KNOX CLINIC
Your Mid Coast Health Net

PROJECT LIFTOFF

CAMPAIGN FOR A HEALTHY, THRIVING COMMUNITY



Healthcare for Everyone

Everyone deserves accessible, affordable and compassionate healthcare close to home.

Since 1999, the Knox Clinic has provided part-time, low cost medical, mental health, and dental care services, as well as prescription assistance and wellness programming to fishermen, waitresses, store clerks, and others falling through the cracks in our healthcare system.

A recent survey of more than 500 local residents showed what we had long felt—two out of three local residents were still struggling to access and pay for care.

While our impact has been meaningful,

- the needs in our community far exceeded what volunteers could support
- coordinating medical and dental care at two different sites didn't allow for efficiencies or integrated care
- our long time home was up for sale.

Additionally, Knox County was recently deemed a Federally Medically Underserved Area (MUA), recognizing the significant shortages in primary healthcare services in our region. This is a designation no community desires, but one that calls for action. In response, the Knox Clinic secured federal funding to start the journey to become a Community Health Center.







Your gift will expand and transform the Knox Clinic into a full-time Community Health Center in the heart of Rockland.

Our vision is to reimagine the Knox Clinic as a model for inclusive healthcare. One that meets the needs of rural and aging populations and supports vulnerable populations including children, veterans, and seniors. It will provide a critical resource for affordable care to our many self-employed citizens in the fishing industry and support a healthy workforce for locally-owned businesses. Your donation will help ensure everyone has access to care built on wellness, compassion, equity, and affordability. Together we can create the community health center that Maine deserves.

In 2024, Knox Clinic secured a bond loan and purchased the historic building we've called home for decades! Located in the region's service center of Rockland, the new Community Health Center is adjacent to the library, rec center, and a stop on the DASH bus route. The 12,000+ square foot building is already set up with 7 medical exam rooms and is a perfect location to expand care!





A community is only as strong as its ability to care for those most in need.

The patients of the Knox Clinic are our neighbors, and they work for you.

The fisherman who supports his family but for 20 years has lived with a bad back, bad knees, and hypertension.

The grandmother who cleans houses in the morning and cares for her grandchildren in the afternoon so her daughter can work.

The dad who plows driveways in the winter and mows lawns in the summer. He wants a change, but he's missing teeth after not seeing a dentist in 15 years and avoids interacting with customers.

1999

Knox Clinic opened its doors in Rockland, the vision of founders Dr. Paul and Jeannie Klainer to provide primary medical care to the working people of Knox County

2001

Added Dental Program offering cleanings and x-rays for low income adults on MaineCare or without dental insurance

2003

Began a Prescription Assistance program to help community members obtain free medications

2005

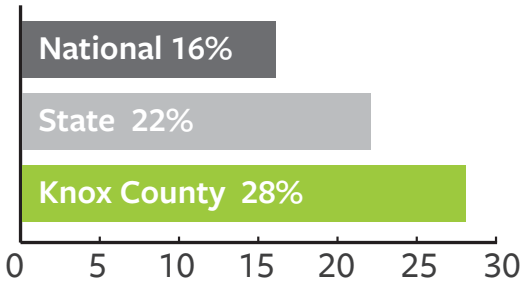
Rockland Rotary honored Dr. Paul Klainer and the Knox Clinic with a Community Service Award

Caring for Our Neighbors

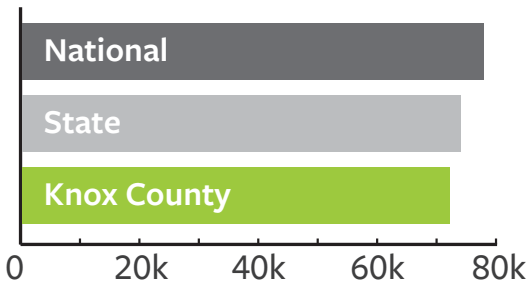
The patients who need us most are also the ones holding our community together.

Our region's economy is fueled by seasonal and self-employed workers with high-deductible plans or no insurance at all. Rising healthcare costs, high out-of-pocket expenses, and long wait times have left many local families without care. Together with other socioeconomic factors like income and age, these challenges make it difficult for many working adults and families to thrive.

