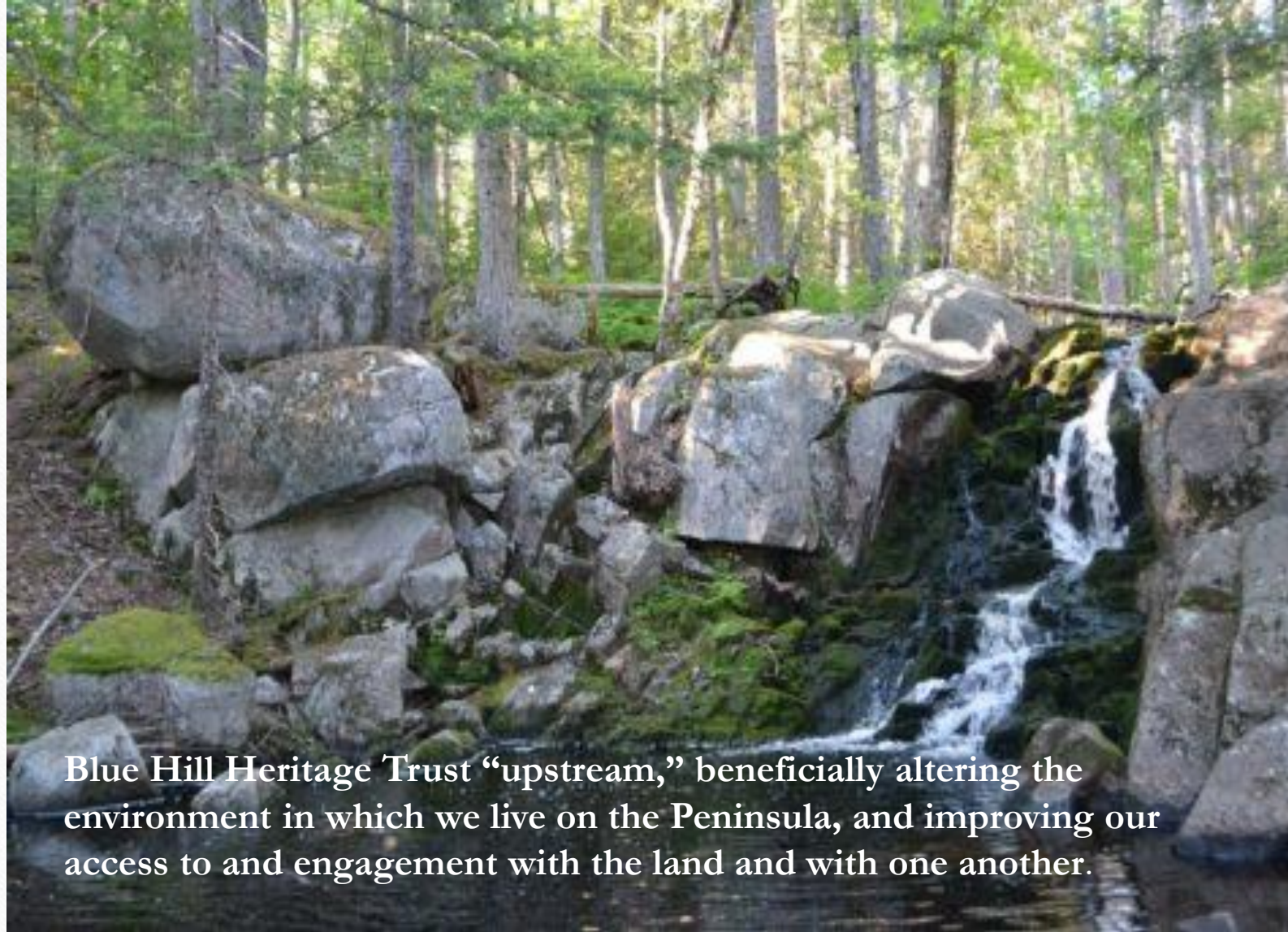




Photo: Len Parrott



Hospitals and health systems are most confident and experienced working “downstream”: addressing the *consequences* of illness, behavior, genetics, accidents, and social determinants of health.



Blue Hill Heritage Trust “upstream,” beneficially altering the environment in which we live on the Peninsula, and improving our access to and engagement with the land and with one another.



BHHT Mission: “To lead in conserving land, water, and wildlife habitat on the greater Blue Hill Peninsula. To teach and practice a stewardship ethic. To promote ecological, economic, and community health for this and future generations.”



Children learning about their
local ecosystems....



