

Back in 1971 . . .

- Cigarette ads were banned from TV and radio
- China was admitted to the United Nations
- FedEx was founded in Tennessee
- Starbucks was founded in Seattle
- Rolls Royce declared bankruptcy
- Soviet Premier Nikita Khrushchev died
- Disney World opened in Orlando, Florida
- Apollo 14 landed on the moon



. . . AND Coastal Opportunities began!

So much has happened in the fifty years since the birth of this amazing, successful organization. Beginning with a few adult clients in a successful day program that helped them learn new skills to instill pride and provide income, the organization's leadership soon realized the need for housing, where participants could live with assistance and learn even more life skills. After the enactment of the 1978 "Pineland Consent Decree," calling for the end of institutionalization and stipulating that people with intellectual disabilities had the right to live in community settings, the parents who had worried about their sons' and daughters' futures became enthusiastic advocates for the group homes and apartments that Coastal built in Camden, Rockport, Rockland, Owls Head, and Thomaston.

HELP US CELEBRATE!

You're invited to an open house
Sunday, August 29 1-3 pm
37 Limerock Street, Camden

- ★ Visit the Corcoran Center
- ★ Meet the New Director
- ★ Meet the Participants
- ★ Meet Staff & Board Members
- ★ Homemade Refreshments
- ★ Bags & Purses Made by Participants for sale
- ★ Bring Empty Bottles and Cans to Donate

Since 1999, following the Supreme Court's landmark decision that most people with disabilities would benefit from spending much of their time in the community, and President George W. Bush's issuance of the 2001 Olmstead Act, the leadership and staff of Coastal Opportunities have been able to facilitate regular activities for the clients throughout Knox County. (See the executive director's report, elsewhere in this newsletter, for the long list of venues and activities.)

Now, as Coastal Opportunities emerges successfully from many tough months of isolation and worry, every person connected with the organization is eager to continue the success of this wonderful organization born 50 years ago!

WHAT A YEAR!

“Heck of a time to start a new job!”

That was the most frequent comment I heard on March 30, 2020, when I was introduced to the people with whom I would be working. It was with a mixture of excitement and nervousness that I had arrived for my first day at Coastal Opportunities. Nervous tension was on every face . . . and in most conversations.

Late March 2020 had a “surreal” quality for most of us. Maine (and the country) had just put restrictive measures in place to combat the spread of the Covid-19 virus, and the world had braced itself for what was to come.

I was immediately impressed by two things: the quality of the people associated with Coastal Opportunities (staff, parents/guardians, board of directors, community supporters, and the individuals we serve), and the diversified strength of the agency itself. I have heard more than one staff member refer to Coastal as “a family,” and, after a year, I can certainly appreciate that sentiment. There have been so many instances of individuals “stepping up” to further the agency’s mission in these unprecedented times. I am continually impressed by the diligence and flexibility shown by all of Coastal’s staff and supporters. This organization, now celebrating its fiftieth year, is fueled by the commitment of so many.

From the onset of the pandemic, Coastal Opportunities focused on “safety” as priority number one. The constant goal of keeping our residents, participants, and staff healthy through a global crisis demanded diligence and consistency. As state guidance changed and regulations shifted, it was daunting for everyone to remain connected to family and friends while continuing to observe precautions. When the stay-at-home order was issued, Zoom became a new tool to maintain connections—and then it rapidly became a way of life that obviously is here to stay. Parents and guardians worked collaboratively with the residences to maintain connections, all while taking protocols into consideration. It was a “learning curve” for all of us. To keep parents and guardians informed, we initiated a monthly email update to relay any changes or plans. Although we continue to remain vigilant, I will never forget the collective sense of hope and relief when the first round of the Pfizer vaccine was distributed to staff and residents.

Under these unique circumstances, getting to know everyone involved with Coastal Opportunities was particularly challenging for me. Whether we met virtually or from behind a mask . . . it has taken time to connect



Cliff Winn

with the wonderful people who make this organization what it is. Midcoast Maine is renowned for its unique charm and sense of bustling community, but this, too, was altered, as most businesses and establishments were forced to modify (or completely halt) normal operations. Now, as we slowly edge back toward “normalcy,” it is great to be able to see people in person and also to see how Coastal fits into a community springing back to life and into action.