Percent of Population Age 65+



Median Household Income



80%

Portion of Knox County residents who live more than 5 miles from a healthcare provider

$35,000

Average annual cost of workplace insurance for a family of four

23%

Portion of Knox County residents who are uninsured or underinsured compared to state average of 14%

2006

New England Patriots awarded Dr. Paul Klainer $10,000 Community MVP award

2008

Knox Clinic expanded to include Mental Health and Wellness services

2010

Maine Medical Association gave Dr. Paul Klainer the Mary Floyd Cushman Award for Exceptional Voluntary Humanitarian Service

2011

Partnered with Penquis on a HRSA health center planning grant

2012

Program expansion leads to a record 3,000 visits in one year by staff and over 2,000 volunteer hours





A New Community Health Center

Most areas in the United States depend on Community Health Centers (CHCs) to provide access to affordable health and wellness care. CHCs are a well-established model of care, especially in rural areas, serving over 30 million people nationwide. Knox County is the only county in Maine without an accessible CHC. Ours is on Vinalhaven, an island that is over an hour away by ferry.

Your new Community Health Center will:

Care for All: Accept Medicare, Medicaid, private insurance, and provide low cost care for our neighbors in need.

Provide Whole Person Care: Primary and pediatric care, dental care, counseling, and connection to local resources are integrated in one location.

Serve the Midcoast Region: Patients from any town in Maine are welcome.

Be Community Led: 51% of our Board must be users of our services.

2013

Provided over $10 million of free medication

2014

Received MeHAF grant to create Access to Quality Care community group

2015

Expanded dental program to begin serving children in low-income families

2016

Received Maine Family Planning's Sue and Buzz Fitzgerald Beacon Award

2017

Provided over $15 million of free medication

Treated 100th child in dental program





“Even with insurance, we have to pay too much and put off care. It’s also hard to find providers, 6-month wait or longer for regular medical providers and more for specialist.”

Barriers to Care Survey Participant

2019

Dr. Paul Klainer received Pen Bay Chamber of Commerce Community Service Award

20th Anniversary Strategic Planning began community needs assessment

2020

Surpassed 50,000 medical, dental, mental health and prescription assistance visits

2021

Knox Clinic won Maine Public Health Association Phebe Conrey King Access to Healthcare Award

500 responses to Barriers to Care Survey

Board committed to community health center model to expand care

Provided over $20 million of free medication







“Wellness consists of more than prescribing a blood pressure medication or filling a cavity, though patients will be able to do both in our new community health center. I believe wellness also comes from access to mental health support, healthy foods, nutrition classes, and connections to others through community space and a sense of belonging.”

Meredith Batley, Executive Director

2022

Hired part time dentist and dental assistant, tripled social work hours, and added resource navigation to meet growing need

Partnered with Roux Institute and Midcoast Community Collaborative to further innovative models of care

2023

Received $1.2 million in American Rescue Plan Act funding and $2.1 million in 2023 Congressionally Directed grant funding to create a community health center.

2024

Launched Capital Campaign feasibility study, performed market analysis, and completed financial feasibility study

Secured MHHEFA low-interest loan and purchased new home!

Provided over $25 million of free medication

Project LiftOff!

Your gift will provide critical building renovations and operational liftoff support.



Early renovations include

- Replacing antiquated electrical systems and oil/steam furnace with a high-efficiency heat pump style system as well as insulating the attic
- Renovation of the second floor into a fully functional dental suite
- Creation of a community gathering/meeting space on the ground level

Operational lift off includes

- Building up a Primary Care practice
- Launching a Pediatrics practice
- Expanding Dental Care
- Piloting the Mobile Bus
- Expanding Counseling and Wellness Support

With 25 years of experience and a reputation of trust, the Knox Clinic is uniquely positioned to meet the challenges of healthcare access.

The vision for Project LiftOff is becoming a reality, fueled by an incredible wave of support from both public and private partners.

- Federal Endorsement: We have successfully secured $3.3 million in federal grants.
- Community Strength: Our local community is stepping up in a powerful way, contributing over $3.3 million in gifts and pledges in our first twelve months. This local investment reflects a deep desire to give back close to home, creating a tangible impact on the lives and livelihoods of our neighbors.

