



## Shelly Henry: Olympics on Her Mind

Coastal Opportunities has a big fan of the Olympics on its staff—Special Olympics, that is. Meet Shelly Henry, a strong moving force in establishing the Coastal Navigators as a team representing Coastal Opportunities. Shelly's commitment to working with the intellectually disabled is impressive, after having "fallen into" the work twenty-nine years ago as a young early-childhood educator with a degree from the University of Maine at Farmington (the alma mater also of the Stanley (Steamer) brothers and John Stevens, chief engineer of the Panama Canal).

Shelly went on to do substitute teaching in MSAD 50 in Thomaston, where a colleague asked her whether she would consider working with the day program at the Coastal Workshop in Camden. She found she loved the work, and even when she took a seven-year "leave" to care for her children, she continued to volunteer for the program. When her youngest son started school, Shelly started working full-time in the Coastal Workshop mail-room, where newsletters and other mailings were assembled and sorted for many local businesses and organizations. It saddens her that this operation is no longer funded, because the clients benefited so much—using fine motor skills, feeling success, enjoying the camaraderie, and receiving the appreciation of many local customers.

The day of my visit with Shelly, I knocked on the door at 307 Main Street in Thomaston, where she is the Residential Supervisor. With a flourish, night staffer Kingsley Sleight welcomed me and said that Shelly would be with me as soon as she finished a phone call. I had arrived at the Vera Brandes Home, a supported group setting for six adults who participate in the local community. Vera was a dedicated board member and a strong proponent of residential opportunities for the participants in the day program of the Coastal Workshop. The home bearing her name was opened in 1985 as the first Coastal Workshop

home for clients. For the past seven years, Shelly has been the supervisor of the home, which is especially well known to Coastal Opportunities clients, staffers, and families as the prime location for watching Thomaston's annual Fourth of July parade.

The Thomaston residence was established for day-program adults moving from their family homes to be trained in the skills of daily living in preparation for moving into apartments. Shelly thinks that the six men and women living there now will continue to need supervision for daily living and therefore will age in place. She is concerned, however, that new federal and state eligibility standards may affect some of "her" clients, and she worries about changes looming on the horizon.



All six residents were out the morning I visited, which is typical of weekdays, but Shelly easily fills her time with organizing medications, coaching, general paperwork, and planning work and weekend outings. One resident was recently hired at a local grocery store; others do volunteer work. Shelly wor-

ries that possible staffing cuts will affect their quality of daily living, such as the loss of opportunities to take one or two residents at a time into the community, and having to go as a group that may be more difficult to oversee.

Now . . . remember the phone call that occupied Shelly when I arrived? Well, it was only one of several she fielded during my visit. She maximizes her time for planning while everyone is out so she can interact fully with the residents when they return. Under the current program funding, the home has six staff members, allowing for flexibility of activities, including shopping, fishing, hiking, volunteering in the community, knitting, and field trips. The residents themselves are relaxed and engaged in household activities, and their families visit frequently. If there were fewer staff, Shelly suspects that some of the residents would regress.

*continued on page 2*

## Shelly Henry: Olympics on Her Mind continued from page 1

And about those Coastal Navigators? Shelly has long been involved in working with the Special Olympics, formerly as a volunteer and then as an organizer for the participation of Coastal Opportunities in regional events, through Stars of Life and the Coastal Schooners. Those groups became too large to manage successfully, so the Coastal Navigators team was formed. Bill Garver, supervisor of the Annette Overlock Home in Owls Head, and Shelly are the driving forces, leading the efforts to plan, solicit, fundraise, and coordinate. They brought in the Harlem Rockets, a touring "comedy basketball" team that generated thousands of dollars, organized a "Bottles for Olympics" program, and also held a very successful spaghetti dinner and silent auction. Proceeds are used for such items as uniforms, sports equipment, scholarships, staff training, and travel expenses. But Shelly



has even higher hopes: regular practice time at a centrally located gym and pool, and a genuine "field of dreams": development of a section of the former state prison property for game fields.

