



COASTAL COMPASS COASTAL OPPORTUNITIES

SUMMER 2018

On The Move Again... New Residence Slated for Rockland

Nearly 30 years ago, when the Katherine Brown Home was dedicated on Ludwig Road in Hope, there was ample room for the eight clients with intellectual and developmental disabilities who excitedly moved into their new quarters. Katherine (“Kay”) True Brown, a longtime board member who dedicated her energies to supporting Coastal Opportunities, was there for the opening ceremonies, and her son Cony became one of the first residents. Kay died in 2001, and Cony died eight years later.

In order to achieve as much self-determination and independence as possible, the home’s residents work on maintaining or improving skills to communicate, care for themselves, ambulate, and perform basic tasks independently.

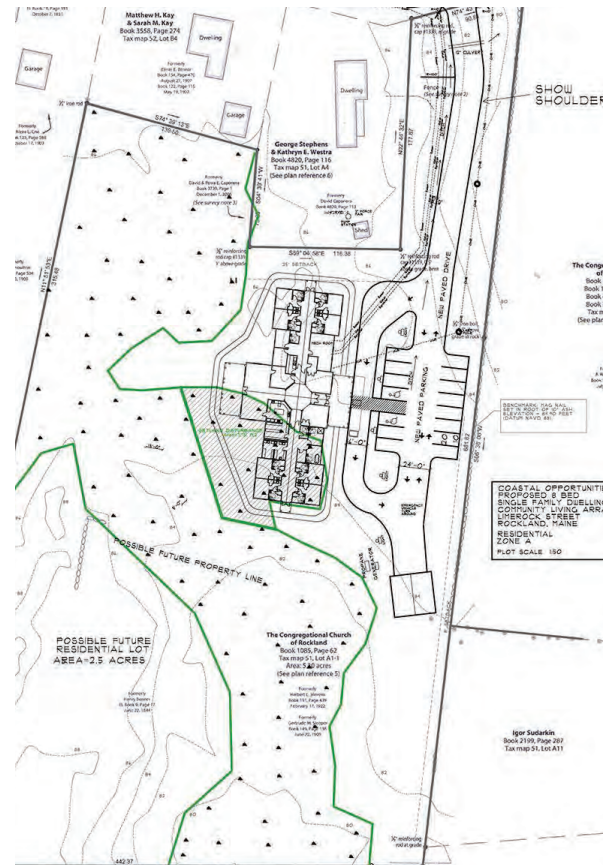
Over the years, the clientele has changed, and most of the eight residents now use wheelchairs. A critical need has arisen for more space, more up-to-date facilities, as well as closer access to medical care. “The home needed more and more repairs,” said Joe Curll, Executive Director of Coastal Opportunities since 1984, “and the location in Hope has also presented problems for hiring staff.” The home’s round-the-clock care requires a team of 18.

After a multiyear search for land, “one of those happy coincidences occurred,” according to Dave Jackson, a longtime member of the Coastal Opportunities Board of Directors who also is an active parishioner of the Rockland Congregational Church (RCC). “The church had the perfect five-acre parcel,” said Jackson. It “had no use for the adjacent land and could always use some additional income.”

So Coastal Opportunities purchased from the church the 5-acre parcel at 190 Limerock Street in Rockland.

After the transaction closed in October 2017, Camden architect Christopher Glass, with assistance from professional engineer Randy Scamfer of Warren, began the design process for the modern eight-bedroom home, which will occupy 8,800 square feet (*double the size of the current home in Hope*), have geothermal heating and cooling, and is projected to cost between \$1.5 and \$2 million. Fundraising is ongoing, and contributions are most welcome. Coastal Opportunities has worked with the U.S. Rural Development Foundation during this process and will be seeking bank loans to speed up the project’s completion.

So it’s a win/win situation, according to Jackson: “Coastal Opportunities and the RCC are looking forward to having each other as neighbors.”



*Architectural Drawing of New Katherine Brown Home, Rockland
(courtesy Christopher Glass and Randy Scamfer)*



Katherine Brown Home in Hope (Photo by Peter Palermo)

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Ann Bex, Jean Boobar, Kathleen Brandes, Claire Sanford

FROM THE BOARD PRESIDENT

Everyone connected with Coastal Opportunities is looking forward to another year of important services to our clients. I am sure you are familiar with the green-and-white vans and buses that transport our participants to and from their many activities, but are you aware of the changes that have occurred over the past several years? Their schedules are very full!

