

JANUARY 2019: VOLUNTEER ENGAGEMENT NEWSLETTER



United Way
of Greater Portland

ONE-TIME & SPECIAL EVENT VOLUNTEER OPPORTUNITIES

CELEBRATE NATIONAL MENTORING MONTH

We all play a role in helping communities thrive. Mentoring is a key part of helping our community reach the goals of Thrive2027.

Individuals can help by fostering enthusiasm for a future career by mentoring, tutoring, or coaching. Help spread the word about the importance of mentoring or attend a Lunch and Learn to learn more about mentoring.

Organizations can provide time off for employees to volunteer as mentors, encourage employees to do so, or host a lunch and learn so employees can learn more.

Visit thrive2027.org to learn more.

HELP KIDS ENJOY WINTER FUN

H On Saturday, January 19 from 10am-3pm, WinterKids' Welcome to Winter Festival brings together hundreds of children and families to enjoy all of the fun that Maine winters have to offer. Activities include snowshoeing, sledding, ice skating, and riding down the hill on inflatable rafts! Volunteer opportunities will include sledding with the kids, handing out coats and cocoa, directing families to parking areas, and teaching the kids how to safely enjoy each winter activity station. Please contact Jessica at jatlee@winterkids.org or (207) 871-5700 ext. 106 for more information.

HELP STRIVE HAVE A ROCKING DAY

H STRIVE Rocks Weekend 2019, STRIVE's biggest fundraiser, will occur Saturday, March 16 to Sunday, March 17. Strive Rocks All Day occurs on **Saturday, March 16** from 10am-6pm and is geared toward families and younger children. There are a number of jump houses and inflatables, musical acts, performances, arts and crafts, and demonstrations. Volunteers may help with set-up (7-9am), ticket sales/registration, performer check in, "main stage" or "pavilion" support, overseeing inflatable/games, and support with set-up/transition to STRIVE Rocks All Night. To learn more, contact Whitney Wildes at wwildes@pslstrive.org.

Education

Financial
Stability

Health

HIGHLIGHTS:

- › CA\$H Intake/Asset Guide Training
Saturday, 1/5 and
Tuesday, 1/8
- › Project Heat Telethon
Thursday, 1/17
- › WinterKids' Welcome to Winter Festival
Saturday, 1/19
- › United We Thrive Nominations Due
Thursday, 1/31

PROJECT HEAT TELETHON

FS Keep neighbors warm this winter! Join NEWS CENTER Maine on **Thursday, January 17** for their annual NEWS CENTER Maine Project Heat Telethon to raise money for Keep ME Warm, Maine's statewide emergency heating assistance fund. Volunteers answer calls and process donations in one to three hour shifts. For shift times and more, contact Karen Stephenson, kstephenson@unitedwaygp.org.

GIVE. ADVOCATE. VOLUNTEER.

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UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONE-TIME OR SPECIAL EVENT VOLUNTEER OPPORTUNITIES

KEEP STRIVE ROCKING ALL NIGHT

H STRIVE Rocks All Night is the part of [STRIVE Rocks Weekend](#) geared toward young adults. Originally called a dance marathon, participants stay on their feet for 12 hours straight from 8pm on **Saturday, March 16** to 8am on **Sunday, March 17**, raising money for and awareness of STRIVE's programs. Volunteers will assist with registration, check in performers, serve as ushers or VIP lounge "bouncers," support the "main stage," set up and serve food, oversee inflatables/games, support appropriate interactions with attendees, and help clean-up/take-down the event. To volunteer, apply online [here](#) or contact Whitney Wildes, at wwildes@pslstrive.org.

HELP STUDENTS GAIN JOB SEARCH SKILLS

FS PATHS is coordinating a Career Month during April to prepare students with job search skills. Volunteers will help with resume review, mock interviews, and a career fair at the end of the month. There is also an opportunity for businesses looking to hire, military programs, and community colleges with certificate programs and apprenticeships to have a booth at the fair. To learn more, email volunteer@unitedwaygp.org.

