Our collective compassion is what makes living in Midcoast Maine so unique and special. Caring for everyone—from vulnerable children to elderly citizens—defines the mission of United Midcoast Charities (UMC).

Every day, we experience empathy in action through the generosity of people who care about homeless families seeking shelter, children going to school hungry, a single working parent dependent upon reliable child care, seniors in need, and more. Our collective empathy weaves the social fabric that holds us all together.

UMC’s donors give once to impact four areas of charitable focus: housing, food, health & safety, and economic security—all of which have become more urgent than ever with the recent onset of COVID-19. Our newly established Rapid Response Fund is helping local nonprofits meet the urgent, immediate needs brought on by this crisis. We are also expediting our annual grant review process to help sustain the day-to-day activities of food pantries, health clinics, homeless shelters, childcare centers, and other grantees at a time of intense need.

UMC donors know that their contributions make Knox and Waldo counties stronger, safer, and more secure. We are delighted to share our annual report as evidence of the impact our collective compassion has on friends and neighbors in need.

With gratitude,

Betsy Saltonstall
2020 President
Lifelines come in all different shapes and sizes. For Patrisha McLean, it was a wooden coin about the size of a poker chip. On it were the 24-Hour “Help Line” telephone numbers for the regional offices of New Hope For Women.

“I remember finding it inside my mailbox, the day after the arrest of my husband on domestic violence charges on January 19, 2016, and not knowing what to do with it because I didn’t think that the term domestic abuse applied to me.”

The irony of those thoughts seems obvious because domestic abuse crosses all socio-economic thresholds. Patrisha was experiencing a high level of denial at the time, despite almost dying at the hands of her husband the previous day. Sadly, that wasn’t the first time. There was a 29-year history of violence that began as soon as he had her separated from her friends and family, without a job, apartment and car of her own.

“I describe it as living with the Bogeyman... you know, that monster that terrorizes children at night... only you can’t shut the door of your house to keep yourself safe because when you shut the door he’s on your side of the door.”

That night, she called 9-1-1 just as he broke through their thick, locked bathroom door.

Her story, while not an uncommon one, made headlines because criminal charges were brought against the perpetrator, internationally known singer-songwriter Don McLean.

Patrisha recalls how confused, overwhelmed and besieged she felt at the time, as her husband’s team of four high-priced lawyers made good on his threat to “be the nastiest bastard to you in the world” if she ever tried to leave their marriage.

And then there was that coin...

She made the call. “The voice on the line was reassuring, soothing, compassionate, and not judgmental,” she recalls. “The woman who picked up understood it (what I was going through) and believed me.”

That first call lasted over an hour. Not only did Patrisha call again but soon she was assigned an “advocate”—someone who would help her map out a safety plan and then be at her side as she navigated innumerable court filings and court appearances in the months and years ahead.

“New Hope has their own lawyer, and that is invaluable. Most women in domestic abuse situations can’t afford their own lawyer because a hallmark of abuse is that he controls all the money. The number one priority of the New Hope lawyer and advocate is your safety and well being. The decisions you make after you leave your situation, about finances, property, and children, will be with you for the rest of your life. So this help is very important.”

It has been four years since that fateful night of her husband’s arrest. The first three years she spent dealing with the trauma, trying to make sense of being trapped for so long, and also trying to heal. She credits New Hope For Women, a UMC grantee, with bringing her to a full understanding and their parent organization the Maine Coalition to End Domestic Violence (MCEDV) with helping her launch Finding Our Voices: Breaking the Silence of Domestic Abuse, a survivor based organization designed to shine a light on the nature and pervasiveness of domestic abuse.

“When the story of my abuse broke in the Midcoast,” Patrisha explains, other victims approached me with their stories. I realized that I was far from alone!” A photojournalist, Patrisha created an exhibit of portraits and audio recordings of domestic abuse survivors that launched at the Camden Public Library on Valentine’s Day 2019. An expanded exhibit has been touring the state since then, including three months at the Holocaust and Human Rights Center in Augusta. Patrisha has also been telling her own story, taking around a slideshow presentation and Survivor Speaks panel discussion.

