



COASTAL OPPORTUNITIES

SUMMER NEWSLETTER 2023



Ready for a match:
Samantha Herring,
Michael Kunn,
Coach Candy
Smiley, Coastal
Opportunities
staffer Courtney
Parlin, Ada
Rackliff, Melvin
Achorn

the lucky beneficiaries of the program. In 2002, Camden’s Laura Stein—a topnotch high-school tennis player—learned about the Tennis for Fun concept and introduced it to the Midcoast Recreation Center (MRC) powers-that-be. After an enthusiastic reception, Laura enlisted classmates to help create and run a very successful weekly tennis clinic for Coastal Opportunities throughout the school year—a win/win concept. Students and clients became fast friends, and the graduates still find time to return to visit their tennis mates.

After more than a dozen years of student leadership, Marie Lufkin at Coastal Opportunities stepped up to help keep the program going. After Marie left Coastal, MRC pros Sarah Glenn and Lana Arau became the directors. The slogan “Be a hero for an hour”

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“Tennis for Fun” is indeed GREAT FUN!

“One person can make a difference, and each of us must try”—a quote attributed to Robert F. Kennedy—aptly describes the amazing efforts of young Nathan Moore when he was a high schooler in Florida. Determined to develop a positive and fun activity for special needs athletes, Nathan contacted tennis friends, scheduled dates, created posters, collected rackets, and launched Tennis for Fun (TFF) in the fall of 2000.

When Nathan left for Spring Hill College in Alabama, his mother, Judy Moore, a Special Education teacher and an enthusiastic supporter of her son’s efforts, jumped in as head of the tennis program. From those Florida roots—where there are now 12 Tennis for Fun locations—the program has expanded to several other states and has become hugely successful.

Fortunately, one of those states is Maine (where Judy now spends half of the year), and Coastal Opportunities clients have been among



PHOTOS BY JUDY MOORE

From the Board President

I am excited to present the 2023 edition of the Coastal Opportunities newsletter. As the president of this wonderful organization, I am very proud of our achievements over the past year and the impact we have had on the lives of our participants as well as their families and friends.

Our mission to support individuals with developmental disabilities to lead fulfilling and active lives within their communities has never wavered, even in the face of unprecedented challenges. During the Covid pandemic, we continued to provide vital services and supports to our participants, while observing all the necessary safety protocols.

Throughout the past year, we have been able to offer a wide range of programming, including virtual and in-person opportunities, such as employment support, community engagement, and life skills development. We are immensely grateful for the hard work of our dedicated staff and board members, as well as the financial support from community partners who have helped make this possible.

We want to express our gratitude in particular to retiring board member Lisa Davee, as well as to more recent board member Susan Corcoran, who has moved away from Knox County. We have also long been grateful to dedicated board member Robert Davee, who lost his long battle with cancer this year (see page 5). Now we have extended a warm welcome to new board members Tom Corcoran

of Rockland, Cathy Frederick of Warren, and John Davee of Hope.

As we look ahead, there is always more work to be done. We are committed to expanding our reach and improving the quality of our services to meet the needs of our participants and their families. Our ongoing goal is to be a source of inspiration and support to those who need it most.

In closing, I would like to

express my sincere appreciation to all who have contributed in a variety of ways to the success of Coastal Opportunities. I encourage you to continue to support our efforts by spreading the word about our programs and services.

I now look forward to seeing what we can accomplish together in the coming year.

*Ann McDonald Bex
Board President*



COASTAL OPPORTUNITIES 2023 BOARD OF DIRECTORS

L to R: Dianne (Chipper) O'Connell (Camden), John Davee (Hope), Tom Corcoran (Rockland), Executive Director Cliff Winn, Pam Boland (Spruce Head), Cathy Frederick (Warren), Ann Bex (President, Camden), Jim Jenkins (Treasurer, Owls Head), Nancy Wolfertz (Secretary, Owls Head), Marcia Orff (Vice President, Warren). Missing from photo: Lise Duda (South Thomaston), Kathleen Brandes (Spruce Head).