REVIEW AWARD NOMINATIONS

UWGP seeks volunteers for three UNITED We Thrive Award Review Committees: Give, Advocate, and Volunteer. Beginning in early February, each committee will review nominations for community awards in its area of focus. In addition, volunteers will review nominations for an overall Spirit Award and make recommendations for both based on specified criteria. Award winners will be recognized at a [UNITED We Thrive event](#) on **April 23**. For more information, email kstephenson@unitedwaygp.org.

GREET PEOPLE OR PROVIDE FINANCIAL RESOURCES THIS TAX SEASON

CA\$H (Creating Assets, Savings and Hope) Greater Portland seeks volunteers for the upcoming tax season. Greeters welcome tax filers, ask them if they've brought their required documents, verify their appointment time, and then direct them to the Asset Guide Coordinator for intake. Intake/Asset Guides help tax site clients with the intake process by reviewing their tax documents to make sure they have everything they need for filing, reviewing their intake questionnaires, and providing information about local programs and services to support them with improving their financial stability. This is a great opportunity for those who like talking with community members and helping them save money! Volunteers for CA\$H roles attend an orientation and training specific to their volunteer role. The ideal commitment is four shifts during the tax season but CA\$H is grateful for any amount of time. Each shift is approximately four hours, and meals are provided. Apply online [here](#) and a Goodwill representative will be in touch to discuss next steps. Volunteers will need to attend a training on **Saturday, January 5** from 9am-11am or **Tuesday, January 8** from 6-8pm at Goodwill, 75 Washington Avenue in Portland. Contact cash@goodwillnne.org to learn more.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

LOCAL MENTORING OPPORTUNITIES

MENTOR A HIGH SCHOOL STUDENT

E The [Portland Mentoring Alliance](#) helps high school students achieve their academic and social goals and would love to have volunteers commit one hour per week to make a difference in the life of a student. For information and an application, please click [here](#) or contact Asia Alexis at alexia@portlandschools.org or (207) 842-5358.

BE A MENTOR TO AT-RISK KIDS

E The [Portland Housing Authority Study Centers](#) are an after-school program that serves low income students. The centers' collective goal is to help students become academically and socially successful and thus thrive in school and beyond. Volunteers provide academic support to at-risk students K-12 in all subjects. A minimum commitment of two hours per week for a one-month commitment is requested. Please contact the Youth Programming VISTA with any questions, vista.youth@porthouse.org or (207) 773-4753 x8012.

EXPLORE THE MOON WITH THE BOYS AND GIRLS CLUB OF MAINE

E Mentors are needed to support Exploration Station, a [Boys and Girls Club](#) STEM program for club members in grades first through fourth. Members will be paired with one or two mentors to explore this year's science theme, Mission Moon. Members and mentors meet for one hour each week for 12 weeks. The final session is a two-hour Expo. Patience and enthusiasm are the only requirements. No previous technology or teaching experience is needed. Opportunities are available at the Portland, South Portland, and Riverton Park Clubhouses. For more information, email volunteer@unitedwaygp.org.

MAKE A DIFFERENCE IN A YOUNG PERSON'S LIFE AS A BIG BROTHER OR BIG SISTER

E Invest time in local youth with [Big Brothers, Big Sisters](#). In the Community-Based program, children are between seven and fourteen years old. Community-Based Bigs typically pick up a Little at his or her house and have outings in the community doing activities that both people enjoy doing. In the Site-Based program, children are between first grade and middle school. Site-Based Bigs typically meet Littles during lunch or for a regular hour each week during an after-school program. Volunteers should be mature, stable, patient, consistent, and reliable. Care is taken to match volunteers and children who share interests and seem compatible. For more information or to apply, click [here](#).