This year the Coastal Navigators purchased new skis for the Special Olympics Winter Games at Sugarloaf, where 500 athletes from 80 Maine communities gathered to race, build snowmen, ride on the snowcat, and watch the torchlight parade and fireworks! In the spring, they swam at Bates College in Lewiston and competed in basketball at the University of Southern Maine. Shelly is rewarded by sharing the participants' joy in practicing and entering events. She confessed to "filling right up" watching one of her residents swimming: "When he was in the water, he was the only one! He had no disability!" Another resident smiles broadly whenever he gets out on the basketball court.

Thanks, Shelly, for all you do, and especially for helping the Special Olympians discover their strengths and abilities to be the best that they can be!

JEAN BOOBAR



## CASH FOR CLOTHES

The 77th semiannual Cash for Clothes Sale wrapped up on the morning of May 20, 2013, garnering \$5,300 in proceeds for Coastal Opportunities. Skirts and shorts and sandals, blazers and dresses, and lots of

great children's clothes went out the door throughout the three-day sale.

Held once again at the American Legion Hall on Pearl Street in Camden, the sale was generously co-sponsored by The First and Allen Insurance and Financial.

Cash for Clothes is the major fundraiser for Coastal Opportunities.

**DON'T MISS CASH FOR CLOTHES SALE NUMBER 78  
Saturday through Monday, October 19 through 21, 2013**

Shop for coats, boots, wool pants and shirts for men and women, kids' clothes, sweaters, even Halloween costumes!



## GONE BUT NOT FORGOTTEN . . .

In 2013, Coastal Opportunities lost three participants and six faithful supporters. Betty Frost was a Board Member of Coastal Workshop in its earliest days and was a co-founder of the Cash for Clothes Sales. Annette Overlock was the first teacher hired by the Camden Association for Handicapped Children; the Annette Overlock Home in Owls Head is named in her honor.



ANNETTE OVERLOCK HOME



### MAY THEY REST IN PEACE!

Daniel Boobar	Bernard Raynes
Wayne Breeding	Alice Robinson
Cindy Fales	Marilyn Turner
Betty Frost	Virginia Woodman
Annette Overlock	

CINDY FALES

## COASTAL REDEMPTION CENTER

### HOURS OF OPERATION

Tuesday through Friday: 9 a.m. to 4 p.m.

Saturday: 9 a.m. to 2 p.m.

Sunday and Monday: Closed

### LOCATION

35 Limerock Street  
Camden, ME 04843

### TELEPHONE

(207) 236-6098



## LETTER FROM THE PRESIDENT



Just last fall, we were celebrating the fortieth anniversary of Coastal Opportunities. It is difficult to top that wonderful, hard-earned milestone. Even though that was a hard act to follow, this year we have another reason to

celebrate! After a lot of writing, revisions, and photo research, we now have a new website: [www.coastalopportunities.org](http://www.coastalopportunities.org). This new website provides information to qualified people looking for employment, to families looking for opportunities for a family member, to current employees who need timely information about upcoming events and weather closings. And, above all, it will be helpful to anyone looking for information about our organization and the valuable work performed by the Coastal Opportunities staff every day of the year, 24/7. Also on the website are photos of daytime activities and events held during the past year.

Please note, too, that our annual newsletter has a new name, Coastal Compass, heading us in the right direction! We are most grateful to Lurelle Cheverie, who has generously given her time and energy to design our newsletters every year since 2004.

Our new Special Olympics team, the Coastal Navigators, continues to have great success while participating in many sports and venues. We are already looking forward to our favorite team fundraiser, the annual spaghetti dinner and auction. It will be held in December, so check the website for the exact date and location and information about items for auction. Don't miss it! It is a worthwhile and fun evening.

continued on page 4

continued from page 3

This year we want to give special recognition to the Camden Hills Regional High School tennis team for their participation with our clients in the "Tennis for Fun" program. For twelve years, members of the CHRHS tennis team have instructed our Coastal participants in tennis skills. This occurs on Mondays at the Midcoast Recreation Center. Nine student instructors gave an hour each week to provide our clients recreation, exercise, life skills—and fun! Each spring, the parents' association honors the student instructors and the tennis players with a dinner and awards ceremony. They in turn honor the clients with compliments on their sportsmanship and skill improvement. It is a heartwarming occasion, a win/win story for everyone who is involved.