So . . . it has been a roller coaster of a year for everyone, and March 2020 seems like a very long time ago, but the development and strengthening of so many here at Coastal is evident. We have all learned a great deal, and we now find ourselves better equipped to meet adversity. Personally, although I certainly could not have predicted all the twists and turns of my first year here, I am thankful for the growth that this strenuous year has afforded me. I got to know this agency and its wonderful people in a very unique way, and I also had to acquire different skills to meet new challenges. Working through this crisis alongside the “family” of Coastal Opportunities has given me a rare and rewarding opportunity.

As we all celebrate the fiftieth anniversary of Coastal Opportunities this year, I certainly understand why this agency has been able to achieve this milestone. And again I say, with conviction and gratitude, that it certainly was a “Heck of a time to start a new job!” It sure was!

Best wishes, and thank you all!

Cliff Winn
Executive Director, Coastal Opportunities



THOMAS F. CORCORAN

March 8, 1944—March 25, 2021

In October 1974, Tom Corcoran and his wife, Susan, and children Susan and Tommy, arrived in Camden and settled into a house provided gratis by the First Congregational Church. He had been recruited from Massachusetts by Camden residents Priscilla Taylor and Vera Brandes to become executive director of the organization then known as the Mid-Coast Activities Center and soon thereafter renamed the Coastal Workshop.

But first some background. Tom was born March 8, 1944, in Scranton, Pennsylvania. Soon after entering the University of Scranton, he was drafted. Opting to join the Air Force in the fall of 1966, he trained to be a psychiatric medic. Stationed in California, he worked nights in the psychiatric unit at Travis Air Force Base—no easy job, but easier than his next one, in the midst of the Vietnam War.

In August 1969, only a month after marrying Susan, a psychiatric nurse, Tom was sent to Vietnam for a year as a psychiatric medic. After his discharge, he and Susan worked in a drug-rehab program for New York City teens—the kids' last chance before juvenile prison. Tom and Susan's daughter Susan was born in 1972, not long before they became houseparents for a group home connected with the Charles River Workshop in Needham, Massachusetts, where they welcomed their son Tommy and worked with eight intellectually challenged adults until the Corcoran family was enticed to Maine.

Coastal Workshop, then based on Free Street in Camden, needed more room for all the projects Tom was lining up, so in 1975 he managed to find space in a building owned by Tibbetts Industries and used by Marine Colloids for storing seaweed. By 1977, after having to build partitions around the aromatic(!) seaweed, Tom and the Coastal board purchased and renovated the building—now known as the Thomas F. Corcoran Center—to house the work of the organization that was renamed Coastal Opportunities in 2009. In 1980,



Thomas F. Corcoran

By 1977, after having to build partitions around the aromatic(!) seaweed, Tom and the Coastal board purchased and renovated the building—now known as the Thomas F. Corcoran Center—to house the work of the organization that was renamed Coastal Opportunities in 2009.

Tom spearheaded a plan to purchase residences for Coastal clients, starting with the first home in Thomaston.

He continued these efforts until 1981, when he decided to launch a new career with noted Rockport artist Anne Kilham, taking her work to trade shows and marketing her cards, prints, and calendars. He also worked in sales for Down East magazine. Meanwhile, though, he joined the Board of Directors of Coastal Opportunities in 1986 and continued until this year as the board's valued institutional memory.

That incredible memory also extended to Tom's love for sports—especially baseball and basketball. He could even cite statistics for games from before he was born! Despite being a diehard fan of the Mets and Yankees, he made sure his two children and three treasured grandchildren (Patrick, Erin, and Fiona) went to Red Sox games as often as possible—but especially when they played the Yankees!

Tom will be forever remembered by his family to whom he was so devoted and also by everyone in the Coastal Opportunities family. We greatly miss our wise adviser.



HERE'S TO ANOTHER 50 YEARS!