BE A ROLE MODEL FOR GIRLS

E Join [Girls Scouts](#) and help girls discover their own potential. Collaborate with other trained adult volunteers to plan Girl Scout troop meetings and activities that bring the Girl Scout Leadership Experience to life while girls discover and try new things, connect with their peers, and take action in their community. To learn more or apply, click [here](#).

PROVIDE FRIENDSHIP TO AN ASYLUM SEEKER

FS Be a mentor and help newcomers navigate their surroundings in Maine. A mentor could help an asylum seeker practice English, find and/or furnish an apartment, write a resume, get a winter coat, use the bus system, sign up for classes, or other basic activities. Through [Welcoming the Stranger](#), mentors have access to a large network of other individuals and groups already engaged with the immigrant community who can offer support and guidance if specific needs arise. The mentor doesn't have to be an expert; s/he just needs to be a friend. To learn more, email info@wtsmaine.com.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE AS A FOSTER GRANDPARENT

E Join the [Opportunity Alliance](#) as a Foster Grandparent. Become part of the network of community members and organizations who work every day to help children learn to read through one-on-one tutoring, mentor teenagers and young children, care for infants and children with special needs, and help English Language Learners achieve success. Those 55 or older who want to share their experience and compassion have what it takes to be a Foster Grandparent. Call (207) 773-0202 or email fgp@opportunityalliance.org today.

LEND A HAND IN ADULT EDUCATION CLASSROOMS

E [Portland Adult Education](#) seeks volunteers to assist teachers with lesson plans for Speakers of Other Language students. Volunteer aides will help with group activities and in one-on-one situations in the classroom. Volunteers will assist in passing out papers, modeling dialogues, or supervising reading groups. To learn more, contact Moey Burchenal at burchm@portlandschools.org or (207) 874-8155.

SERVE AS AN ENGLISH LANGUAGE TUTOR FOR LEARNINGWORKS

E Looking for ways to take direct action to support immigrants, refugees, and asylum seekers in the Portland community? Apply to become an English language tutor at [LearningWorks](#) today! Tutors are paired with adult English language learners and spend two hours per week over the course of six or more months working towards the student's personal English goals. The ideal candidate is fluent in English, independent, reliable, and can practice cultural humility. Contact Cora Ordway at cordway@learningworks.me or (207) 517-3123 for more information.

PROVIDE BUDGETING ASSISTANCE TO SENIORS

FS Partner with the [Southern Maine Agency on Aging](#) by participating in Money Minders. Volunteers for this program assist clients with some or all of the following tasks: read and sort mail; prepare a basic monthly budget; prepare (but not sign) checks to pay monthly bills; record transactions in the check register; reconcile the check register to a bank statement; and communicate with vendors about billing issues. Please note that volunteers do not exercise control over any client funds. For more information, email info@smaaa.org.

BE A VALUABLE LINK TO MUCH NEEDED LEGAL SUPPORT

FS Join the [Maine Volunteer Lawyers Project](#) by answering calls and interviewing each caller to determine their legal concerns. Immediate and appropriate supervision is provided for each and every call. Legal problems most commonly handled are divorce and custody problems, visitation and child support concerns, bankruptcy, foreclosure, unemployment, and disability matters. For more information, email volunteer@vlp.org.

HELP THOSE IN LONG TERM CARE IMPROVE THEIR QUALITY OF LIFE

H Assist in ensuring that all long-term care residents have the highest quality of life. Volunteer Ombudsman Representatives are advocates who provide a voice for the concerns of long-term care residents who are living in a nursing home, residential care, or assisted living. Volunteers help ensure that each long-term care resident is able to fully exercise his or her rights. To learn more or apply, click [here](#).

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SHARE A HOBBY OR PROVIDE CLASSROOM SUPPORT FOR STRIVE MEMBERS

E STRIVE is looking for volunteers to support several programs, including its [Twins Program](#), providing social activities for members ages 11-14, [STRIVE Nights](#), a social program for 15-24 year olds, and their [Wednesday Night Educational Series](#). To learn more about any of these opportunities, contact Whitney Wildes at wwildes@pslstrive.org or complete a volunteer application [here](#).