Meanwhile, there has been no resolution to the State of Maine's budget woes. Cutbacks to our programs continue, and are a major concern. Throughout the state, the waiting list for services for developmentally disabled adults continues to grow. As a result, we are most grateful to all those individuals and families who have made donations to Coastal Opportunities this past year. These donations, and the funds raised by the semiannual Cash for Clothes Sales, have helped to offset the budget crises. This spring, more than 120 individuals volunteered to help with the Cash for Clothes Sale—a fundraiser that benefits Coastal Opportunities as well as the community, providing a great chance to supplement wardrobes at economical prices.

On behalf of the Coastal Opportunities Board of Directors, I would like to say that we all consider it an honor to be associated with this organization. We would like to thank Joe Curll and the entire staff for their excellent, caring work throughout the year. They are all incredibly committed to serving the varied needs of adults with intellectual disabilities, and they deserve praise for continuing to ensure that Coastal Opportunities plays a valuable role in our community.

*Ann McDonald Bey*  
President, Board of Directors

### A SALUTE TO STAFF!!

The following staff member was recognized in May for his dedication and his ten years of service to Coastal Opportunities:

**Paul Oberst**

**Our website has a new look!**  
**CHECK IT OUT:**  
**www.coastalopportunities.org**

**COASTAL OPPORTUNITIES**  
community support services | residential services | coastal redemption center | employment | donate | about us | events | contact us | (207) 238-8008

Upcoming Events  
Click here to see other events

Coastal Opportunities strives to provide an environment in which the participants can feel challenged, be successful, and improve their self-esteem.

Established in 1971, as The Coastal Workshop, Coastal Opportunities is a private, nonprofit corporation governed by a local Board of Directors whose mission is to assist adults with developmental disabilities to become participating members of their social and economic community.

**did you know** | **what we do** | **how we help**

About 90 adults with developmental disabilities receive daily center or residential services annually. Coastal Opportunities employs about 90 staff and oversees 11 sites—in Camden, Haddam, Chatham, Hiram, and Thomaston—to support individuals in residential and day programs. The primary service area is Knox County.

Coastal Opportunities provides a variety of services to adults on the day and employment programs. Long-term support is provided for individuals who do not live at the Coastal Independence Center. Community programming is provided at the Hiram, Camden Center and the Chatham Center, both located in Lincolnville in Camden.

Coastal Opportunities includes volunteer their time for Meridian Wharves, Knox Center, Longwood 4-11 Camp, Camden Food Sharing, Beverly Lutheran Church, Marshwood Center, Camden, Camden First Aid, South Thomaston United Methodist Church, Holy Cross Center, P.A.W.S. Animal Adoption Center, First Congregational Church of Camden, Lutheran Society of Knox County, Chatham Head Transportation Museum, United Methodist Church, and Perryway Nature Center.

**celebrating 40 years**

Over the course of 40 years, we've had our lives touched by countless individuals. To celebrate our 40 years of dedication and service, we would like to share a video of our history with you. Learn how, and why it all started, and how we got here today.

Click here to watch

**community**

*We know that equality of individual ability has never existed and never will, but we do insist that equality of opportunity still must be sought.*  
-Franklin D. Roosevelt

community support services | residential services | coastal redemption center | board of directors | employment | brochure | newsletter | contact us | donate | links

Coastal Opportunities  
35 Linnaeus Street  
P.O. Box 837  
Camden, ME  
04843  
(207) 238-8008

# ANNUAL REPORT

July 1, 2011 – June 30, 2012

## Overview

In September of 2011, we celebrated our 40th Anniversary of providing services to adults with intellectual disabilities in the Knox County area. Over these four decades, we have strived—through the development of work, community, and residential programs—to assist our participants to become contributing members in the social and economic community.

In fiscal year 2011–2012, the statewide waiting list for services continued to be the biggest threat to our services. The list has consistently stayed at 1,000 individuals with intellectual disabilities waiting for day and/or residential services. A couple of people on the waiting list receive services each month, but it seems that as soon as one person goes off the waiting list and receives services, another person is added to the list. With services being approved sparingly, only those people showing the greatest behavioral and/or medical needs are being taken off the waiting list. This makes it very difficult to maintain adequate numbers in residential facilities when people leave these facilities.