Whew! As we gear up to celebrate **FIFTY YEARS OF COASTAL WORKSHOP / COASTAL OPPORTUNITIES** with enthusiasm and gratitude, we can't help but reflect on the past twelve-plus months and the challenge that Covid-19 has thrown at everyone—here in Maine and throughout the United States and the world. Fortunately, everyone connected with Coastal Opportunities can look back on 2020 (*and half of 2021*) and breathe a sigh of relief and, yes, gratitude. Staff, clients, and families have been put to the test and have come out on the other side. We now hope that everything will keep going in that forward direction!

In April 2020, just as the pandemic had picked up speed, our longtime Executive Director, Joe Curll, retired after 36 years of transforming the lives of hundreds of individuals in our community. At the same time, we welcomed our new Executive Director, Cliff Winn. During the last year, his handling of the operations of Coastal Opportunities, under the restrictions imposed by Covid-19, has been nothing short of amazing.

Just a few days before the March 2020 lockdown, Joe orchestrated a one-day move of eight clients from the old Katherine Brown Home (*in Hope*) to the new Katherine Brown Home (*in Rockland*). In a gratifying turn of fate, the Hope building was purchased by SweetTree Arts, an alternative-education and community arts facility in the center of Hope that for several years has provided art classes for participants in the Coastal Opportunities Day Program.

We are looking forward this fall to our annual Staff/Board Dinner, which, like so many things, had to be canceled last year. Finally we will be able to honor the incredibly hard work done by the Coastal Opportunities administration and staff during the pandemic. It will be a celebration of recovery!

It will also provide the chance to celebrate fifty years of Coastal Workshop / Coastal Opportunities! And what a legacy this organization has provided for the residents and communities of Knox County and beyond. (*See the separate Coastal Opportunities timeline.*)

Now, more than ever before, members of the Coastal Opportunities Board want to express enormous gratitude to the staff, parents and guardians, the Camden Association, and the many generous donors in Knox County and around the country. It has certainly been a year like no other!

Please join us on August 29 when we gather for a celebratory Open House at the Thomas Corcoran Center on Limerock Street in Camden (*see box on page 1*). Thank you from all of us to all of you.

Ann McDonald Bex
Coastal Opportunities Board President

COASTAL OPPORTUNITIES BOARD OF DIRECTORS, 2021



L to R: Dianne (“Chipper”) O’Connell, Pam Boland, Jim Jenkins (Treasurer), Lise Duda, Nancy Wolfertz (Secretary), Cliff Winn (Coastal Opportunities Executive Director), Marcia Orff (Vice President), Ann Bex (President), Kathleen Brandes. *Missing from photo:* Tom Corcoran, Bob Davee, Lisa Davee, Dave Jackson.

—*photo credit: Peter Palermo*



SO MUCH HAS CHANGED!

We, the parents and guardians of adult children in Knox County with special needs, are so fortunate. Coastal Opportunities, **now celebrating FIFTY YEARS**, has provided guidance, purpose, care, and respect to our very special children for all those years!

My son Jeremy and I came to know Coastal Opportunities, and the parents' nonprofit organization, The Camden Association for Handicapped Citizens (CAHC), back in 1998. Jeremy had just completed his education in the public school system. That may not sound extraordinary, but it really was. It never would have happened without the diligence and perseverance of local families and friends back in 1951. The CAHC began with families and friends of special needs children who started advocating for these children simply to attend public schools!

From that beginning in February 1951, when the local school systems were not yet allowing children with special needs to attend, so much has changed! Perseverance and subsequent legal victories have created a whole new world of acceptance and support in public school systems.

Once the members of the CAHC achieved that first goal of public-school education, they focused on what they could provide for these children after they graduated from high school. That second goal resulted in the 1971 establishment of the Mid-Coast Activities Center, which became the Coastal Workshop and is now known as Coastal Opportunities.

We have come such a long way, and we have seen so many changes, but the goals have remained the same—to provide a place and a purpose for our adult children. THANK YOU to all those who have supported this amazing mission over these many years!