PILOT OUTDOOR ADAPTED BIKING FUN FOR PEOPLE WITH DISABILITIES

H [Portland Wheelers](#) provides recreational bike rides to people of all ages living with disabilities, and the organization seeks pilots for their specially designed, electric-assist, tricycle rides on trails and in quiet neighborhoods throughout Greater Portland. Individual rides last anywhere from a few minutes to 30-45 minutes. Primary attributes necessary for the position include cycling experience and the ability to adjust to riding a tricycle, a genuine pleasure in meeting new people, and the ability to establish rapport easily and quickly with people of any age living with disabilities. To learn more, email info@portlandwheelers.org.

TRANSPORT SPECIALLY ADAPTED TRIKES FOR PORTLAND WHEELERS

H [Portland Wheelers](#) seeks volunteers to transport trikes by truck and trailer to various Greater Portland locations. [Portland Wheelers](#) takes folks living with disabilities out for rides on specially designed adaptive tricycles. Volunteer drivers need to be 21+ with clean driving records and have some experience pulling trailers or be willing to learn. To learn more, email info@portlandwheelers.org.

VOLUNTEER IN FREEPORT

FS Help [Freeport Community Services](#) by volunteering directly in their retail Thrift Shop (sorting donations or assisting customers), driving individuals to their medical appointments, or helping out as a substitute volunteer in their busy food pantry. For more information, contact Debbie at (207) 865-3985, ext. 206 or ddaggett@fcsmaine.org.

FACILITATE A JUNIOR ACHIEVEMENT CLASS

FS [Junior Achievement \(JA\)](#) is seeking friendly and motivated volunteers (from all occupations) to teach pre-planned courses on entrepreneurship, work readiness, and financial literacy to Maine students. Volunteers lead five 45 minute sessions at their convenience over the course of a semester. Classes are taught during school hours and provide a unique chance to work with the same class for several weeks. Those who have experienced adult life are qualified and have a tremendous amount to offer the kids. To sign up, click [here](#).

DONATE TIME AND ADMINISTRATIVE SKILLS

H [WinterKids](#) helps children develop healthy lifelong habits through education and fun, outdoor winter activity. Volunteer roles could include data entry, research, event preparation, organization, or mass mailings. Training and the tools to do each project are provided. The ideal office volunteer is available during standard business hours. It is a plus if volunteers are comfortable making phone calls or are proficient in Word, Excel, Salesforce, or graphic design. Contact Jessica at jatlee@winterkids.org or (207) 871-5700 ext. 106 for more information.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

BE READY TO HELP AS A DISASTER RESPONDER

FS Red Cross Disaster Volunteers are neighbors helping neighbors, trained and ready to respond in times of need. The Red Cross in Maine has openings throughout the state for committed volunteers willing to help in times of disaster and crisis. Individuals may want to join a Disaster Action Team (local, small disaster response), support sheltering or logistics during a large-scale disaster, or assist disaster victims with psychological or medical needs as a licensed mental health or health care professional. Contact Volunteer Services at (207) 874-1192 x106 or email MEvolunteer@redcross.org.

HELP WITH DEVELOPMENT TASKS

FS Enjoy researching potential corporate partners, coordinating events, or supporting general administrative tasks? The Red Cross Development Office, which oversees all aspects of fundraising, seeks volunteers with skills in fundraising, development, research, event planning, and related skills. Volunteers support the work being done throughout the state to provide assistance to those in the greatest need. Contact Volunteer Services at (207) 874-1192 x106 or email MEvolunteer@redcross.org to learn more.

BE PART OF A LIFESAVING PROGRAM

H Help create a welcoming environment and favorable impression of the Red Cross and the blood donation process. Volunteers serve at least one five-hour shift per month and welcome donors and assist with initial intake and hand-offs through the blood donation process. Volunteers will learn and share the Red Cross story (mission, vision, and values) as well as make reminder calls, re-schedule donor appointments, and perform follow up activities. To learn more, contact Volunteer Services at (207) 874-1192 x106 or MEvolunteer@redcross.org.

