

From the Board President

As we near the holiday season, I want to assure all our friends, advocates, and supporters that the days in the lives of Coastal Opportunities participants continue to be very busy ones, to say the least!

There's never a dull moment, thanks to the variety of opportunities available: volunteering, working within the community (including our own Coastal Redemption Center), or participating in a wide range of activities through our center-based or options programs, typically based at our two facilities on Limerock Street in Camden. Whether cooking, practicing sign language, doing physical therapy, or learning to develop independence, everyone stays busy and works toward personal fulfillment.

Volunteers in the Community Support programs donate close to 4,000 hours of their time each year . . . all with smiles on their faces as they learn valuable vocational and social skills!

The Coastal Opportunities Work Services program provides clients with meaningful employment aligned with their specific abilities. These participants interact with

and give back to their communities . . . earning equitable wages while enhancing their self-esteem, self-empowerment, and quality of life.

In the Residential Services program, small groups of individuals coexist in our homes in Thomaston, Rockland, Owls Head, Rockport, and Camden, where they work to acquire or improve upon a variety of skills—from communication and self-care to upkeep of the homes and meal planning and preparation. These residents also choose or organize activities that occur in the homes or within the community.

All of these activities would be difficult to sustain if we did not receive generous support from many caring members of local communities as well as donors from around the country. We are so grateful for your generous support in 2025. Please be assured that these contributions go a long way toward funding the numerous programs and services at Coastal Opportunities that allow our participants to thrive!

With appreciation,
Tom Corcoran
Board President

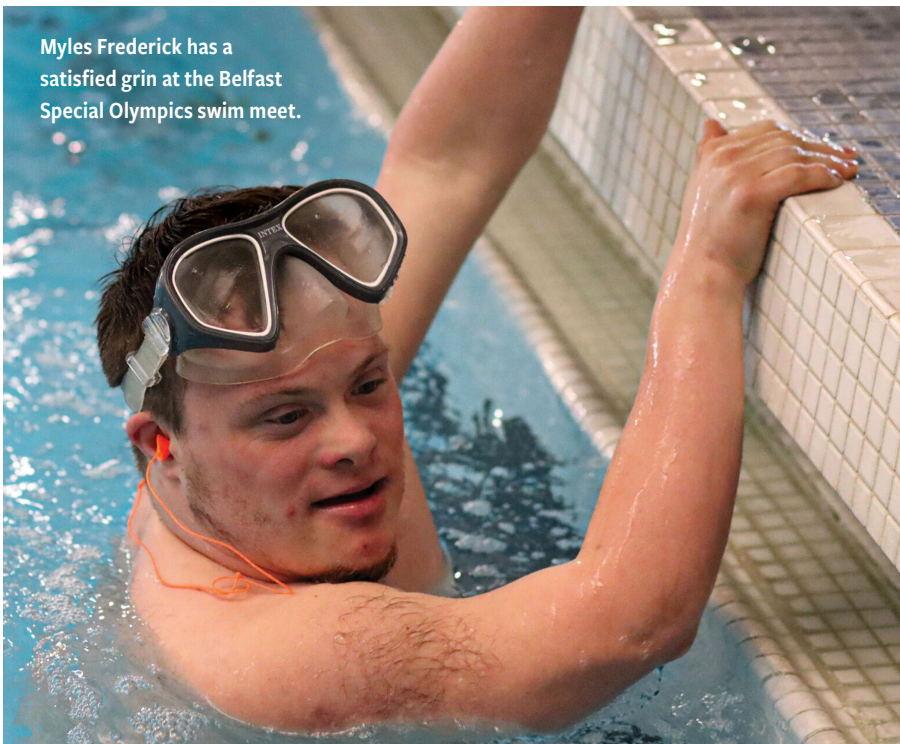


MAKING A SPLASH IN BELFAST

Coastal Opportunities swimmers proved their skills and collected plenty of ribbons at the Waldo County YMCA Special Olympics Swim Meet in March. The annual event, featuring both freestyle and backstroke races, drew dozens of swimmers from Knox and Waldo Counties. Awarding the ribbons were members of the Maine Warden

Service and the Maine State Police.

In addition to Myles Frederick and Ronnie Vanasse (see photos), other Coastal swimmers were Scott Achorn, Ben Carlson, Samantha Herring, Whitney Hynes, Katie Kunn, Lilly Kunn, Michael Kunn, Kurt Leidenroth, Kassie Mossman, Ada Rackliff, Shane Roberts, Glen Smith, and Jeremy White.



Myles Frederick has a satisfied grin at the Belfast Special Olympics swim meet.



Ronnie Vanasse is euphoric after a winning lap.