PLEASE, if you are a parent or guardian of a Coastal client and have not been active in The Camden Association for

Handicapped Citizens, do consider joining us in the fall of this year. We meet four times a year—the third Wednesday of April, May, September, and October—at the Thomas Corcoran Center on Limerock Street in Camden. (*Check www.coastalopportunities.org for the dates.*) At these meetings, Coastal Opportunities Executive Director Cliff Winn keeps us apprised of changes to federal and state regulations affecting our adult children, and he explains how we can help to keep the Coastal Opportunities program thriving. It is very encouraging to be able to share with others who are experiencing many of the same struggles and successes. We would love your input and support.

Cindy Bland

President, Camden Association for Handicapped Citizens

THANK YOU!

We are hugely grateful to three longtime board members who stepped down from the board in early 2021. We extend much appreciation for their many years of guidance, thoughtfulness, and generosity to Coastal Opportunities.

**Thank You to Arnold (“Bill”) Achorn,
Claire Sanford, and Eileen Spectre!**

SUPPORT COASTAL OPPORTUNITIES BY SHOPPING WITH AMAZON SMILE

When you're ordering from Amazon, start with

<http://smile.amazon.com>

Put in Coastal Opportunities as your beneficiary, and Coastal Opportunities will receive a check from Amazon for 0.5 percent of your purchase price (not counting taxes and shipping). After your first purchase, you'll be asked the next time whether you'd like to start your search with Coastal Opportunities as your beneficiary. Please DO! Even better, bookmark the site. There's no charge to you, and you'll be supporting a very worthy cause.

Thank you!

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You shop. Amazon gives.



COASTAL OPPORTUNITIES ANNUAL REPORT

July 1, 2019 - June 30, 2020

[Please note: This report covers fiscal year 2020—before the onset of Covid-19 and then the first four months of the pandemic and its lockdown.]

This year, Coastal Opportunities enters its 50th year of providing services for adults with intellectual and developmental disabilities. Service delivery was greatly impacted in the second half of fiscal year 2019–2020, when the beginning of the Covid-19 pandemic altered how everyone managed daily life. While remaining true to its mission, Coastal Opportunities has kept safety as a top priority.

Coastal Opportunities provides a wide array of services to assist people in accessing the communities of which they are a part. The current services provided include: Community and Work Supports, Case Management, Home, Residential, and Transportation.

In the coming fiscal year, Coastal Opportunities will continue efforts to increase the amount of time spent in the community with Day Program/ Community Support services while navigating the safety protocols of the Covid-19 pandemic. In addition, these services will be provided in small groups whenever possible. Coastal Opportunities is committed to assisting people in gaining necessary skills as they access their individual communities, while making connections and building relationships. We strive to inform local businesses, social groups, community members, and individuals as to the nature of our work, while creating collaborative partnerships and common goals. The pandemic of 2020 has greatly hindered efforts to provide community-based programming, but it has also afforded the opportunity to restart services in a more mobile and individualized manner.

Our agency has continued its focus on maintaining our current facilities while upgrading where necessary, always with the goal of accessibility and energy efficiency. We have completed an 8,800-square-foot home on Limerock Street in Rockland that replaced our existing ICF-IID group home in Hope for eight residents. The new home is more spacious, accessible, and energy-efficient than its predecessor. Geothermal heat was built into the design; barrier-free lifts exist throughout the building; and the facility is located in an urban neighborhood with ready access to a larger community and medical services.

In furthering our mission, from July 1, 2019, to June 30, 2020, we provided services and supports to 109 adults with intellectual disabilities. The mission of Coastal Opportunities is as follows:

To assist adults with intellectual disabilities to become participating members in the social and economic community.

The Covid-19 pandemic has greatly impacted (and continues to impact) the numbers of individuals served. Services provided to participants included: Community and Work Supports for 65 individuals; Residential and Home Supports for 34 residents. Most of the Coastal Opportunities residents receive Community and Work Supports. We also provided Case Management Services to 42 individuals not receiving other services from Coastal Opportunities. Over the past year, the total number of people served by Coastal Opportunities is 109.

Our participants range in age from 22 to 81, with an average age of 50. Seventy full- and part-time staff provided these services, at a cost of \$2,884,422.

Organizational Employment Work Supports

The staff at Coastal Opportunities supported the people we serve to work in various locations in the Knox County area, including: Penobscot Bay YMCA, West Bay Rotary Breakfast, Maine Coast Construction, and Coastal Redemption Center. During the year 2019–2020, we provided 652 hours of work support to 6 people. The last quarter of the year saw curtailment of Work Supports due to Covid-19 restrictions and protocols.