The clients used to spend most of their time at the Thomas Corcoran Center on Limerock Street in Camden, but now they form small groups of two or three to go out into the community and participate in work and recreation and enrichment. This is a result of the regulations in the Olmstead Act—no longer is there Medicaid reimbursement for services in segregated environments. On any weekday, the clients will be busy volunteering with Meals on Wheels, the Owls Head Transportation Museum, Pope Memorial Humane Society, Merryspring Nature Center, and Hospitality House. Recreational activities include bowling at Oakland Park Lanes, swimming at the YMCA, yoga at the Dancing Elephant in Rockland, activities at the John Street United Methodist Church in Camden, and art classes at the Sweetland School in Hope (*see separate story*).

Soon we will be breaking ground in Rockland for the new Katherine Brown Home, which will replace our ICF-IDD group home in Hope (*see separate story*). This will provide the home's eight residents with more accessibility, energy-efficient utilities, and a locale closer to their daily activities. Watch for updates on our website, www.coastalopportunities.org, and in the local newspapers.

Members of our Special Olympics team, the Coastal Navigators, continue to hone their skills and win medals and ribbons throughout the year (*see photo*). Fundraisers and donations support all their activities. The Camden Association for Handicapped Citizens organizes an annual spaghetti supper and auction, held at the First Congregational Church in Camden in early December. Good food and many wonderful items are on the bidding tables. Everyone has a wonderful time cheering on the

bidder and congratulating the winners. This event—spearheaded by Shelly Henry and Bill Garver, the Coastal Navigators advisers—provides funds for the Olympians and enjoyment for everyone who attends.

This year, members of the Oceanside High School tennis team have been active with Tennis for Fun, a national program that supports instruction and interaction with our clients. Everyone benefits in learning new skills and in appreciating the enthusiasm of the Coastal Opportunities clients.

We wish to extend our thanks to the many generous volunteers who donated their time to our biannual Cash for Clothes Sales. Held every May and October, the sales are the major fundraisers for Coastal Opportunities. We would also like to thank those who have made generous donations of new or gently used clothing. Check our website (www.coastalopportunities.org) or our Facebook page for the dates of the next sale.

On behalf of the Coastal Opportunities Board of Directors, I congratulate and thank the staff for forty-six years of dedicated service. It is an honor to be associated with this important organization. Executive Director Joe Curll and the staff deserve praise and gratitude for maintaining high standards and playing such a valuable role in our community.

—Ann McDonald Bex



Coastal Navigators ski team.
Photo courtesy Bill Garver



WHAT GOES AROUND COMES AROUND! WELCOME BACK, KRISTEN AND NICOLE!



Today's employment market differs from the model where employees sought a position and expected to stay in that job virtually forever. In the twenty-first century, many employees move around a lot, for various reasons. As Coastal Opportunities adapts to these times, it is gratifying that even though some of its workers leave, some of them also choose to return.

For example, I recently spoke with Kristen King, the manager of our Day Program. She first joined the workforce at Coastal Opportunities in 1997 as a young woman, providing oversight for two women living independently in a PenBay Acres home in Rockland. After that, she worked for a few years in the Day Program for arts at what is now the Thomas Corcoran Center in Camden. Then, she moved on to a 5-year stint on the staff at the Vera Brandes Home in Thomaston, becoming well acquainted with the residents as well as their families. When the Olive Coates Center first opened in Camden, Kristen worked with day clients pursuing personal "emotion regulation" and social skills.

She left Coastal Opportunities around 2005, spending eight years with Harbor Family Services, working with male youths who had substance abuse problems as the assistant to the day manager and liaison with schools. Her position was that of a behavior management counselor with a goal toward appropriate socialization.

Kristen has now returned to Coastal Opportunities as coordinator of the Day Program, which is person-centered, designed to empower our consumers (*clients*) as they fan out into the community, generally in groups of three with a supervisor. During their time away from the Corcoran Center, they generally perform volunteer work, then move on to something more recreational, such as bowling, yoga, art, or music—either back at the Center or at a public facility.

During her absence, Kristen has been raising a family of three daughters and working toward a college degree. She originally was focused on English but now is concentrating on the humanities. Four more courses and she'll have her degree.