The Maine Department of Health and Human Services has also started to evaluate people with intellectual disabilities using the Support Intensity Scale (SIS). The department will use this scale to establish how many hours of support each person will receive in Residential and in Day Services. There seems to be an impression that the amount of support allocated to people with intellectual disabilities is excessive and the amount of their support should be reduced.

The crisis services we have been providing at the George Robishaw Home are being combined with all other similar services in the state and will be put out to bid as a statewide system next year. We hope to continue the services in some way, but if that does not work out, we will try to convert the home to a Waiver Home. The home can accommodate up to four residents.

In 2012, we began talks with the First Congregational Church of Camden regarding the future of the 59 Elm Street Home. This home houses three residents with intellectual disabilities and a fourth resident who is sympathetic to their needs. The Church is examining all possibilities for this building, including tearing it down. We currently maintain the building in exchange for a \$1-per-year lease. The house is in need of substantial repair, and we feel a more accessible building would work better for us. We would like to remain on the Church property, the residents of the home are a part of the Church community, and the home is well situated for the residents to walk around town.

\*\*\*\*\*

Coastal Opportunities provided services and supports to adults with intellectual disabilities from July 1, 2011, to June 30, 2012, to further our mission. Our mission is:

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

In fiscal year 2011–2012, we provided services to 115 adults with intellectual disabilities. We provided Community and Work Supports to 69 participants and Residential and Home Supports to 46 residents, including services to 16 adults in our Crisis Program. We employed 90 full- and part-time staff, at a cost of \$2,795,668.

## ORGANIZATIONAL EMPLOYMENT

### Work Services

We provided meaningful work at our Bottle Redemption Center to 4 participants, and we supported an additional participant at the Pen Bay YMCA for two days per week. We provided 697 hours of Work Supports to participants in this program.

### Organizational Employment Objectives for 2012–2013

1. To maintain Vocational Rehabilitation certification for agency-operated vocational services.
2. To develop a transition plan with local school systems for students with intellectual disabilities by June 30, 2012.
3. To develop a curriculum for work services that will assist individuals to make employment choices by June 30, 2012.

## COMMUNITY INTEGRATION

Community integration activities are designed to provide participants with the skills they need to access the community. This program provided services to 69 participants in the following areas.

### Volunteer Activities

Program participants had the opportunity to volunteer at the following 18 sites: Meals on Wheels, Owls Head Transportation Museum, Tanglewood 4-H Camp, Goodwill, Nativity Lutheran Church, Windward Gardens, The Food Pantry, Camden First Aid, The Humane Society of Knox County, Camden-Rockport Animal Rescue League, First Congregational Church of Camden, Knox Center, Merryspring, South Thomaston United Methodist Church, John Street United Methodist Church senior meal site, United Mid-Coast Charities mailings, the Salvation Army, and the Penobscot Bay Chamber of Commerce.

### Community Activities

Participants spent scheduled time at the following sites: Camden and Rockport Public Libraries, Hannaford Supermarket, Walmart, Pen Bay YMCA, local banks, Oakland Park bowling lanes, and local restaurants. All of the activities had the purpose of assisting participants to access the community.

### Community Integration Goals (and Results) for 2011–2012

1. Program participants will maintain or increase progress toward their individual goals.  
Target: 90 percent.  
*72 percent of participants maintained or made progress on individual objectives.*
2. Program participants will maintain or increase the amount of time spent in integrated community settings. Target: 22 percent.  
*18 percent of participants' time was spent in integrated community settings.*
3. Program participants will maintain or increase the amount of time spent in volunteer activities. Target: 10 percent.  
*6.7 percent of participants spent their time in volunteer activities.*
4. Program participants will increase the amount of time in work settings (work supports). Target: 10 percent.  
*1.2 percent of participants spent their time in Work Supports.*

continued on page 6

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.  
*18 percent of participants spent their time in integrated activities. 31 percent of this time was spent in groups of 3 or fewer.*
6. Coastal Opportunities will continue to strive for customer satisfaction. Target: 100 percent.  
*98 percent of program participants were satisfied; 96 percent of family/other were satisfied.*

### Goals for 2012–2013

For 2012–2013, we will continue with all the same goals and same target percentages that we had in 2011–2012.