Employment Objectives 2019–2020

1. To maintain Vocational Rehabilitation certification for agency-operated vocational services.
Objective met; we will continue to offer work support services.
2. To continue to develop a functional work-intake screening process that explores applicants' interests, strengths, self-assessment, on-site job exploration, and career development.
Process still in development; work support growth was greatly impacted by the onset of the pandemic.
3. To develop a transition plan for students with developmental disabilities. As part of this goal, we will continue to reach out to local school systems in the spring of every year to make them aware of services we can offer to outgoing graduates.
As most school systems and businesses grappled with the onset of the pandemic in the fourth quarter of the fiscal year, the transition to work for local students came to an abrupt pause.

Community Integration

Coastal Opportunities offers a creative variety of supports to further our mission in helping individuals to be active members of their communities, and to improve their skills in doing so.

Community Supports Volunteer Sites

Participants in our programs received assistance to provide volunteer services for 20 sites in the Knox County area: Salvation Army, Nativity Lutheran Church, Children's Museum, 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, Window Dressers, Goodwill, Meals on Wheels, Camden Snow Bowl, MRC, People's UMC in South Thomaston, John Street Methodist Church, AIO Food Pantry, Erickson Fields, First Baptist Church of Rockland, Hospitality House, and Rockport Public Library.



Individuals were also assisted with participation in programs offered in the community. Each week, the opportunities included swimming at the Pen Bay YMCA, bowling at Oakland Park Lanes, Spark Dance, music therapy, drawing lessons at Sweet Tree Arts in Hope, Zumba at the YMCA, pickleball at MRC, and yoga at Dancing Elephant Studio in Rockland.

When the season and the weather allow, our participants access the local parks and public areas for walking and exercise. Many of our participants were involved in Special Olympics activities and training for Special Olympics events. The 2020 Special Olympics Summer Games were canceled due to Covid-19 restrictions.

Coastal Opportunities also supports some individuals to participate in the Kiwanis-sponsored AKTION Club, and they continue to assist with community cleanup activities.

Facility-Based Supports

For those individuals who choose not to access community-based activities, or who are limited by health and safety concerns in their ability to access community-based activity, facility-based supports are offered on a daily basis. Weaving is still an option, remote-learning activities are available, and other creative and seasonal offerings are accessible while individuals are not engaged in a community-based activity. Occupational Therapy and Physical Therapy are still provided on an as-needed basis.

Community Supports Services Goals and Results for 2019–2020

Goal 1. To increase community support hours by at least 5 percent in the upcoming year.

This goal was not met and saw a 26 percent decrease as the fourth quarter of 2019–2020 experienced the closure of almost all Day Services.

Goal 2. To find at least five more regularly scheduled community and/or volunteer activities for participants who are based at the Olive Coates Center.

This year, we added 3 more volunteer sites: Pope Memorial Humane Society, Merryspring Nature Center, and the Salvation Army.

Goal 3. To increase participant time in small-group community outings by 5 percent in the upcoming year. Target: 60 percent.
In 2018–2019, small-group outings were achieved 33 percent of the time. In 2019–2020, small-group outings were achieved 41 percent of the time, an increase of 8 percent.

Goal 4. To maintain enough staff to ensure integration in the community in small groups by reducing staff turnover to 20 percent and our vacancy rate to 15 percent.

This goal was not met, as the pandemic intensified the industry-wide staffing crisis. The percentage of small-group outings did increase, but overall client hours in program decreased, due to Covid-19 restrictions.

Goal 5. To maintain or increase the amount of time spent in integrated community settings to 50 percent.
Sixty-nine percent of participant programming was spent in integrated community settings (to include volunteering activities).

Goal 6. To have participants spend 15 percent of their time in community volunteer activities.
Fourteen percent of participant time was spent performing volunteer

activities in community-based settings. Coastal Opportunities worked to fulfill its volunteer obligations in the fourth quarter of 2019–2020 while navigating Covid-19 protocols and guidelines.