Another returnee to the Coastal Opportunities staff is Nicole Williams, who originally began working for Coastal Opportunities in 2013. After spending a year to a year and a half at the Coastal Opportunities Bottle Redemption Center, she moved to the Options program for wheelchair-bound consumers at the Corcoran Center. At the same time, she served as a substitute in the various residences, and that led to being a full-time "float" worker.

Among her stints in the homes, she worked most frequently as the night resident staff at the Vera Brandes Home in Thomaston, where she became well acquainted with the six residents and found Shelly Henry to be a terrific supervisor. When overnight duty began to impinge on her personal life, however, she left Coastal for regular daytime hours in the office of an eye doctor. But it didn't last. Knowing the Vera Brandes residents and their families meant a great deal to Nicole, and the employee benefits were generous at Coastal, whereas her day job offered no such opportunities and personal rewards.

So, by the end of two years, she felt a strong pull to return to the Vera Brandes Home, where she now manages to stay overnight without letting that interfere with her daytime pursuits.

The home's residents are out in the community during the day—including one who has worked at Bank of America in Belfast for 17 years and is away from 5:45 a.m. to 6 p.m. weekdays. Others are at such job sites as Thomaston Grocery, TJ Maxx, and the Coastal Redemption Center.

When I asked Nicole whether it was like a reunion being back at the Thomaston home, she laughed. It seems that even while she had her day job, she was intermittently filling in nights at Vera Brandes, so she never lost contact with the residents or her co-workers. They were all happy to see her whenever she substituted, and they're now very happy to see her on a regular basis.

Thanks to Kristen and Nicole for their dedication to Coastal Opportunities! —Jean Boobar



WE ARE SO GRATEFUL FOR YOUR SUPPORT!

2017 CONTRIBUTIONS

Bill & Alcy Achorn
 Tom & Mary Amory
 Ann Bex
 Alleson Bixler
 Ann Bixler
 Jean Boobar
 Marion Bowman
 Tom & Susan Corcoran
 Joe Curll & Hilda Livingstone
 Bob & Norma Davee
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 Esther Sexton
 Lucile Shimkus
 Jean Silva
 Eileen & Peter Spectre
 Gail & Kevin Varga
 Jean Wakem & Vicky Johnson
 Patricia Winslow
 Nancy Wolfertz
 Beverly Worthington

In Memory of Vera & Guenther Brandes

Bruce & Virginia Brandes
 Guy & Dawn Brandes
 Hans & Mary Brandes
 Kathleen Brandes
 Peter Brandes

In Memory of Carl Craig Creamer

Mr. & Mrs. Raynold Brooks
 Linda & Rick Cartwright
 Rae Fales
 Jan Farrin
 Raimon & Glenda Farrin

In Memory of Michael Drons

Rosemary Carroll
 Pat Messler
 Nancy Warren
 Michael & Priscilla Weatherwax

In Memory of Martha Jenkins

Peter & Kathleen Jenkins

In Memory of George Marks

Rodney Artz
 Ellen Johnson
 Ryan, Tami, Roy, & Dylan Johnson
 Anne & Andrew Reinhart
 Janis & Andrew Reinhart
 Cindy & John Ripka
 Margaret & Steve Salamone
 Southeastern Roof Systems
 Barbara & Kenneth Wexler

In Memory of Paul Oberst

Kingsley Sleight

In Memory of Ben Scofield

Frank & Nancy Scofield

In Memory of Brenda Shannon

Julie Clement

In Memory of John Shimkus

Gerald & Georgina Gaebel

In Memory of Walter Yattaw/

In Honor of Linda Yattaw
 Kermit & Michael Voncannon

In Memory of Debbie Young/

In Honor of Melvin & Scott
 Ronald & Louise Smith

In Honor of Bill, Alcy, & Scott Achorn

Zach & Jessica Mason

In Honor of Coastal Navigators

Blake Hynes

In Honor of Jim & Linda Pieper

Florence Colby

Businesses & Nonprofits

Amazon Smile
 athenahealth
 Bank of America
 Billy Weiss Memorial Foundation
 Camden Area Senior Assistance
 Flatbread Company
 Giving Assistant
 Hannaford Bags-4-My-Cause
 Messler Family Foundation
 Olive Coates Trust
 Tashmoo Partners
 United Midcoast Charities
 Zern Charitable Trust

Cash for Clothes Sponsors

Allen Insurance & Financial
 Cash for Clothes Steering Committee
 First National Bank
 Herrick's Garage
 Maine Coast Construction

Towns

Town of Cushing
 Town of Owls Head
 Town of St. George
 Town of Thomaston
 Town of Warren

Churches

First Congregational Church, Camden
 John Street Methodist Church
 People's United Methodist Church
 St. Thomas Episcopal Church

WHAT DOES COASTAL OPPORTUNITIES MEAN TO FAMILIES?

