

Share Why We Care

Acadia Hospital: *Project Inspiration*



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Acadia Values: Passion, Respect, Integrity

My elementary and high school days were characterized by anxiety and depression, something that is well understood today. But back in the '50's and '60's it wasn't considered to be a problem until you couldn't function in society. Luckily I toughed it out and survived but with no help, no sense of direction, and little improvement. I can only imagine how much better life would have been had it been recognized and treated. I guess what I'm saying is that I have a real feeling for what some of our clients are going through. And, I know how different life can be with treatment.

I'm also reminded of my grandmother who was paraplegic from polio. I never knew her when she wasn't in a wheelchair, but her condition didn't stop her from helping others. She couldn't get out and do things but she was always putting together food baskets for "those less fortunate" she would say. She was a role model in that respect. We were taught to have a helping attitude. My parents always had a family or someone they helped out during hard times. We kids did what we could to further the effort. Caring for others was our family norm and we enjoyed doing it.

Later, in the mid 90's I joined a small international humanitarian aid/disaster relief organization. The crew was all volunteer. We were fed off a food bank the organization operated and my housing consisted of a bunk in the crew's quarters of a WWII military cargo ship. Never did I have less but never did I feel more gratification than when we delivered goods and helped with the Hurricane Mitch relief effort in Honduras and Nicaragua.

The bottom line is I care because it became part of my nature and because I believe it's what's right.

Want to Share Why YOU Care? Email your essay to Alan Comeau at acomeau@emh.org.



TOGETHER We're Stronger