Community Supports Services Goals for 2020–2021

With the onset of a global pandemic, Community Supports Services were forced to adapt in order to retain and maintain engagement with participants. As we reopen, we will carry forward the existing goals while keeping safety as the top priority. Virtual activities and programs will be explored, community engagement will occur only where safety protocols allow, and services will be provided in our residential programs until we can slowly and safely resume accustomed routines.

Goal 1. To increase community support hours by at least 5 percent in the upcoming year.

Goal 2. To find at least five more regularly scheduled community and/or volunteer activities for participants.

Goal 3. To increase participant time in small-group community outings by 5 percent in the upcoming year. Target: 60 percent.

Goal 4. To maintain enough staff to ensure integration in the community in small groups by reducing staff turnover to 20 percent and our vacancy rate to 15 percent.

Goal 5. To maintain or increase the amount of time spent in integrated community settings to 50 percent.

Goal 6. To have participants spend 15 percent of their time in community volunteer activities.

Residential Services

Our Residential Programs are configured to provide necessary supports to participants living in community-based settings. We provide this service in eight residences owned and operated by Coastal Opportunities and also to participants living in their own homes. We offer varying levels of support, contingent on specific individual needs. Our services range from providing very intensive care to the residents of our ICF-IID, to supporting participants in their own apartments with minimal assistance. Six of our eight residential sites provide 24-hour staffing and care for 27 participants, who all have individual and varying levels of support. Six participants received support to live in their own apartments, requiring minimal intermittent supports.

A wide array of Residential Supports is provided, including meal preparation, money management, self-care, shopping, transportation, community awareness and access, medical and hygiene assistance, and safety. Other, more intensive, supports included gross- and fine-motor activity, toileting, showering, mobility assistance, feeding, communication, and social awareness.

Residential Services Goals and Results for 2019–2020

Goal 1. To determine parent and guardian satisfaction.
Target: 100 percent.

Target achieved: Outcome was 100 percent. Parents/guardians continue to



express overall satisfaction with services provided and desire to continue their relationships with Coastal Opportunities.

Goal 2. To determine consumer satisfaction. *Target: 100 percent. Target achieved: Outcome was 100 percent. Residents indicate that they are satisfied with the services they receive and desire to continue receiving services from Coastal Opportunities.*

Goal 3. To decrease medication errors in our residences. *Coastal Opportunities did not achieve this goal and saw an increase of medication errors in 2019–2020. Supervisors have focused their efforts on regular reviews of administrative processes, more frequent audits of procedures, and ongoing oversight, training, and coaching of staff.*

Goal 4. To enhance community interaction. *Community-based activities dropped by 43 hours overall. This goal was on the way to being met until the “shutdown” of many community venues and the institution and implementation of safety protocols at the onset of the pandemic.*

Goal 5. To increase the amount of time that residential programs meet their approved hours overall. *This goal was met, as homes saw an increase in meeting approved hours due to changes in the mandated thresholds. When Maine entered into a state of emergency, “minimum staff hours” benchmarks were lowered to help providers offset additional economic burdens.*

Residential Services Goals for 2020–2021

Coastal Opportunities will continue to work on the same residential goals next year while taking into consideration pandemic-related factors and stressing safety and well-being above all.

Goal 1. To determine parent and guardian satisfaction. *Target: 100 percent.*

Goal 2. To determine consumer satisfaction. *Target: 100 percent.*

Goal 3. To decrease medication errors in our residences.

Goal 4. To enhance community interaction.

Goal 5. To increase the number of times that residential programs meet their approved hours overall.

Case Management Services

In 2019–2020, Coastal Opportunities provided 980 hours of Case Management Services to 42 individuals in Knox, Lincoln, Sagadahoc, and Waldo Counties. Community Case Managers facilitate and support access, connection, and coordination of services to individual participants with intellectual and developmental disabilities. This array of services includes housing, employment, community support, adult protective services, guardianship, representative payee, person-centered planning, and quality assurance. Community Case Management is provided to individuals who do not receive other services from Coastal Opportunities. The DHHS Office of Aging and Disability Services refers individuals to Community Case Management Services.