In spite of her own progress, Patrisha still likes to circle back to the beginning: “If you have a friend you even suspect is in an abusive situation, give her that wooden coin and tell her to call. New Hope is not going to push or judge her. Even if the abusive relationship is years in the past, they are there to help any way it’s needed.”
• 20,600 nutritious meals to food-insecure people in Waldo County
• 20,000 nutritious meals to food-insecure people in Knox County
• Comprehensive reproductive health care to 519 low-income, uninsured, and underinsured Maine people
• 4,000 hours of bereavement and end of life support to 139 people and their families
• Screenings for more than 150 new parents for intimate partner violence and trainings for 180 new families on safe sleep practices for their infant
• Financial assistance so that 80 children from 18 towns in Waldo County can access high-quality care while their families work
• Hot, nutritious meals delivered to the homes of 236 seniors in need
• Restorative justice services and education to help 198 people retain or recover employability
• Free after school and summer programs with free transportation, supportive adult relationships, and nutritious meals for 450 children
• In-home nursing services to help 226 low-to-moderate income seniors remain safely at home
• A free university course to 21 local adult students
• Direct service to 656 people affected by domestic violence
• Assistance for 668 clients experiencing homelessness to transition into safe affordable housing
• Mental health support to 250 residents of Knox County
• Help for 19 teen parents moving toward high school completion and employability
• Health screening, medication management, and education for over 800 community members
• Basic needs supplies for 260 households
• Insulating window inserts for 260 people
• Job readiness, career planning and support for 120 local High School students
• Free supplemental heating fuel for 160 low income families in need
• Palliative in-home care for 6 medically fragile children and 51 adults with end-stage chronic conditions
• Free or low-cost dental care to resolve pain, infection, and oral disease in 812 uninsured adults
• Tuition support for high quality day care for 138 children in Knox County

Together, we provided:

IMPACT

2018 GRANTS - Final Results

FINANCIALS

Took in $616,113 during the fiscal year, which included:

• Unrestricted Contributions: $324,325
• Restricted Contributions: $50,323
• Community Investors Donations: $16,888
• Grants: $1,288
• In-Kind Contributions: $12,465
• Event Income: $3,754
• Net Investment and Securities Income: $197,647
• Totals: $616,113

Hold $54,119 on hand for operations and $4,611,756 in restricted funds.

EXPENSE

Took out $653,202 during the fiscal year, which included:

• Program: $531,657
• Administrative & General: $14,243
• Fundraising: $28,642
• Totals: $653,202

Revenue = Expenses = Net Assets Ending - Net Assets Beginning

$4,940,686 - $4,411,296 = $529,390

These figures reflect a simplified presentation. Please contact UMC with questions or for a review of the full audited financials.
UMA Rockland Center

“The Advisory Council has played a significant role in not only providing resources to local nonprofits but in just creating a sense of common purpose, so we come together and talk about the goals of the organization and whether it’s meeting the community goals, identify needs and gaps... and talk about how to fill those in.”

“The trainings that have been offered through UMC have been very very valuable to local nonprofits who otherwise would not have the capacity on their own to be able to afford or access those training opportunities.”

“UMC is really knitting the community together.”

--Deborah Meehan, President of UMA Rockland Center

AIO Food Pantry

“The support UMC gives to the area nonprofits is remarkable. The educational series, we’ve attended many of those... the support we get through the grants database, where we’re able to research what other foundations might be available to help us. Personally, I come to UMC all the time for advice on best practices in Board governance and key documents. The website is really helpful to us. We pull key documents and look at the by-laws and look through the various resources.”

“We’re all in this together. And UMC is really helping us find our direction.”

--Liz Jenkins, Board President of AIO Food Pantry

Knox County Homeless Coalition

“I would put UMC in a class with JT Gorman and Elmina B. Sewall, organizations that recognize in order to do this work in the best way possible for the client, our highly trained social workers need the latitude to make decisions based on the client, not based on the funding stream or what somebody down in Washington or Augusta decided that we should do... but really focusing on the client.”

“That funding allows that family that I described to move ahead with a hopeful future. That funding allows us to decide that that little kid and his dad might really benefit from a mentor who’s going to take them to The Pitch to learn how to play soccer... maybe for the first time in their lives... and that’s what restores hope, that kind of capacity to expose people to wellness and exercise and a level of interest in learning again. That’s what that funding does. And there’s no price that you can put on restoring lives.”

“The Advisory Council’s work on trying to recognize practical opportunities for strategic collaboration can really effect change. And I hope that can continue long into the future because that’s what we need.”