Our overall Project LiftOff budget is approximately $9.6 million. As demolition begins, the historic nature of our building is revealing new discoveries and we will share updates as we refine our final project scope.

2025

Hire Maine-based architect and engineering firm Harriman to lead the renovation project

Approve renovation plans and budget

Apply for Federally Qualified Health Center Look Alike

Begin operational expansion including primary and pediatric care

Launch Project LiftOff Campaign!

2026

Qualify as Federally Qualified Health Center Look Alike

Begin renovations

Hire additional key staff

Complete initial renovations early fall

Open Dental Suite

Making Healthcare Accessible For All

Your gift will build a nexus for wellbeing and healthcare innovation.

Knox Clinic will serve as a community hub, integrating multiple services for all ages and income levels, including primary medical care, dental, mental health, substance use recovery, social services, mobile and remote care.

The site will also function as an externship site for schools to foster the next generation of healthcare professionals.

- Gap year partnership with the Roux Institute: Recent grads get experience as dental assistants while applying to dental school
- Clinical Placements: Have a regular rotation of Social Work masters students, and plans for dental students once dental suite is complete

Mobile Bus: Care for Remote Communities

- 44-ft bus with 2 exam rooms was donated by Roux Institute & Northeastern University
- Graduate and undergraduate students from multiple disciplines are participating in marketing, interior renovations, and community surveys
- Will bring care to the region's most remote towns and peninsulas





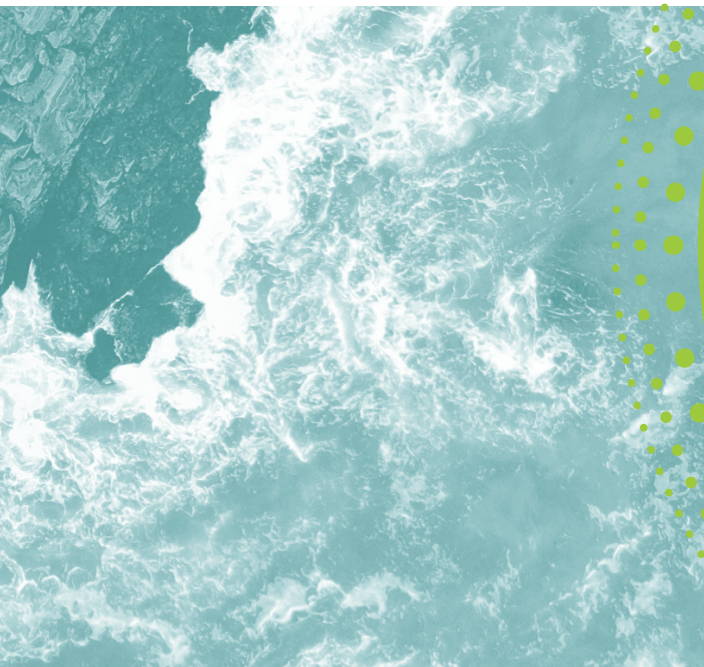


Your gift will ripple through generations, leaving a legacy that strengthens the fabric of our community now and into the future.

"I've never had better care than at the Clinic. You got me to quit drinking and eat better. Now I try to ride my bike 15 miles a day. I lost 120 pounds!" -- George

"I hadn't had care for 9 years, that's a long time when you have diabetes. You looked me in the face, made me feel comfortable. I kept coming back because I trusted you. Thank you!" -- Jamie

When everyone has the support and care they need to thrive, our whole community is stronger and healthier!







"When you help just one person, the effect ripples into the entire community. Every small act has impacts we'll never know. That is the Clinic's legacy and the incredible reward for doing this work!"

Paul and Jeannie Klainer, Co-Founders



"I know what it was like before Jeannie and Paul got here. I know I'm doing something really important. It's hard to describe how comprehensive the care is, and how many thousands of people have come through our doors."

Cathy Baker, Clinic Volunteer



In Loving Memory of Ed Doudera

Knox Clinic's Vice President and Champion, Ed understood the community need and carved a path for us to own the Bok Building. Knox Clinic is dreaming this big today because of Ed's hard work–and we are forever grateful.

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22 White Street, Rockland, ME

www.knoxclinic.org