Case Management Services, at Coastal Opportunities, also acted as Representative Payee for 12 of the 42 individuals receiving this service. Representative Payee services entail responsibility for accounting for the money individuals receive, and how it was spent.

Satisfaction Survey Information Goals for 2019–2020

Goal 1. To determine client/guardian/parent satisfaction with our Case Management Services. *Target: 100 percent satisfaction. Of the client/guardian/parent surveys returned, there was 100 percent satisfaction with the services provided.*

Goal 2. To determine whether Community Support and Home Support providers are satisfied with our Case Management Services. *Target: 100 percent satisfaction. The surveys returned by the Community Support and Home Support providers indicated that they were 100 percent satisfied with our Case Management Services.*

Goal 3. To expand our Case Management Services. *Target: To serve 40 individuals in Case Management Services. Case Management Services exceeded this goal by serving 42 individuals in 2019–2020.*

Case Management Goals for 2020–2021

Case Management will strive to provide high-quality, comprehensive services throughout the course of the next year, despite the challenges presented by the ongoing pandemic conditions. Satisfaction will still be a priority while we endeavor to increase the number of individuals we serve.

Goal 1. To determine client/guardian/parent satisfaction with Case Management Services. *Target: 100 percent satisfaction.*

Goal 2. To determine whether Community Support and Home Support providers are satisfied with our Case Management Services. *Target: 100 percent satisfaction.*

Goal 3. To expand our Case Management Services. *Target: To serve 45 individuals in Case Management Services.*

AN ENORMOUS SALUTE TO COASTAL OPPORTUNITIES STAFF!

There are not enough words in the dictionary to thank the entire staff of Coastal Opportunities for their dedication during the past year (and more). They showed up for work, they often worked extra shifts, they went over and above to maintain Covid-19 precautions—and not a single Coastal Opportunities client became ill with Covid!

While all that was going on, and the world was turned upside-down, several staff members reached milestones in their careers with Coastal Opportunities and two retired. Those milestones—and ones that were reached last year—will be celebrated at the 2021 Staff/Board Dinner, currently scheduled for mid-September.

Retirees

- **Mary Peabody**, overnight staffer at the Katherine Brown Home for 23 years
- **Ellen Richardson**, who worked at three Coastal Opportunities homes, a total of 23 years

Milestones

- **Gail Varga**, 33 years
- **Joanne McCray**, 20 years
- **Helen Leonard**, 32 years
- **David Lothrop**, 12 years



THANK YOU . . . to everyone who contributed to Coastal Opportunities during 2020. Your generosity was especially appreciated during a year like no other!

Individuals

Bill & Alcy Achorn
Timothy Anderson
Grace Annis
Anonymous (many donors)
Ann Bex
Ann Bixler
Pamela & Thomas Boland
Rosemary Carroll
Susan Hickey & Thomas Christie Jr.
Bob Davee
Lisa & Michael Davee
John & Barbara Davidson
Matthew Deschesne
Ellen & Thomas Dowd
Deborah & Edward Endl
James Field
Nancy Ford
Barbara Furman
Jo & Gerry Gaebel
Mary Jane Gautesen
Mr. & Mrs. James Groves
Ron & Judy Hastings
Robert & Kathleen Hirsch
David P. & Nancy Jackson
Carol & Gilbert Jaeger
Janet Kelsey
June Kincade
Elinor Klivans
Mark Lutz
Pat Messler
Messler Family Foundation
Dianne O'Connell
Keith & Priscilla Patten
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Esther Sexton
Lucile Shimkus
Eileen & Peter Spectre
Brenda Squibb
Grace Stearns
Claire & Henry Sullivan
Maggie Timmermann
Bill & Priscilla Torpey
Kathy & Michael Valente
Peter Van Alstine
Deacon Ward
Nancy Warren
Patricia Witt
Zern Family Charitable Fund

In Memory of Carol Artz
Roy & Shirley Mengel

*In Memory of
Vera & Guenther Brandes*
Bruce & Virginia Brandes
Guy & Dawn Brandes
Kathleen Brandes