PHOTO BY PETER PALERMO

When I first arrived at Coastal Opportunities three years ago, I was asked a lot of questions that basically boiled down to “How are things going?” My answer usually was along the lines of “This is a great organization with great people . . . and I can’t wait to see it when we are not in the midst of a global pandemic.” As this past year unfolded, I finally began to see what that looked like. I couldn’t be more impressed.

In our residential programs and day programs alike, familiar routines began to re-establish themselves. Covid-19 restrictions began to dissipate, long-closed venues reopened, favorite destinations became accessible . . . and masks came off. Covid-19 certainly was not gone, but the tide had turned, and we all had learned how to manage its impact effectively. The agency has proven to be resilient, and it has acquired an adaptability that would not have been possible under different circumstances. Over the course of this past year, Covid-19 still reared its head from time to time, but the quick and thoughtful actions of our staff mitigated outbreaks, isolated them, managed them, and then moved on.

While this “recovery” took place, these were just some of the year’s highlights:

Coastal Opportunities provided services in and around Knox County to more than 100 individuals, between the ages of 22 and 82, across all programs (Residential, Community Supports, Work Supports, Case Management, and Supported Living). Our Residential Programs provided 24-hour staffing to 27 residents, and our Supported Living locations



Greetings to Our Valued Supporters!

provided services to 4 individuals. Staff remained vigilant in all aspects of infection prevention and control while facilitating community engagement in local activities. Case Management provided services to 48 individuals in Knox County (and beyond) to facilitate and coordinate their participation across the array of available services.

Our Community Supports and Work Supports programs remained open, with brief Covid-related interruptions, throughout the entire year. Volunteer involvement expanded from the previous year, allowing collaboration with 14 different locales, ranging from Meals on Wheels to local museums and festivals . . . and everything in between. Small-group outings became even more successful at community-integrated activities and participation in Arts in the Park, Aktion Club (sponsored by Rockland Kiwanis), Dancing Elephant Studio, the YMCA, and Sweet Tree Arts, to name a few.

Agency-wide community-based activities took a substantial leap forward as restrictions lifted. Our participants

engaged in (or re-engaged in) activities that included bowling at Oakland Park Bowling Lanes, Special Olympics, Tennis for Fun at Midcoast Recreation Center, hiking at Coastal Mountains Land Trust sites, enjoying state parks and beaches, visiting local historic sites and libraries, playing many outdoor sports, and being part of other exciting community-based offerings.

Finally, it has been a true pleasure to watch as Coastal Opportunities entered a world not dominated by Covid-19. One of my biggest challenges this year, as Executive Director, has been to learn the routines and rhythms of the agency as it operated without a global pandemic dictating almost every course of action. Through all of this, our amazing staff, parents/guardians, and program participants have demonstrated magnificently what a group of team-oriented people, with a common goal, can accomplish in even the most precarious of times. I would also like to highlight the “behind the scenes” work that the members of the organization’s Board of Directors have put forth as volunteers and tireless supporters. The last three years have been filled with numerous challenges, and our Board was vital in meeting every one of them.

Coastal Opportunities has many strengths and attributes that make it unique. It’s Coastal’s people who make it great. Thank you all!

Cliff

Cliff Winn

Executive Director

For more details of the objectives and outcomes of our programming, please see our Annual Report, linked to our website at coastalopportunities.org.

CONTINUED FROM P.1

has enticed a loyal corps of volunteers (including some of the clients' parents and guardians) to assist on three of MRC's courts every Monday afternoon. Judy is always there as a cheerleader, praising MRC, community volunteers, and faithful grantors and contributors to Tennis for Fun, now a 501(c)(3) organization. The nonprofit status has resulted in generous support from groups such as the United States Tennis Association (USTA), the Camden Rotary Club, and Realty of Maine Cares. (See www.tennisforfun.org.)

Watching the contagious enthusiasm of the Coastal clients is always a special treat, as laughter, groans, and tennis balls bounce off the MRC walls. Nathan Moore had a vision 23 years ago, and that vision has made a huge difference in the lives of many Coastal Opportunities clients.



Above: Caroline Duda, Katie Kuhn, Coach Lise Duda, Coastal Opportunities staffer Cricket Stewart, Leesa Carpenter. **Right:** Ronnie Vanasse, Coach Sarah Glenn, Glen Smith. **Below:** Scott Achorn, Shane Roberts.