Relatives and guardians of Coastal Opportunities participants have often expressed their appreciation for the variety of programs available each day. Some have been members of the Coastal Opportunities family for many years. We appreciate their willingness to share their experiences.

“ Our family has depended on Coastal Opportunities for more than 20 years. When our son finished school, we felt it was important for him to have meaningful activities on a regular schedule. The Day Program has fulfilled this need extremely well, with a variety of activities that he can choose to participate in. He is also able to have a part-time job with direct supervision and coaching from Coastal staff. He is very proud to earn a small paycheck as a working man.

Additionally, realizing that we will not always be here to provide the care and support needed, we wanted him to have a clean, safe home independent from us. He wanted the additional independence, too. His Coastal Opportunities group home has provided all of us with the security and assurance that he will be cared for no matter what happens to us.

At both the Day Program and in his group home, we have found the staff to be both caring and professional, while working with clients to develop new skills. We are grateful to them for the contributions they have made to our son's life and to ours. ”

Coastal Opportunities

Statement of Activities: Years Ended June 30, 2017 and 2016

| | <u>2017</u> | <u>2016</u> |
|---|-------------------|-------------------|
| Operating revenue | | |
| Net patient service revenue | \$ 3,649,217 | \$ 3,612,615 |
| Department of Health and Human Services grant | 19,682 | 21,820 |
| Redemption center and client sales | 301,207 | 305,306 |
| Other revenues | 55,841 | 60,491 |
| Total operating revenue | <u>4,025,947</u> | <u>4,000,232</u> |
| Operating expenses | | |
| Program services | 3,281,116 | 3,315,405 |
| General and administrative | 586,401 | 547,247 |
| Total operating expenses | <u>3,867,517</u> | <u>3,862,652</u> |
| Operating income | <u>\$ 158,430</u> | <u>\$ 137,580</u> |



THE SCHOONER SOCIETY, WELCOME ABOARD!

Support the Present • Secure the Future

Established in 2009, The Schooner Society encourages friends of Coastal Opportunities to make planned gifts to ensure the future care of citizens with special needs in our communities. Coastal Opportunities, founded in 1971 and celebrating its forty-sixth anniversary this year, has been nurtured and sustained by planned gifts and bequests from a prior generation. Now it is our generation's turn to "gift" the future.

Friends who would like to assist Coastal Opportunities have a range of options—a bequest, a life insurance policy, an annuity, a charitable remainder gift, or another form of deferred giving. All such benefactors will be enrolled and recognized as lifetime members of The Schooner Society.

To get started with the planning process, please contact Coastal Opportunities board member Jim Jenkins at (207) 594-8857.



OWL AND TURTLE ART SHOW

During the long, snowy 2017 winter, Coastal Opportunities clients were busy brightening everyone's lives in art classes at the Sweetland School in Hope.

Teacher Nina Devenney guided Sweetland students and Coastal Opportunities participants as they collaborated on a wide variety of art projects: from self-portraits to silk paintings, from felt birds to theatre sets for Peter Pan. As Nina put it, the enthusiasm was contagious, and the art classes "were highlighted by brilliant moments of connection, laughter, and opportunities to get to know someone through the process of making art."

At the end of the school year, the Owl and Turtle Bookshop in Camden hosted an art show that filled the walls with brilliant colors and designs.

Congratulations and gratitude to the Sweetland School, Nina, and the Owl and Turtle for a wonderful collaboration!



Owl and Turtle Bookshop.



Coastal Opportunities artists admiring their creations at the Owl and Turtle Bookshop.



A SALUTE TO STAFF!

At the annual Staff/Board Dinner, held in early May, Coastal Opportunities celebrated the 20-year tenures of two staff members.

We salute them for their dedication and their care!

Mary Peabody: Who has worked at the Katherine Brown Home in Hope since she started.

Ellen Richardson: Who works at the Annette Overlock Home in Owls Head and formerly worked at the George Robishaw Home (*when it was a crisis home*).



The Coastal Redemption Center employs Coastal Opportunities participants and supervisors who sort containers, provide deposit refunds for those who wish them, and load trucks that transfer the bottles to a central clearinghouse. All with a smile!



