

## From the Board President

*Dear Coastal Opportunities Supporters,*

My connection to Coastal Opportunities began really early! I was only six months old when my father—Thomas F. Corcoran—accepted the position of Executive Director of the organization that was then known as the Coastal Workshop. He and my mother moved my sister Susan and me from Massachusetts to Maine, where we first lived in what has now become the Worthington Home, on Elm Street in Camden. The building was not owned then by Coastal, but it was right in town and conveniently close to work for my dad.

From then on, until my sister and I were old enough to go to school, we spent parts of our days in the Limerock Street building, playing and racing in the hallways before the renovations that created some more functional spaces and made the building less noisy. You might say that we grew up there, as my mother also was busy helping with a variety of the

organization's activities.

In those days, we typically greeted the clients (and were greeted by them) as they arrived in the morning and chatted about what their day would bring. Their enthusiasm was always contagious. Sometimes we would even ride along in one of the buses that picked up clients and brought them to Coastal. There were always lots of activities going on—from work projects to fun games of Wiffle ball, or kick-ball in the nicer weather.

Susan and I were even tapped to be models in an ad to promote the very first Cash for Clothes Sale, which was held for many years as a successful semiannual fundraiser for the organization.

Coastal always felt like a second home to our whole family, and the clients seemed to feel the same way. Even after my dad left his position as executive director, our family



**Susan and Tom Corcoran were drafted as models for one of the first Cash for Clothes Sales.**

maintained a close connection with the organization. First, my dad served for many years on the Board of Directors, then my sister stepped in. Now I'm honored to be president of the Coastal Opportunities Board of Directors. Since my connection with the organization is literally lifelong, it is very special to me. I plan to maintain that connection—on the board or otherwise—for many years to come.

—Thomas N. Corcoran



Thomas F. Corcoran Center

**LEFT:** Thanks to longtime staffer Patti Brissette, three adaptive bikes are now available for Coastal clients. **BELOW:** Board member Chipper O’Connell (right) accepts a generous donation from Rockport Automotive.



# COASTAL HAPPENINGS

*Coastal Opportunities participants have had an exciting year, with activities in Knox County and beyond!*

- Special Olympics in the spring and fall
- Tennis For Fun on a regular weekly schedule at Midcoast Recreation Center (MRC) in Rockport
- Volunteer work at the local animal shelters
- A special cruise from Camden Harbor on the Schooner *Olad*, thanks to Captain Aaron Lincoln
- Volunteering at the annual Maine Lobster Festival in Rockland
- A fun unified basketball game in March in South Hope
- Volunteer work with Meals on Wheels
- The annual picnic at Beaver Lodge, amid stunning fall foliage
- And so much more. (See the letter in this issue from Executive Director Cliff Winn for additional updates.)

Congratulations to longtime Board of Directors member Bill Achorn (father of Coastal participant Scott Achorn) for being selected for the spring 2024 Honor Flight Maine to Washington,

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**ABOVE:** At Beaver Lodge in Hope, Caroline, Melvin, Ada, Katie, and Louis check out the horseshoes game before heading for lunch. **BELOW:** Coastal participant Caroline Duda is a regular summer volunteer for the South Thomaston Lions Club.



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DC. Bill's proud escort was Coastal Board member Marcia Orff, his daughter and Scott's sister.

Coastal Opportunities Board member Dianne (aka Chipper) Winstanley O'Connell has stayed busy spearheading two successful fundraisers for Coastal Opportunities this year. Rockport Automotive donated \$415 from its monthly oil-change charity. (See photo.) Chipper followed up with an October fundraiser at American Flatbread in Rockport. Pizza purchases (and extra contributions) brought a total of \$417 for Coastal Opportunities.



Katie, Louis, and Caroline at Beaver Lodge in Hope. BELOW: Ronnie and Kurt get ready for Halloween fun.



# Coastal Opportunities Board of Directors 2024

## OFFICERS

**President:** *Tom Corcoran, Rockland*  
**Vice President:** *Marcia Orff, Waldoboro*  
**Treasurer:** *James Jenkins, Owls Head*  
**Secretary:** *Pamela Boland, Spruce Head*

## DIRECTORS

*Ann Bex, Camden*  
*Kathleen Brandes, Spruce Head*  
*John Davee, Hope*  
*Lise Duda, South Thomaston*  
*Cathy Frederick, Warren*  
*Dianne "Chipper" O'Connell, Camden*  
*Nancy Wolfertz, Owls Head*

## EXECUTIVE DIRECTOR

*Clifford Winn, Windham*



## 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  
207 236-6008

**REDEMPTION CENTER**  
**MAIN OFFICE**

[www.CoastalOpportunities.org](http://www.CoastalOpportunities.org)