LEAD A HEALTH AND WELLNESS WORKSHOP

H Looking for a way to give back to the community? Southern Maine Agency on Aging is actively recruiting volunteers to lead their evidence-based health management workshops. Workshops are provided in Cumberland and York counties regarding falls prevention and wellness. Click [here](#) to learn more and apply online.

HELPLINE ADVOCATE OPPORTUNITY

H Volunteer Advocates are needed for SARSSM's 24-hour helpline serving York and Cumberland counties. SARSSM volunteer advocates listen, provide emotional support, and offer resources to victims/survivors of sexual assault and their concerned others. Training sessions occur twice a year in the spring and fall. Volunteers must be at least 18 years of age. Click [here](#) to learn more and apply online.

GATHER A TEAM AND DELIVER FURNITURE TO CLIENTS IN NEED

FS Furniture Friends seeks one-time or reoccurring volunteer groups to help deliver furniture to clients in need. Groups commit to a three hour time frame to serve families in Greater Portland. This active opportunity builds teamwork and is ideal for service groups and corporate volunteer days. Learn more by contacting Elise Moody-Roberts, volunteer@furniturefriends.org.

LOOKING FOR MORE WAYS

TO GET INVOLVED?

SEARCH ONLINE AT:

VOLUNTEER.UNITEDWAYGP.ORG

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS, DONATION OPPORTUNITIES, & COMMUNITY RESOURCES

SUPPORT PARTNERS FOR WORLD HEALTH BY EATING AT FLATBREAD PIZZA

H Flatbread is generously donating a percentage of food and beverage sales to [Partners for World Health \(PWH\)](#) on **Tuesday, February 5** from 5-9pm. Volunteers will be there to share about our mission and how the community can be involved.

UNITED WE THRIVE LUNCHEON

Join us at the 2019 UNITED We Thrive Awards Luncheon on **Tuesday, April 23** where we will recognize and celebrate the outstanding work of individuals and organizations making a difference in our community.

Tickets and nomination forms are available at www.unitedwaygp.org/awards.

HELP STUDENTS KEEP WARM THIS WINTER

FS Portland Arts and Technical High School (PATHS) is in need of men's sweatshirts and sweatpants (size XL, XXL, and XXXL), as well as men's underwear (size 36-44). Women's sweatshirts and sweatpants (size M-XL) are also needed, as well as socks for both men and women. For more information or to donate, contact Tina Mikkelsen at mikket@portlandschools.org.

WARNING: WINTER WEATHER IS HERE

Pay attention to weather reports and warnings of freezing weather and winter storms. The National Weather Service provides alerts and warnings to the public. Click [here](#) to sign up for alerts, and make sure to sign up for your local community's warning system. Giving or getting a new device for the holidays? Click [here](#) to download emergency preparedness apps and set up the emergency contact feature on your phone.

RED CROSS OPIOID OVERDOSE COURSE

H The American Red Cross has launched First Aid for Opioid Overdoses – an online course to teach people how to respond to a known or suspected opioid overdose. The 45-minute course contains content on how to identify the signs and symptoms of a suspected opioid overdose and the appropriate care to provide based on the responsiveness of the person. Information on how to use several different naloxone products. To register, go to <http://www.redcross.org/take-a-class/opioidoverdose>

PLAN FOR POWER OUTAGES

Prepare for a power outage with these tips.

- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.
- Check on your neighbors, especially older adults who are vulnerable to extreme temperatures.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment, and electronics. Power may return with momentary "surges" or "spikes" that can cause damage.

For more information to prepare now, survive, and be safe after a power outage, visit <https://www.ready.gov/power-outages>.

COMING SOON:

PUBLIC POLICY NEWSLETTER!

Contact rjarrett@unitedwaygp.org to sign up.