watersheds,



the conservation of special places,

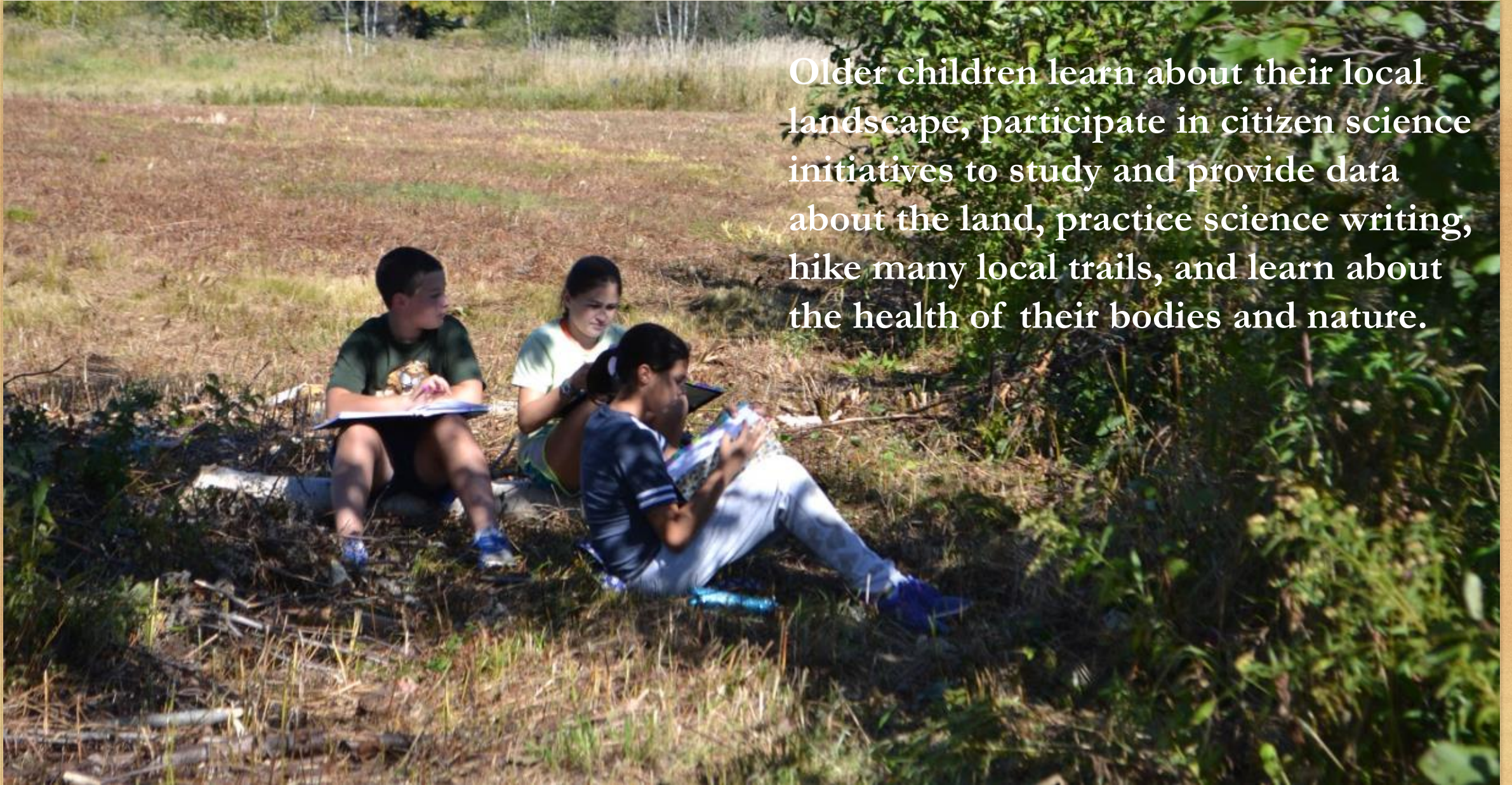
precious farmland,





and cultural heritage.

Older children learn about their local landscape, participate in citizen science initiatives to study and provide data about the land, practice science writing, hike many local trails, and learn about the health of their bodies and nature.



Castine Adams School student scientists, artists, and writers.




BHHT Winter Club has been bringing Blue Hill students outdoors, after school, for the past three years to move and learn.



A Community Garden
has been created at the
Trust office with help
from local high school
students





An elderly couple is sitting on a large log in a lush green field. The man, on the left, is wearing a white bucket hat, a light blue button-down shirt, and khaki pants. The woman, on the right, is wearing a wide-brimmed straw hat, glasses, a pink button-down shirt, and khaki pants. They are both looking towards the left. In the background, there is a wire fence, a blue barrel, and a dense line of trees. A dog is visible behind the woman. The scene is bright and sunny, with shadows cast on the ground.

More mobility-friendly
trails are being made
accessible to all.



Trust lands provide
access to exercise



in spring,

summer,





autumn,

and winter.



“Eat food



not too much,





....mostly plants.”
Michael Pollan



“Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities” --- *US Office of Research and Policy Development*





“Loneliness acts as a fertilizer for other diseases. The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s disease.

Loneliness promotes several different types of wear and tear on the body.”

Dr Steve Cole, Ph.D., director of the Social Genomics Core Laboratory at UCLA



“As a social species, we are accountable to help our lonely children, parents, neighbors, and even strangers in the same way we would treat ourselves. Treating loneliness is our collective responsibility.”

Stephanie Cacioppo, Ph.D., assistant professor of psychiatry and behavioral neuroscience at the University of Chicago and director of the university’s NIA-supported Brain Dynamics Laboratory.



“Connections
between
generations are
essential for the
mental health &
stability of a
nation.”

Margaret Mead


**“Healing the broken
bond between our
young and nature—is
in our self-interest,
not only because
aesthetics or justice
demands it, but also
because our mental,
physical, and spiritual
health depends upon
it.”** *Richard Louv, “Last Child
in the Woods”*





“The children and nature movement is fueled by this fundamental idea: the child in nature is an endangered species.”

Richard Louv, “Last Child in the Woods”

A woman with dark hair tied back, wearing a grey long-sleeved shirt and dark pants, stands on the right side of the frame, looking out over a large body of water. A brown dog is visible in the lower right foreground, also looking towards the water. The water is a deep blue, and the far shore is covered in a dense forest of green trees. The sky is a clear, bright blue. In the lower left, there are some green leaves and branches of a tree in the foreground.

And this our life, exempt from public haunt, finds tongues
in trees, books in the running brooks, sermons in stones,
and good in everything. I would not change it.”

— William Shakespeare, *As You Like It*

“For a long time they looked at the river beneath them,
saying nothing, and the river said nothing too, for it felt
very quiet and peaceful on this summer afternoon.”

--AA Milne, *The House at Pooh Corner*