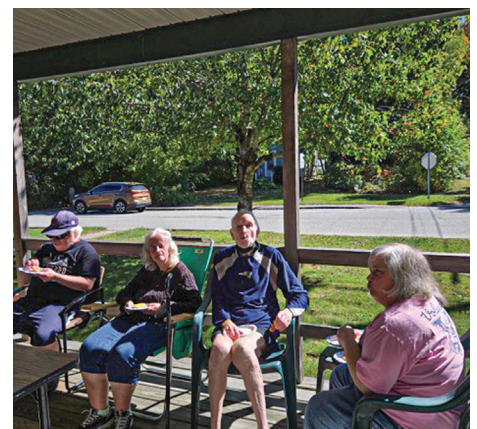
Linda Russell and Ronnie Vanasse take a break from the action on the lawn at Beaver Lodge.

SHELLY HENRY

A WOW DAY AT BEAVER LODGE

The weather bordered on perfection at midday on Saturday, September 13, for the annual Coastal Opportunities picnic at Beaver Lodge in Hope. Board member John Davee took charge of the hot-dog grill, other Board members brought salads, and Coastal participants and staff and relatives had fun playing cornhole and other games and just hanging out. A great day for everyone.

LOUIE'S 85TH BIRTHDAY!



Louie (second from right) celebrated his landmark birthday at home with some of his friends.

MARK HASKELL

BEHIND THE DOORS OF THE OLIVE COATES CENTER . . .

Just a block down Limerock Street from the main office of Coastal Opportunities stands an unassuming white-clapboard building—a place filled with creativity! Named for Olive A. Coates, a generous Camden benefactor who died in 1997, the building is the site of one segment of the Coastal Opportunities Day Program.

Residents of Rockland’s Katherine Brown Home (one of our organization’s homes) arrive via their



accessible van every weekday and look forward enthusiastically to activities planned for them by the team of supervisor Cricket Stewart, Annette Merrifield, and Berneice Overlock.

The center features thoughtfully planned spaces that provide a comfortable atmosphere for activity, and then lunch caps the morning activities. Various areas for projects and relaxation can be arranged for individual and group schedules as well as different interests and needs. Art projects always top the list of favorite things to do. A few of their creative examples are shown here.



Gone But Not Forgotten

MAY SHE REST IN PEACE

Denise Raynes, 61, longtime Coastal Opportunities participant, died on January 4, 2025. Denise attended the Henderson School before working at the Coastal Workshop Redemption Center (now Coastal Opportunities), where she loved to spend time weaving during her breaks.



Coastal Opportunities Board of Directors 2025

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EXECUTIVE DIRECTOR

Clifford Winn, Windham

Note: As this newsletter went to press, James Jenkins decided to wrap up his umpteen years of Board membership, for which we are all tremendously grateful. His replacement has not yet been elected.



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

HOURS OF OPERATION

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

Closed Sunday and Monday

THE YEAR IN REVIEW

From Executive Director Cliff Winn

Greetings to Our Valued Supporters, While trying to capture a sense of “The Year in Review” here at Coastal Opportunities, I am struck mostly by the questions I am asked regularly. A good many questions I receive are related to our Redemption Center, at 37 Limerock Street in Camden. Although it is a highly visible and integral part of Coastal Opportunities, many people are surprised to learn that it is only one aspect of a wide array of services that we provide here. Thus, at the forefront (and easily the most frequent question I receive now) is, “How is the agency going to be impacted by recent legislative activity at the federal level?” This is a much more complicated question to answer.

The most concise way to address this is usually, “We simply don’t know yet.” Although services for individuals with intellectual and developmental disabilities have not been the focus of any conversations regarding cuts in funding, any time that the State of Maine’s Medicaid dollars are earmarked for reduction, it is highly probable that a drop in federal dollars will be felt across the array of services provided in Maine. Any shortfalls will most likely be “spread around,” and it would be imprudent to anticipate that our services would not be part of that. All that being said, Coastal Opportunities is a strong and resilient agency, and I have no doubt that we can weather any potential obstacles thrown our way.

Change is always near at hand in our service sector... and some of the changes that we anticipate will

come from the regulatory and licensing divisions of the State of Maine. Work continues to prepare the state for the implementation of the Lifespan Waiver. This waiver (a federal exception that allows agencies to provide home- and community-based care for intellectually disabled individuals through Medicaid) will begin supporting individuals while they are still in public schools and will remain with them throughout their lives. These services are still in the development stages, and Coastal Opportunities, by already sharing the core values of premium service delivery, will be prepared for implementation as a complement to our current array of services. In addition, the Office of Aging and Disability Services (OADS) will soon be adopting an “umbrella” licensing rule. Individual licenses for different agency locations (like our current system) will now be transitioned to an “Agency License” as the department takes a more comprehensive look at agencies and issues one license for the entire organization.