## STRATEGIC PLAN

The Board of Directors reviews the Strategic Plan each autumn. Several goals remain in effect.

### 1. Maintain a fundraising plan

#### OBJECTIVE

1. To complete a Planned Giving Program.

#### ACTION

1. The Finance Committee, working with Jim B. and with legal advice if necessary, will develop a planned giving tool by September 30, 2013.

### 2. Maintain a public awareness plan

#### OBJECTIVE

1. To keep our Website current.
2. To maintain an ongoing relationship with our state legislators.

#### ACTION

1. To work with Links to develop a new website, aspects of which we will be able to manage ourselves, by April 30, 2013.
2. Individual Board members should continue to maintain relationships with local legislators, contacting them on specific issues as needed.
3. Contact schools in our area each spring to inform them of our services and offer to provide them with information as needed.

### 3. Successfully transition each interested program participant into an integrated work setting

#### OBJECTIVE

1. To continue to provide Vocational Rehabilitation (VR) services both internally and externally by June 30, 2013.

#### ACTION

1. To maintain VR certification.
  - a. To job-develop for and place three people in competitive employment by October 30, 2013.

### 4. Maintain our current service base and current services

#### OBJECTIVE

1. To maintain adequate staffing to operate our community and residential services programs.
2. To maintain or increase our current participant hours in community, work, and residential services programs.

#### ACTION

1. Each program will meet the staffing hours they have been approved for in community, work, and residential services programs.
2. To maintain consumer satisfaction at 90 percent. A consumer satisfaction survey will be completed by June 30, 2013. We continue to track participant hours by program and make a comparison to participant hours provided in the previous year.

Coastal Opportunities Statement of Activities Years Ended June 30, 2012 and 2011		
	2012	2011
Operating revenue:		
Net patient service revenue:	\$ 3,631,424	\$ 3,734,559
Department of Health and Human Services grant:	207,719	212,398
Redemption center and client sales:	243,883	237,134
Other revenues:	56,640	53,181
Total operating revenue:	<u>4,139,666</u>	<u>4,237,252</u>
Operating expenses:		
Program services:	3,383,064	3,381,638
General and administrative:	451,076	435,585
Total operating expenses:	<u>3,834,140</u>	<u>3,817,201</u>
Operating income:	\$ 305,526	\$ 420,051

### 5. Determine the current and future needs for housing

#### OBJECTIVE

1. To continue to provide housing for four residents on Elm Street in Camden.

#### ACTION

1. To build and occupy a four-unit apartment building on Elm Street in Camden in partnership with the First Congregational Church.

### 6. Maintain Coastal Opportunities properties

#### OBJECTIVE

1. To maintain a Planned Maintenance Plan that will help us to identify costs of repair and replacement of properties from year to year.

#### ACTION

1. To have an engineer update our plan each year.

### 7. Maintain an Emergency Succession Plan

#### OBJECTIVE

1. To establish an emergency succession plan for all key employees.

#### ACTION

1. The Executive Director, the Financial Staff, and the two Program Coordinators will review the emergency plan in place that will identify key duties and backup if they have an extended unplanned absence by June 30, 2013. All Residential Supervisors will have an emergency succession plan in place by June 30, 2013. The Executive Director and Board President will have all backup plans. Key staff and their backups will have a copy of their backup plan.

### 8. Continue to provide summer camp time

#### OBJECTIVE

1. To find an alternate choice for our current summer situation.

#### ACTION

1. To identify individuals or rental companies to see if we can find someone who would work with us to make their camp accessible in exchange for future camp time by June 30, 2013.

### 9. Develop an electronic timekeeping system

#### OBJECTIVE

1. To establish an electronic timekeeping documentation system to track time worked by site by June 30, 2013.

#### ACTION

1. To work with outside companies and consultants that will provide us with the tools we need to time-stamp time worked with clients and residents and to work on integrating progress note documentation with time worked and billable time by June 30, 2014.