COASTAL OPPORTUNITIES ANNUAL REPORT

July 2016 – June 30, 2017

OVERVIEW

Coastal Opportunities has provided services to adults with intellectual disabilities for 46 years.

We provide several services to assist people to access the community. Currently the services we provide include the following supports: Home, Residential, Community, Work, Case Management, and Transportation.

In the coming year, we will continue to focus on spending a greater amount of Day Program/Community Support time in the community with small groups of participants.

We will also continue to focus on maintaining our current facilities and making them more accessible and energy efficient. We are in the process of developing building plans to replace our ICF- IDD group home in Hope. We have acquired land at 190 Limerock Street in Rockland to build this new home, which will be more accessible for six of the eight current residents who are dependent on wheelchairs for mobility. The new home will also be closer to all services and will enable us to draw from a larger pool for staff.

From July 1, 2016, to June 30, 2017, we provided services and supports to 86 adults with intellectual disabilities to further our mission. The Mission of Coastal Opportunities is: **To assist adults with intellectual disabilities to become participating members in the social and economic community.**

Services provided to the participants included: Community and Work Supports to 63 participants; Residential and Home Supports to 33 residents, who also received Community and Work Supports; and we provided Case Management Services to 23 participants. Overall, we provided services to 87 individual participants. The participants' age range was from 21 to 78, with an average age of 49. To provide these services, we employed 85 full- and part-time staff at a cost of \$2,670,265.

Organizational Employment Work Services

Coastal Opportunities staff supported participants to work at Lincoln's Store, the Penobscot Bay YMCA, West Bay Rotary Breakfast, Maine Coast Construction, Coastal Redemption Center, and Rankin's Hardware. In 2016–2017, we provided 980 hours of work support to 10 participants.

Employment Objectives 2016–2017

1. To evaluate the cost benefit of having a Vocational Rehabilitation Certificate for agency-operated vocational services.

We received our certificate and will continue to work toward maintaining this. It enables us to provide and be reimbursed for employment services in the Redemption Center.

2. To continue to work with case managers who work with participants aging out of school services and offer our services to them to consider in their transition.

We will continue to work with case managers to try to identify students graduating from high school who may need our services. We will also monitor to try to identify anyone in our area who might benefit from services.

3. To evaluate the need for having someone on staff with an employment specialist certification to develop a curriculum for work services that will assist individuals to make employment choices.

We have determined that this is not a cost-effective objective at this time and will be eliminating this as an objective for next year.

Employment Objectives 2017–2018

1. To maintain Vocational Rehabilitation certification for agency-operated vocational services.
2. To continue to work with case managers who work with participants aging out of school services and offer our services to them to consider in their transition.
3. To maintain or increase the number of workers we are supporting in Work Services /competitive employment. Target: 10.

Community Integration

Under Community Integration, we offer a variety of supports to assist participants to access the community and to improve skills.

Community Supports

Volunteer Sites

Participants received assistance to access the following volunteer sites: Salvation Army, Nativity Lutheran Church, Camden Area Food Pantry, Owls Head Transportation Museum, Pope Memorial Humane Society, PAWS, Tanglewood 4-H Camp, Merryspring Nature Center, First Congregational Church of Camden, Goodwill, Meals on Wheels, the Camden Snow Bowl, MRC, and People's UMC in South Thomaston.

Participants also received assistance to be involved in programs offered in the community. Each week, participants had the opportunity to swim at the Pen Bay YMCA, to bowl at Oakland Park Lanes, to attend a drawing class at Sweet Tree Arts in Hope, and yoga at Dancing Elephant Studio in Rockland. In the warmer weather, we accessed state and local parks and public areas for walking and exercise. Several participants were involved in the Special Olympics and training for Olympic events.



Facility-Based Supports

Over the last year, we eliminated scheduled classes in the Thomas Corcoran Center and sought out similar offerings for exercise and enrichment in the community. Our goal is to integrate small groups of participants into existing opportunities in the community that would interest them. This gives them the support of the small group and includes them in a larger group of people from the general community. We still offer weaving for those interested when they are waiting for an outside activity, and we still provide needed OT and PT with participants on a daily basis.

Community Integration Goals and Results for 2016–2017

1. Program participants will maintain or increase progress toward their individual goals. Target: 90 percent.

Participants achieved 75 percent of their individual goals (up from 69 percent last year).