PHOTOS BY JUDY MOORE

Gone But Not Forgotten

Robert Brawn, son of Shirley and Bill Brawn, longtime supporters of Coastal Opportunities

Beverly Cummings, longtime Steering Committee member for Cash for Clothes

Russell Wolfertz Jr., husband of Coastal Opportunities Board Member (and former Cash for Clothes co-chair) Nancy Wolfertz



ROBERT L. DAVEE 1936–2023

A man of many talents, a man of many honors, and a consummate community champion—all would be good descriptions of longtime Coastal Opportunities Board Member Bob Davee, who died on March 4 at his home in Camden. He was 86.

Bob served as president or board member of numerous community-service-based organizations, such as Camden Community Health Care and Northeast Health. He founded Mid-Coast Children's Services, the Camden Rotary Club recognized him as a Paul Harris Fellow, and Camden even had a Robert L. Davee Day: March 13, 1984.

Bob is survived by seven children, eight grandchildren, and one great-granddaughter.

Since his retirement after a half-century as president of Maine Coast Construction in Camden, Bob has enjoyed regular lunches and Sebec Lake boating (see photo) with his daughter Jennifer, a Coastal Opportunities participant. In honor of their close relationship, a handsome new patio swing now stands beneath the trees at the George Robishaw Home, where Jenny lives.

RIP, Bob, with much gratitude for those many years devoted to Coastal Opportunities!

DAVEE FAMILY PHOTO



**Tuesday, September 12
4 to 8 p.m.**

bring your friends and join us in Rockport at

AMERICAN FLATBREAD

to support

COASTAL OPPORTUNITIES

*\$3.50 of every large flatbread and
\$1.75 of every small flatbread (eat-in or takeout) will
go to Coastal Opportunities*

See you there . . . and thank you!



REDEMPTION CENTER



*Licensed by the State of Maine and
operating in the community for over 40
years since the Bottle Bill was established.*

35 Limerock Street
Camden, ME 04843

207 236-6098
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**REDEMPTION CENTER
MAIN OFFICE**

www.CoastalOpportunities.org

HOURS OF OPERATION

Tuesday–Friday 9am–4pm
Saturday 9am–2pm

Closed Sunday and Monday



Planning for the next Friends gathering: Joanna Yattaw, Linda Pieper, and Cindy Bland.

Welcome to Friends of Coastal Opportunities . . .

. . . that's the new name for the parents/guardians/friends support group incorporated back in 1978 as the Camden Association for Handicapped Children. Things have changed!

Launched in October 2022, the new-and-improved group has eliminated the legal formalities to focus on the activities and successes of Coastal Opportunities. Meetings at the Thomas Corcoran Center in Camden will occur five or six times a year, with an open and informal agenda. We will all simply visit, listen, and share.

November and January meetings will be held on a Sunday midafternoon, in order to minimize nighttime winter driving and, we hope, to encourage new friends to join us. In March, May, and September, meetings will be on a Wednesday at 6:30 p.m. Refreshments will be provided, and occasionally we will even have a potluck supper.

Before each meeting, we will send out reminders.

Each gathering will include a report from a Coastal Opportunities staff member who will provide updates on such matters as state (and/or federal) regulations, program news, or housing information. From time to time, we

may hear from an “outside” speaker on a topic of interest. (One suggestion was a speaker on estate/trust planning.)

The most recent meeting occurred on May 17. . . a pizza party attended by 30 people. Special guests were the tennis coaches and helpers from Tennis for Fun (see page 1), providing the opportunity to thank them for their wonderful help and to answer *their* questions about Coastal Opportunities.

We hope this new format will encourage everyone who is involved with Coastal Opportunities—as well as anyone interested in the organization and its programs—to join us.

If you know anyone who might appreciate being part of the Friends of Coastal Opportunities, please call Cindy Bland (273-0067) or Lise Duda (542-2050) or send an email to one of the addresses below, so we can invite them to the next meeting.

Cindy Bland and Lise Duda
 Co-Organizers
 Friends of Coastal Opportunities
 Tomcyn.bland@roadrunner.com
 Plduda2@gmail.com

PHOTO BY ANN BEX

THANK YOU ... to everyone who contributed to Coastal Opportunities during 2022. We are immensely grateful for your support!

