Fall fun is underway!

Fall has arrived at Downeast Horizons, and that means it's time for our annual Halloween Decorating Contest.

Programs are encouraged to get creative and transform their spaces using both indoor and outdoor decorations. We especially encourage participants and staff to reuse materials, upcycle items, and find creative ways to turn everyday objects into something spooky and fun.

Judging will take place through October 28, with first-, second-, and third-place winners selected. Everyone will also have an opportunity to vote for the People's Choice Award.

We can't wait to see what our program participants and staff create this year. Let the decorating begin!



Downeast Horizons supports 48 adults that are employed in community integrated employment settings, and three adults that volunteer in community integrated settings regularly (outside of community support programs).
**Data as of September 2026*

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ISSUE 38 October 2026







Downeast Horizons

Downeast Horizons assists and supports individuals with developmental disabilities to live complete and fulfilling lives.

A message from our Executive Director

As we look back on another busy summer at Downeast Horizons, I am reminded of how important opportunities for connection, community involvement, and new experiences are for the individuals we serve.

From competing at the Special Olympics Maine State Summer Games to spending a week at Camp CaPella, enjoying trips throughout our community and coming together for events such as our Color Fun 5K and Autism Walk, this summer was filled with meaningful moments.

These opportunities would not be possible without the steadfast dedication of our staff, families, volunteers, partners, and supporters. Their commitment helps ensure that the individuals we serve have opportunities to participate in their communities, build relationships, try new things, and enjoy enriching experiences.

As we move into the fall season, I want to thank everyone who continues to support the mission of Downeast Horizons. We look forward to another chapter of opportunities, accomplishments, and time spent together.

A summer to remember at Downeast Horizons

What a busy and exciting summer at Downeast Horizons. Program participants and staff made the most of the beautiful Maine weather by getting out into the community, trying new activities, spending time with friends, and making lasting memories.

Throughout the summer, participants enjoyed a variety of adventures, including a Bar Harbor nature cruise, a visit to the Oceanarium, a ride aboard the Downeast Scenic Railroad, Timber Tina's Great Maine Lumberjack Show, and a performance of The Little Mermaid Jr. at The Grand. Participants also tried their hand at crab fishing in Tremont and enjoyed plenty of summer fun at our agency-wide BBQ at the MDI Center.

Another highlight was our time at Camp CaPella, where program members enjoyed swimming, boat rides, games, a BBQ, outdoor recreation, and spending time together.

From exploring our beautiful state to enjoying new experiences with friends, this summer was filled with opportunities for fun, connection, and community involvement. We can all be grateful to the dedicated staff of Downeast Horizons, our community partners, and the many others who help make these experiences possible.

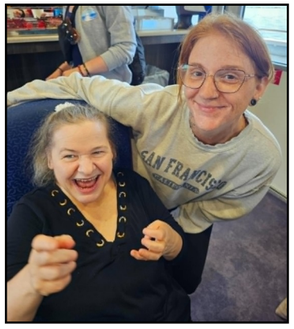
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Camp CaPella - A week of fun & friendship





Downeast Horizons program participants and staff enjoyed a wonderful week at Camp CaPella this summer, taking advantage of everything the beautiful lakeside facilities have to offer.

Throughout the week, participants enjoyed swimming, boat rides, games, outdoor activities, and time spent together. Everyone also gathered for a BBQ, adding to a week filled with good food, laughter, and plenty of summer fun.

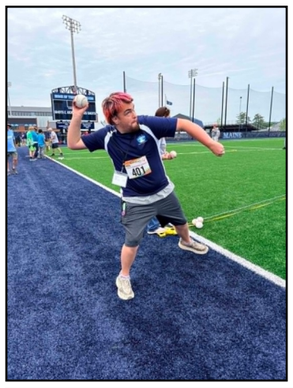
The visit was especially meaningful after Downeast Horizons participants and staff helped prepare Camp CaPella for the season during its spring cleanup. Our group helped rake the beach, weed, clean the bunkhouses, and assist with getting the docks ready for another busy season.



From helping prepare the camp in the spring to returning and enjoying it during the summer, Camp CaPella provided wonderful opportunities to give back, enjoy the outdoors, and make memories together.

Thank you to Camp CaPella for another memorable summer experience!





2026 Special Olympics Summer Games





Downeast Horizons athletes had another exciting year at the Special Olympics Maine State Summer Games, held at the University of Maine in Orono.

Our athletes competed in a variety of events throughout the weekend, proudly representing Downeast Horizons and bringing home medals and ribbons. More importantly, the days were filled with teamwork, encouragement, friendship, and plenty of smiles as athletes came together from across the state.

We are incredibly proud of all our athletes for their hard work, determination, and sportsmanship. Each gave their best and helped make the weekend another memorable Special Olympics experience.

A special thank you goes to our dedicated staff, coaches, volunteers, families, and supporters who helped make participation in the Summer Games possible. Your encouragement and support mean so much.

Congratulations to all our Downeast Horizons athletes!

Color Fun 5K - 219 strong





Downeast Horizons welcomed 219 participants to our 2026 Color Fun 5K in Ellsworth. With sunny skies and temperatures around 70 degrees, it was a beautiful day for participants, families, staff, volunteers, and community members to come together for some colorful fun.

Runners and walkers made their way through the course while getting covered in color before gathering for the Color Party. DJ Ryan Parks kept the music going and helped make the celebration even more fun.

Events like the Color Fun 5K are made possible by the support of our volunteers, staff, sponsors, and community partners. We are grateful to everyone who helped with preparations, helped out along the course, supported a color station, or joined us on event day.

Most importantly, thank you to all 219 participants who came out and helped make this year's Color Fun 5K another memorable event. We can't wait to do it all again next year.

Autism Walk raises over $3K



Downeast Horizons was proud to once again bring our community together for the annual Autism Walk in Ellsworth. Thanks to the generosity of participants, families, staff, sponsors, and community members, this year's walk raised an incredible $3,172.

A special thank you goes to Camden National Bank, our major sponsor, for supporting this important event and helping make the day possible.

We are grateful to everyone who walked, volunteered, donated, and showed their support. Events like the Autism Walk provide an opportunity to come together as a community while promoting awareness, acceptance, and inclusion.

DEH on the go



Exploring the Maine Coast
DEH Program participants and staff enjoy a Bar Harbor nature cruise, taking in the beautiful scenery and spotting wildlife along the way, including seals, eagles, and harbor porpoises.



A day at the Oceanarium
A visit to the Oceanarium gives participants an opportunity to learn more about Maine's marine life and enjoy hands-on experiences, including exploring the touch tank.



All aboard!
Downeast Horizons participants and staff climb aboard the Downeast Scenic Railroad for a fun summer train ride and a chance to enjoy the scenery together.



Lumberjack fun
Timber Tina's Great Maine Lumberjack Show provides an action-packed outing featuring axe throwing, log rolling, chopping, pole climbing, and more. DEH staff member Jordan even gets in on the fun with some log rolling!



Summer BBQ at MDI
Participants from our adult and children's programs come together at the MDI Center for an agency-wide summer BBQ featuring lunch, lawn games, a bounce house, dunk tank, and plenty of time to visit and have fun together.



A morning at The Grand
Downeast Horizons participants and staff enjoy a trip to The Grand in Ellsworth to see a live performance of The Little Mermaid Jr. The morning offers a fun opportunity to enjoy live theater together right here in our community.



Crab fishing in Tremont
The Ellsworth Day Program heads to Tremont for a summer crab fishing adventure. Participants enjoy spending time along the coast, trying their hand at crab fishing, and making memories together outdoors.