While preparing for these potential changes, Coastal Opportunities has continued to keep our mission at the forefront. Despite continued industry staffing shortages, Coastal Opportunities has been a hub of activity in the Knox County area. Our Residential Supports, Community Supports, Work Supports, Case Management, and Supported Living services continue to be highly visible and embedded in community-based activities. Individuals are volunteering at places like Merryspring Nature Center, Meals on Wheels, and the Owls Head Transportation Museum,



to name a few. Recreational opportunities have taken us to Tennis For Fun at the Midcoast Recreation Center, the Aktion Club, the Schooner *Olad*, the YMCA, local libraries, the Union Fair, Coastal Mountains Land Trust trails, Special Olympics, and many more. The mobility of our services has ensured that we are fixtures in our surrounding communities.

It takes a great deal of support to ensure this level of engagement and growth. Our staff of 80+ individuals is diligent and enthusiastic in their effort to provide quality services. In addition, many others work behind the scenes to ensure adequate support: administrative and supervisory staff, our marvelous Board of Directors, many wonderful parents/guardians and family members, and those of you who are reading this message. Our community is truly amazing and has always been behind us every step of the way. All this support is a true gift . . . and it will ensure that Coastal Opportunities continues its meaningful work in perpetuity.

Thank you all!

A handwritten signature in black ink that reads "Cliff". The signature is written in a cursive, slightly slanted style.

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

CONTRIBUTIONS IN 2024. We are so grateful for ongoing generous support for Coastal Opportunities from individuals, towns, and other organizations.

INDIVIDUALS:

Thomas & Mary Amory
Herbert & Grace Annis
Anonymous (Charitable Fund)
Thomas H. Armbrecht
Rodney Artz
Ann McDonald Bex
Harris J. Bixler
Carol Rohl & Gordon Bok
Pamela & Thomas Boland
Guy & Dawn Brandes
Kathleen Brandes
Jeff & Robin Brawn
Hilda Livingstone & Joseph Curl
Nathaniel Curl

John Davee
Barbara & John Davidson
Lise & Paul Duda
Diane Norton & Sandy Ellsworth
Deborah & Edward Endl
Deborah Entwistle
Margaret Pickering & James Field
William Flottman
Nancy Ford
Catherine & Stephen Frederick
Christopher & Rosalee Glass
Donna Godfrey
Charles & Dorothea Graham
Jane Hardy
Kathleen &

Robert Hirsch
James Jenkins
James & Esther Kilgour
Elinor Klivans
James & Jean Matlack
Patricia Messler
Roberta Muren
Thomas Norton
Dianne & Dan O'Connell
Keith Patten
Linda Pieper
Joseph & Audrey Ruane
Frank Scofield
Esther Sexton
C. Kingsley Sleight
Patricia Smith
Brenda Squibb
Maggie Timmerman

Tom Valiga
Gail & Kevin Varga
Michael Voncannon
Nancy Warren
Cliff & Jodi Winn
Nancy Wolfertz
Kathy Wood
Joanna Yattaw
Richard & Pamela Young

BUSINESSES, TOWNS, CHARITABLE ORGANIZATIONS:

Olive Coates Charitable Trust
United Midcoast Charities
Coastal Redemption Center Donations

Peoples United Methodist Church (So. Thomaston)
First Congregational Church (Camden)
Second Congregational Church (Warren)
Shimkus Revocable Trust
Bank of America Matching Grants
Rockport Automotive
American Flatbread
Hannaford Community Bag Program
Town of Thomaston
Camden Lions Club
Camden National Bank
First National Bank (Rockland)

United Midcoast Charities Supports Our Day Program

On September 17, a sunny day at Rockport's Samoset Resort, United Midcoast Charities held its annual Grantee Breakfast and distributed a record \$650,000 to 43 local nonprofits.

Coastal Opportunities, one of those fortunate nonprofits, received a very generous check for \$10,000 to support our Day Program, ensuring that each of the participants has a chance to work, play, and/or volunteer each weekday throughout the year. Executive Director Cliff Winn accepted the Grant Award at the Samoset.

Over the last 40 years, UMC, a local organization, has raised and donated more than \$12.5 million to charities in Knox and Waldo Counties, including nearby islands—from soup kitchens to clinics, childcare centers to food banks.



Coastal's Executive Director Cliff Winn (left) gratefully accepts the "Big Check" on the Samoset terrace from UMC's Vice Chair Jay Foster and Executive Director Becca Gildred.



2025 NEWSLETTER

35 LIMEROCK STREET
P.O. BOX 637
CAMDEN, ME 04843
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 40 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 · 207-236-6008