Thomas H. Armbrrecht
 Jane Babbitt
 Ann Bex
 Harris (“Pete”) Bixler
 Guy & Dawn Brandes
 Hans & Mary Brandes
 Kathleen Brandes
 Thomas W. Christie
 Thomas Corcoran
 Sally & Rick Cowan
 Joseph Curll & Hilda Livingstone
 Lisa & Michael Davee
 Robert Davee
 John & Barbara Davidson
 John & Harriet DeHoff
 Lise & Paul Duda
 Mike & Pam Dufour
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Marjorie Timmermann
 Peter Van Alstine
 Gail & Kevin Varga
 Nancy H. Warren
 Pam Collins White
 Patrick & Elyse Wholey
 Wendy & Roger Wickenden
 Cliff & Jody Winn
 Dianne Winstanley & Daniel O’Connell
 Nancy Wolfertz
 Allen & Judith Zern

In Memory of Charlotte Billings
 Tom & Fay Molloy

In Memory of Vera & Guenther Brandes
 Bruce & Virginia Brandes

In Memory of Alan Carr
 Jane H. Carr

In Memory of Thomas F. Corcoran
 Susan Corcoran & family

In Memory of Shirley Drinkwater
 Lucile Shimkus

In Memory of Michael Drons
 Rodney Artz
 Lucy & Jon Levenseler
 Bernadette & William Paradise

In Memory of Cindy Fales
 Rae C. Fales

In Memory of Mary Jane Gautesen
 Bill & Alcy Achorn

In Memory of Sally C. Hurlburt
 Elaine Davis

In Memory of Jack Jenkins
 Paul & Tracy Spizzuoco

In Memory of Martha Jenkins
 Peter & Kathleen Jenkins

In Memory of Annette Overlock
 Sandra Overlock

In Memory of Janet Rhodes
 C. Kingsley Sleight

In Memory of Mrs. Arthur Rohl
 Carol Rohl & Gordon Bok

In Memory of Jack Shimkus
 Gerald Gaebel

In Memory of Ben & Joan Smith
 Pam Boland

In Memory of Frank Stearns
 Grace Stearns

In Memory of Myrtle “Sis” Talbot
 Johnson Talbot Jr.

In Memory of Jack & Edith Williams
 Patty & Tony Brissette

In Memory of Robert Young
 Richard & Pamela Young

In Honor of Cindy Bland’s Birthday
 Cathy Lawrence

In Honor of Glen Smith and Tom & Pam Boland
 Bill & Priscilla Torpey

In Honor of Joseph Curll
 Nathan Curll

In Honor of John & Candace Kincade Foundation
 Carolyn Birbeck

In Honor of Linda Yattaw
 Michael & Kermit Voncannon

**ORGANIZATIONS/
 CHURCHES/BUSINESSES**
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 Rockport
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 Bank of America
 Charitable Foundation
 Billy Weiss Foundation
 Billy Williams Foundation
 Camden Area Senior Assistance
 Camden Association for Handicapped Citizens
 Coastal Redemption Center (donations)
 First Congregational Church, Camden
 Hannaford Giving Program
 John St. United Methodist Church (Tai chi participants)
 Messler Family Foundation
 Network for Good
 Olive A. Coates Charitable Trust
 One Community Many Voices (Midcoast Maine)
 Peoples United Methodist Church, So. Thomaston
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 Second Congregational Church, Warren
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 Town of Owls Head
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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 100 adults with developmental disabilities receive day and/or residential assistance. We employ more than 70 staff and have 11 sites to support individuals in five Knox County communities: Camden, Rockport, Rockland, Owls Head, and Thomaston. We also provide Case Management services to 48 individuals in Knox County and beyond.

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 Olive Coates Center, located on Limerock Street in Camden. Day programming for most of the clients, however, includes working, volunteering, and other community-integrated activities of personal choice.

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 in 1978, when Maine became the third state to adopt a Bottle Bill.

coastalopportunities.org · 207-236-6008

DESIGNED BY CAMDEN DESIGN