--Stephanie Primm, E.D, Knox County Homeless Coalition

Belfast Soup Kitchen

“I have nothing but praise for UMC. They have stood by us from almost the beginning. They’re one of our original grantors of operating funds. It kept us going. And it more than kept us going financially. It kept us understanding that we’re not way off, that this is the way to go, that there are all these people that need to eat, and we can do it. And every year when that grant came through... the joy in the Board... because we could continue, because our expenses continue to grow... and UMC is right there, by our side, understanding our mission and supporting us.”

“They are transparent. They know what they’re doing. They’re well equipped to do it. They have the skills to do it. And we’re just so grateful to be one of the groups that receives the funds.”

“This is a heart and mind that I’m expressing. But I’m thrilled that UMC just is in existence, and it has wonderful leadership, and has an Executive Director that does outstanding work.”

--Mary Brand, Board President of Belfast Soup Kitchen

New Hope For Women

“The support that is offered from UMC really has been paramount in helping us support our communities. Last year alone we served over 700 people in the Knox and Waldo county areas, and that was a result of the help through UMC.”

--Rebekah Paredes, E.D., New Hope For Women
Habitat for Humanity of Waldo County
Building strength, stability, self-reliance, and quality affordable housing for Waldo County residents living in unsafe, crowded, or unaffordable housing.

Knox County Homeless Coalition
Assisting the chronically poor and homeless to achieve and maintain self-sufficient lives through comprehensive care models and programs.

Midcoast Habitat for Humanity
Constructing safe, affordable, efficient homes for low to moderate income singles, couples, and small families.

Area Interfaith Outreach (AIO)
Food Pantry, Child Hunger and Utility Assistance
Meeting the rising demand for emergency assistance while respectfully and compassionately providing food to Knox county adults and children who are food insecure.

Belfast Area Child Care Services
Fresh and healthy food experiences and garden-based meal kits for children and families.

Belfast Soup Kitchen
Providing nutritious meals as well as hope, comfort, and access to necessary services to hungry people of Waldo County.

MCH Inc. - Meals on Wheels
Providing hot, nutritious meals to homebound Knox County seniors and disabled adults.

Penquis
Developing a system for delivering fresh food to Penobscot Bay island communities through collaboration and training of existing community organizations.

St Brendan the Navigator
Providing nourishing meals to the needy 5 days a week.

Waldo Community Action Partners
Nutrition education, healthy cooking meal kits and positive food experiences for Waldo County children and adults in need.

Belfast Public Health Nursing
Disease prevention, health education, early intervention and emergency services to low income, uninsured people who lack access to regular medical care.

Hospice Volunteers of Waldo County
Free, confidential, nonmedical support to those at the end of life including direct care, bereavement support and end of life planning.

Maine Family Planning
Providing a full range of reproductive healthcare services to 1,000 Knox and Waldo County residents

Knox County Health Clinic
Low cost preventative, restorative, and prostodontic dental care for uninsured adults and for children with MaineCare who cannot otherwise access a provider.

New Hope for Women
Providing support, advocacy, and prevention for domestic violence, dating violence, and stalking services in Knox and Waldo Counties.

OUT Maine
Improving safety, health and mental health of Knox and Waldo Counties’ at-risk, vulnerable LGBTQ youths.

Parent Program of Mid-Coast Maine, Inc.
Improving health of parents and children through home screening, education, and referral for postpartum depression, domestic violence, safe sleep, and home safety.

Rockland District Nursing Assoc.
In-home nursing services for seniors living independently in Rockland and nearby communities.

Volunteers of America Northern New England
Reducing recidivism, preventing overdose deaths, and improving release and recovery outcomes for people with a history of substance use disorder as they leave incarceration.

Waldo County Dental Care
Improving health, wellbeing, and employability through critical preventative and restorative dental care and patient education for those who cannot access other care.

Big Brothers Big Sisters of Mid-Maine
Recruiting, training and supporting school based mentors for youth in the UMC service area.

Game Loft
Improving safety, health and mental health of Knox and Waldo Counties’ at-risk, vulnerable LGBTQ youths.

Penobscot Bay YMCA
Improving physical and mental health for working families by providing childcare at an increasing number of accessible locations around Knox County.

Restorative Justice Project
Helping offenders regain or retain employability through restorative conferencing to achieve meaningful accountability.