2. Program participants will maintain or increase the amount of time spent in integrated community settings. Target: 22 percent.

Participants spent 30 percent of their time in integrated community settings (up from 23 percent last year).

3. Program participants will maintain or increase the amount of time spent in volunteer activities. Target: 10 percent.

Participants spent 8 percent of their time in volunteer activities (up from 6 percent last year).

4. Program participants will increase the amount of time in work settings. Target: 775 hours.

In 2016–2017, we provided 778 hours of work support to 10 participants. In 2015–2016, we provided 980 hours of work support to 9 participants.

5. Coastal Opportunities will maintain enough staff to ensure that community integration is accomplished in small groups with a 1:3 staff-to-client ratio. Target: 60 percent.

Participants spent 15 percent of the time in integrated settings in groups with a ratio of 1:3 or smaller (down from 19 percent last year). The decrease was related to a shortage of staff.

6. Coastal Opportunities will continue to strive for customer satisfaction. Target: 100 percent.

95 percent of the participants and/or significant others were satisfied; 5 percent did not respond to the survey.

Goals for 2017–2018

Goal 1: To serve additional participants in 2017-2018.

Target: 5 new participants.

Goal 2: To increase the percentage of time spent in community outings in small groups. Target: 25 percent.

Goal 3: To reduce staff turnover and the amount of vacant positions. Target: 20 percent turnover, 15 percent vacancy.

Goal 4: To decrease medication errors. Target: 0

Goal 5: To increase our volunteer/community activities. Target: 5 new activities.

Goal 6: To increase the overall time spent in the community. Target: 35 percent.

Residential Services

Residential Programs are designed to offer participants the support they need to live in the community. We provide this service in eight residences owned and operated by Coastal Opportunities and to participants living in their own home(s). We offer services that can be very intensive—from providing almost full care to supporting participants in their own apartments with minimal assistance. Six of the eight sites provided 24-hour care to 27 participants who require varying degrees of support. Five participants received support to live as independently as possible in their own apartments. Coastal has five individual apartments in two facilities. One participant receives support to live in her home.

Residential Supports provided to participants included meal preparation, money management, self-care, shopping, transportation, community awareness and access, safety, medical and hygiene assistance. Other supports that are more intensive included: gross and fine motor activity, toileting, showering, mobility, feeding, communication, and social awareness.

Residential Services Goals and Results for 2016–2017

1. To determine resident satisfaction. Target: 100 percent

94 percent of the residents or their representatives were satisfied with their living situations, and all wished to remain in their current residences.

2. To decrease medication errors to maintain residents' health.

Target: 35 errors.

There were 36 medication administration errors this year (up from 29 last year).

3. To increase the amount of time participants are engaging the community: Target: 35 hours per month.

Last year, participants spent an average of 33.7 hours per month in the community. This year, participants spent 25 hours per month in the community. The decrease is due to not having enough staff to provide as many outings.

4. To maintain the approved staffing hours in our residences, allowing for the support necessary to meet participants' goals. Target: 80 percent.

We met our approved staffing patterns 27 percent of the time (up from 0 percent last year).

Goals for 2017–2018

We will continue to work on the same residential goals with the same targets for next year.

Case Management

In 2016–2017, we provided 598 hours of Case Management Services to 23 individuals in Knox, Lincoln, and Waldo Counties. The case manager is responsible for coordination of all aspects of the delivery of services to a participant. The services that a case manager coordinates include the following: housing, employment, adult protective, guardianship, representative payee, and quality assurance.

As part of Case Management Services, we acted as the representative payee for 7 of the 23 individuals in this service area; as such, we were responsible for accounting for the money they receive and how it was spent. We are not permitted to provide Case Management Services to any individual to whom we are providing other services.



COASTAL OPPORTUNITIES

SUMMER NEWSLETTER 2018

35 LIMEROCK STREET
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CAMDEN, MAINE 04843
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Thanks to First National Bank's Casual for a Cause program, Coastal Opportunities recently received \$599.38. Shown here are Shannon Young of First National Bank; Coastal participants Koby Kangas, Ada Rackliff, and Louis Regnier; and Coastal Opportunities Executive Director Joe Curll.



The six residents of the Vera Brandes Home visited the Maine Vietnam Veterans Memorial in Augusta's Capitol Park in November 2017. The steel monument, created by artist Roger Richmond and dedicated in 1985, has a cutout silhouette that depicts two soldiers assisting a wounded buddy.