### **HOURS OF OPERATION**

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

*Closed Sunday and Monday*

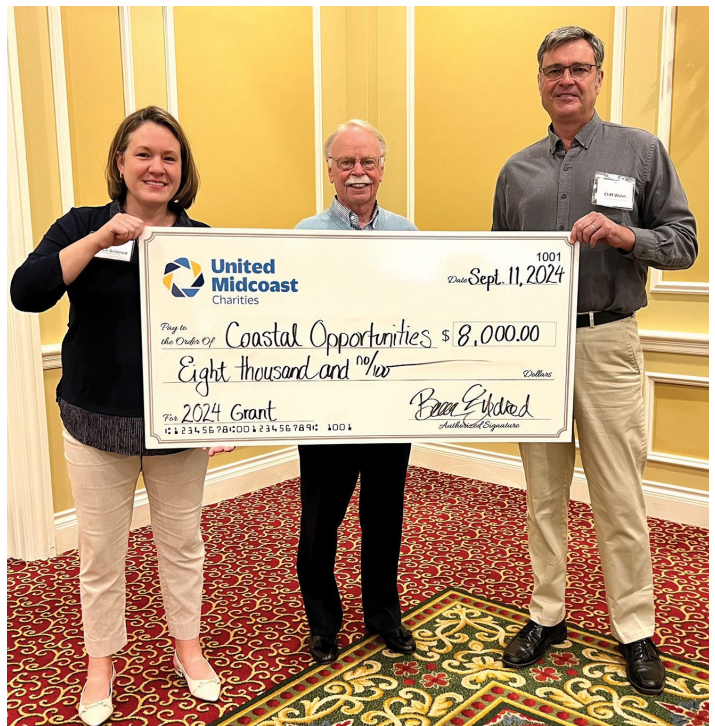
**2023 CONTRIBUTIONS. We are immensely grateful for the many generous donors from Knox County and beyond. Thank you for supporting our 53-year-old organization.**

Arnold & Alcy Achorn  
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 Allen & Judith Zern



**Executive Director Cliff Winn (right) receives a very generous donation to Coastal Opportunities from United Midcoast Charities Executive Director Becca Gildred and Chair Jim Hengerer**

# Greetings to Our Valued Supporters!

In thinking about summarizing the past year here at Coastal Opportunities, it would be accurate to say that the agency looked more “pre-pandemic” than it has in quite some time. After all that has taken place, it occurs to me that this year has also seen a great deal of change. There have been procedural, regulatory, and service delivery changes as Maine’s Office of Aging and Disability Services has implemented new initiatives. The fine team here at Coastal Opportunities met the challenges with diligence and enthusiasm.

The Home and Community Based Services rule took years to implement in Maine. It was mandated by the federal government and aimed to ensure that choice and empowerment were promoted and safeguarded. Coastal Opportunities had already been preparing for full compliance regarding many aspects of the new federal and state mandate, and the tenor of the rule aligned well with the mission of Coastal Opportunities. While always seeking to promote choice, Coastal had processes already in place that simply needed to be tracked formally and adopted into policy. Our day services were diligent in ensuring community engagement in small groups while continuing to increase the amount of service provided to our participants. Our residential services made environmental changes and altered routines that further empowered our residents. Supervisors worked tirelessly to ensure that individual participant plans were driven by the people we serve. An incredible amount of work was done . . . and always with the goal of



**Executive Director Cliff Winn meets with State Representative Vicki Doudera (D-Camden) to discuss Coastal Opportunities matters.**

service improvement at the forefront.

Also on the horizon is the implementation of the Lifespan Waiver in the State of Maine. This waiver is a new service package designed to start the process of planning and supporting individuals when they are still in public school . . . and then remaining in place for an individual’s lifespan. Although this service is still being prepared for the rollout phase, the programs and supports that Coastal Opportunities currently provide are in line with its fundamental philosophies and values, and Coastal will be ready to embrace it as a concurrent service option when it becomes fully available.

Coastal Opportunities continued with its array of services by providing Residential Supports, Community Supports, Work Supports, Case Management, and Supported

Living—all in and around Knox County. Our mobility of daily programming again saw growth as we engaged with local communities and participated in volunteer opportunities. Individuals actively volunteered with many groups and organizations, including Meals on Wheels, Merryspring Nature Center, Midcoast Recreation Center, Pope Memorial Humane Society, and the Owls Head Transportation Museum, to name just a few. All the while, small groups enjoyed outdoor activities in our beautiful surroundings as well as engagement in Tennis For Fun, Sweet Tree Arts, Aktion Club, offerings at the YMCA, and much more. I am sure that a great many people in southern Knox County are accustomed to seeing Coastal Opportunities vans “on the move”!

In conclusion, the service delivery that occurs at Coastal Opportunities 24 hours a day, every day of the year, requires a tremendous amount of support. If it were not for the efforts of our amazing staff, and supervisors, as well as parents/guardians, administrative staff, our board of directors, and the fantastic community around us . . . none of this would have been possible. All have helped Coastal Opportunities through tremendous adversity in the past few years . . . which will continue to ensure the longevity of our mission and growth into the future.

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**To view more details of the objectives and outcomes of our programming, please see our Annual Report, linked to our website at [coastalopportunities.org](http://coastalopportunities.org).**



2024 NEWSLETTER

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coastalopportunities.org

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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 90 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 45 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, 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 and drink cans to the Coastal Redemption Center, established in 1978, when Maine became the nation's third state to adopt a Bottle Bill.

[coastalopportunities.org](http://coastalopportunities.org) · 207-236-6008