Trekkers, Inc
Preparing students for success in college and trade school through professional development coaching, education planning support, and career exploration opportunities.

University of Maine at Augusta Rockland Center
Scholarship funding for new or continuing university students to help them on a path to success, with a degree completion rate of 75%.

Waldo County Woodshed
Providing supplemental emergency firewood for heating homes in Waldo County.

Waldo County YMCA
Providing year round affordable preschool, childcare and Summer Day Camp program options for working families.

Waterman’s Community Center
Academic year child care including preschool, vacation camps, and after school care for island families.

Wayfinder Schools
Preparing students for success in college and trade school through professional development coaching, education planning support, and career exploration opportunities.

United Midcoast Charities
offers an open competitive annual grant application process. In 2019, our donors helped to fund the nonprofits listed here, all working in our four focus areas.

2019 GRANTS
Planned Giving

“I was fortunate to be raised in a family that valued giving—whether it was their time, or money, or both. And I have spent most of my life following that value. However, it wasn’t until I decided to go skydiving that legacy gifts entered my mind. I decided, before I jumped out of a plane with only some material and rope, that I should write my will.

There were some obvious considerations—family and loved ones. But since charitable giving has always been such a big part of my life, I chose to have that reflected in my will. And, as I have been a long-time supporter of United Midcoast Charities, they were an obvious beneficiary. They have done, and continue to do, such important and wonderful work in Knox and Waldo Counties. Hundreds, if not thousands, are impacted yearly by UMC.

Knowing I will be able to help them help others, even after I have passed, fills my heart.”

-Karen Foxwell, Lincolnville, ME

Planned giving allows you to tell your story the way you choose—and in some cases, provides real-time tax benefits. Here are a few ways that you can make a planned gift:

Distributions from charitable trusts or annuities—a charitable trust or annuity provides life income for yourself and/or others. With all or a portion of your gift eventually directed to UMC, you could receive a charitable deduction.

Distributions from retirement plans—In December 2015, Congress passed a law allowing you to give up to $100,000 to charity directly from your individual retirement account (IRA) when you are more than 70 1/2 years old without counting the distribution as taxable income. This type of gift is called a Qualified Charitable Distribution (QCD).

Gift in Your Will/Bequest—a fixed amount, specific asset or percentage of your estate may be set aside as a bequest in your will.

Life insurance—You can name a charity as a beneficiary of a life insurance policy or you can even transfer full ownership of said policy to the organization.

Real estate or tangible personal property—illiquid assets can be a great gift, especially if you are looking to downsize.

Stocks and securities—many people can increase their giving by donating long-term appreciated securities, including stock, bonds, and mutual funds directly to UMC.

Megan is pleased to chat about your options or share UMC’s Gift Acceptance Policy. Please call 207-236-2299 for more information.
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Learn With UMC

UMC’s mission is to energize Midcoast Maine nonprofit agencies through finance and guidance, supporting a network of resources stronger than any single organization. This new commitment to guidance—in addition to continuing our 77-year commitment to funding—has led UMC to create Learn With UMC, a series of free educational opportunities on topics essential to nonprofit sustainability and impact. The 2019 offerings were developed with feedback from our Nonprofit Advisory Council, and are funded by individual support and sponsorships.

"You guys are terrific. Thanks for all the work you are doing to get Knox county nonprofits to collaborate—it is really important."  
"This series presents opportunities to grow organizations."  
"Big leap! Got me energized. Keep it up! Good job."  
"We're VERY appreciative of you bringing this level of training expertise to the Waldo County area."  
"This series presents opportunities to grow organizations."  

I will recommend UMC’s learning series because nonprofits need ongoing, affordable (free) training to learn and refresh on current relevant topics.

"We are putting our Strategic Plan into action.

Hey there, we're definitely interested in learning more about your workplace giving program. How can we get started?
Nearly 16% of Maine households — more than 200,000 people — experience food insecurity, unable to afford enough food throughout the year.

Average rent in Knox and Waldo counties is unaffordable to more than 50% of residents. The only homeless shelter in the area can shelter only 5-10% of their caseload.

When people are healthy and safe, they have a better chance of moving out of poverty and increasing their work and educational productivity.

Only two-thirds of Maine’s workforce of 620,000 people earn a living wage. Financial security is in part dependent on education, job skills training, even transportation and access to childcare.