  
EXECUTIVE DIRECTOR

# COASTAL OPPORTUNITIES 2012 DONATIONS

Bill, Alcy & Scott Achorn • Isabel F. Bailey • Ann Bex • Ann Bixler • Jeff & Melissa Boggs • Jean Boobar • Bruce Brandes • Elsie & Wayne Brown • Camden Home for Senior Citizens • Camden National Bank • Camden Rotary Foundation • Cash for Clothes • Lurette Cheverie • Marjorie Christie • Ruth Cole • Tom & Susan Corcoran • Joseph Curll & Hilda Livingstone • Robert Davee • Thomas & Ellen Dowd • Anne Edmonds • ERA Cousens Realty • First Congregational Church (Camden) • FMC BioPolymer • Bob & Barbara Furman • Dora Galitzki • Christopher Glass • Charles & Dorothea Graham • James H. Groves • Elizabeth Henry • Gregory Holt • David Jackson • James Jenkins • Lila J. Magie • Robert & Edith Manns • Pat Messler • Messler Family Foundation • Wilfred L. Mills • Mount Pleasant Dental Care • Marcia Orff • Olive Coates Trust • Keith & Priscilla Patten • Margaret Pickering & James Field • Judith C. Pinney • Audrey Post • Beth & Brian Rackliff • Frank Rankin • Jan Rosenbaum • St. Thomas' Episcopal Church • Claire & John Sanford • Frank & Nancy Scofield • Essie & Peter Sexton • Molly Sholes • Eileen & Peter Spectre • Hank & Claire Sullivan • Ann-Marie Thomas & Charles Brown • Town of Cushing • Town of Hope • Town of Thomaston • Town of Warren • United Mid-Coast Charities • Janet Urquhart • Ilene Felice Weintraub • James & Jane Wykoff • Allen & Judith Zern

**In Memory of Vera & Guenther Brandes**  
Bruce & Virginia Brandes  
Guy & Dawn Brandes  
Hans & Mary Brandes  
Kathleen Brandes & Michael Drons

**In Memory of Allen & Ann Cogan**  
Lewville & Jill Pottle

**In Memory of Shirley Drinkwater**  
Lucile T. Shimkus

**In Memory of Cindy Fales**  
Bill, Alcy & Scott Achorn  
Carlene Anderson  
Alice Barlow  
Emily L. Beattie  
Mr. & Mrs. Raymond Brooks  
Everett & Virginia Crabtree  
Charles & Dorothy Dolham  
Rae Fales  
Annette Overlock  
Lewville & Jill Pottle  
Mary Stewart

**In Memory of Russell Fales**  
Rae Fales

**In Memory of Mary M. Holt**  
Ross S. Holt, Jr.

**In Memory of Dean Hutchins**  
Rita Grinnell Elliott

**In Memory of Albert Robishaw**  
Elizabeth Knight  
Gary & Ann Seavey

**In Memory of Arthur D. Rohl**  
Carol Rohl & Gordon Bok

**In Memory of Jack Shimkus**  
Jay & Joyce Moody

**In Memory of Joan Smith**  
Elizabeth Knight

**In Memory of William Sternberg**  
Jane Sternberg

**In Memory of Myrtle "Sis" Talbot**  
Johnson Talbot Jr.

**In Memory of Marilyn Turner**  
Kingsley Sleight

**In Memory of Walter Yattaw**  
Arnold, Alcy & Scott Achorn  
Bert & Ruth Maxfield  
Jim & Suzanne Philbrook  
Bernard, Eleanor & Denise Raynes  
South Thomaston Ambulance Service  
Anne-Marie Thomas & Charles Brown  
Michael & Kermit Voncannon  
Richard Waldron & Jane Roundy

**In Memory of Rita Young**  
Richard & Pamela Young

**In Honor of Linda Yattaw**  
Michael & Kermit Voncannon

**Cash for Clothes Sponsors Fall 2012**  
Allen Insurance & Financial  
Bangor Savings Bank

**Cash for Clothes Sponsors Spring 2013**  
Allen Insurance & Financial  
The First

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## THE SCHOONER SOCIETY, COME ABOARD!

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-first 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, contact Coastal Opportunities board member Jim Jenkins at (207) 594-8857 or 594-9001.

**SCHOONER SOCIETY  
DONATE**



# COASTAL OPPORTUNITIES

SUMMER NEWSLETTER 2013

35 LIMEROCK STREET  
P.O. BOX 637  
CAMDEN, MAINE 04843  
[www.coastalopportunities.org](http://www.coastalopportunities.org)