*In Memory of
Katherine & Cony Brown*
Grace Annis

In Memory of Michael Drons
Rodney Artz
Lucy & Jon Levenseler

In Memory of Martha Jenkins
Kathleen & Peter Jenkins

*In Memory of
Annette Overlock & Cindy Fales*
Rae C. Fales
Kingsley Sleight

In Memory of James Pieper
Linda Pieper
Kevin Redding

In Memory of Frank Rankin
Stephen & Jane Hardy

In Memory of André Rheault
Sarah Rheault

In Memory of Ruth Rohl
Carol Rohl & Gordon Bok

In Memory of Joan Baum Smith
Elizabeth Knight

In Memory of Billy Weiss
Billy Weiss Foundation

*In Memory of
Gertrude Hurlburt Worthington*
Elaine Davis

In Memory of Robert Young
Richard & Pamela Young

In Honor of Melvin Achorn
Carolyn Birbeck

In Honor of Scott Achorn
Katie Orff

*In Honor of
Scott Achorn & Melvin Achorn*
Rita Grinnell Elliott

In Honor of Melvin, Scott, & Louie
Roger & Wendy Wickenden

In Honor of Ann Bex
Mary & Don Koss

*In Honor of
Katherine Brown Home Residents*
Sheila & Brad Dodge

In Honor of Joe Curll
Kathy & Michael Valente
Gail & Kevin Varga
Roger & Wendy Wickenden
Cliff & Jodi Winn

In Honor of Lew & Jill Pottle
Rae Fales


One Community Many Voices
Beth Chamberlain
Louisa P. Enright
Cathy Landau-Painter

100+ Women Who Care
Janice Abendroth
Deborah F. Brooke
Martha Brower

Jennifer Chipman
Susan F. Ellis
Diann Henderson
Jessica Jones
Sheila Lowe
Jane A. McDonnell
Linda Milton
Kathleen Mlynarski
Tricia Pendleton
Carolyn Small
Ellen Spring

Church/Community/Corporate Donations







Amazon Smile (many donors)
Camden Area Senior Assistance
Camden Rotary Club
Christmas Card Sales
Coastal Redemption Center
(many donors)
ERA Cousens Realty
First Congregational Church
(Camden) Outreach
Hannaford (Camden)
Bags Program
Mid-Coast Energy Systems
Olive Coates Charitable Trust
Peoples United Methodist Church
ProForma Marketing Essentials
Town of Cushing
Town of Owls Head
Town of St. George
Town of Thomaston
TravelMAINE
United Way of Kennebec
Valley
Viking Inc.
West Bay Rotary
Charitable Foundation



GONE BUT NOT FORGOTTEN

2020 and 2021

Participants, staff, relatives, and supporters

 Anthony Cardner
 Howard Duchesneau
 Thomas Corcoran
(see article, pg. 3)
 Ryan Landwehr
 Norma Davee
 Vickie Ritchie



NURTURING THE PATH TO SUCCESS

Providing an environment to feel challenged, be successful, and improve self-esteem



COASTAL OPPORTUNITIES is a private, nonprofit corporation whose mission is to assist adults with intellectual disabilities to become participating members of their social and economic community.

Whom We Can Help

Each year, we help about 90 adults with developmental disabilities receive day and/or residential assistance. We employ more than 85 staff and have 11 sites to support individuals in six Knox County communities: Camden, Rockport, Rockland, Owls Head, and Thomaston.

What We Can Do

Coastal Opportunities provides a variety of services to adults in the day and employment programs. Long-term support is provided to individuals who sort bottles at the Coastal Redemption Center as well as to individuals who head to work at local businesses. These jobs, attuned to their abilities and skills, provide income, camaraderie, and enhanced self-esteem. On-site day programming is provided at the Thomas F. Corcoran Center and the Olive Coates Center, both located on Limerock Street in Camden. Day programming for most of the clients includes working and volunteering in the community as well as enjoying sports and other leisure activities.

How You Can Help Us

Support Coastal Opportunities with a financial donation or volunteer your time as a member of our board or one of the board's subcommittees. Donate your bottles to the Coastal Redemption Center, established more than forty years ago when Maine became the third state to adopt a Bottle Bill.

Please visit our website (coastalopportunities.org) or call 207-236-6008 for more information.