

FEBRUARY 2019: VOLUNTEER ENGAGEMENT NEWSLETTER



United Way
of Greater Portland

ONE-TIME & SPECIAL EVENT VOLUNTEER OPPORTUNITIES

VOLUNTEER WITH YOUR SWEETIE!

Looking for something fun to do to celebrate Valentine's Day?

Come Wednesday, February 13th from 5-7:00 p.m. to assemble literacy kits for incoming Kindergarteners in the Westbrook Schools.

Volunteers will assemble 200 literacy kits containing books and literacy-based activities. The kits will be distributed to families during Kindergarten screening in March.

For more information email volunteer@unitedwaygp.org

HELP STRIVE HAVE A ROCKING DAY

H STRIVE Rocks Weekend 2019, STRIVE's biggest fundraiser will occur **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 are needed for set-up, general event support, and set-up/transition to STRIVE Rocks All Night. To learn more, contact Whitney Wildes at wwildes@pslstrive.org

CELEBRATE READ ACROSS AMERICA

H On **Friday, March 1st** share your love of reading [Read Across America Day](#). Volunteers will read a book for one or more local classrooms and participate in a related activity. Several local and organizations in Westbrook and Portland will offer opportunities for engagement and For time details and to register, email volunteer@unitedwaygp.org

ASSIST HIGH SCHOOL STUDENTS WITH JOB SEARCH SKILLS

E Portland Arts & Technology High School (PATHS) is coordinating a Career Month during the month of April to prepare students with job search skills. Volunteers will help lead a class on resume writing, assist with one-on-one writing and support, as well as conduct mock interviews (questions provided). A career fair will be held for students at the end of the month. PATHS is also seeking to partner/feature local businesses looking to hire, military programs, and community colleges with certificate programs and apprenticeships. For more information email volunteer@unitedwaygp.org

**LOOKING FOR MORE WAYS TO
GET INVOLVED?**

SEARCH ONLINE AT

VOLUNTEERUNITEDWAYGP.ORG

Education

Financial
Stability

Health

HIGHLIGHTS:

- › Volunteer With Your Sweetie
Wednesday, 2/13
- › Read Across America
Friday, 3/1
- › Childhood Bereavement
Conference
Friday, 3/22
- › PATHS Career Month
Month of April
- › CA\$H Tax Prep
Through April

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SUPPORT STUDENTS AND THE CLASSROOM

CALLING ALL KNITTERS!

The Portland Housing Authority Study Centers are seeking skilled knitting volunteers to teach their youth! The Study Centers are an after-school program that serves low income students in and around our public housing communities in Riverton Park, Sagamore Village, Kennedy Park, and Front Street. The centers' collective goal is to help students become academically and socially successful. Since the centers are drop-in, every day presents a different set of needs and challenges. Help our youth in these communities discover their creativity through knitting, crocheting, and other fabric arts. Donations of knitting needles are greatly appreciated.

Volunteers will develop short/beginner level knitting and crocheting projects to teach youth in their study centers. Volunteers are asked to commit to at least one day a week for 1-2 hours. Study centers are typically open anywhere from 2PM - 7PM, Monday through Friday. For more information please contact PATHS Youth Programming VISTA with any questions at vista.youth@porthouse.org or 207-773-4753 x8012

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. For more information please contact the Youth Programming VISTA at vista.youth@porthouse.org or (207) 773-4753 x8012

HELP LINCOLN'S NEWEST STUDENTS

E Lincoln Middle School is interested in finding volunteers to help with their middle school's Intensive English Language Development program that serves approximately 20 newcomers. Students, ages 11-14, need support in reading, writing, and overall English Language acquisition. Students are entry-level readers, some with no literacy in their native language. Volunteers will help with read aloud, basic English conversations, pronunciation, etc. Minimal experience or language background needed - just a desire to help. Volunteers will read with students, work on their enunciation and articulation in English, and just plain connect with students in a 1-to-1 way. This will be a rewarding and exciting opportunity for people who are looking to improve the lives of our newest residents and strengthen our diverse community. If interested please contact Phyllis Hey, Community Coordinator at hey@portlandschools.org or 207-874-8145

GET INVOLVED IN THE CLASSROOM WITH JUNIOR ACHIEVEMENT

E Junior Achievement (JA) is seeking friendly and motivated volunteers (from all occupations) to **FS** 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. If you're looking for an easy and rewarding way to give back, this is the program for you! Volunteers come from all walks of life, from senior leadership to young professionals, to retired educators - everyone has work and life experience to share! There are opportunities to lead JA programs all over the state. For more information please visit <http://volunteer.unitedwaygp.org/need>

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SUPPORT STUDENTS AND THE CLASSROOM/ LOCAL OPPORTUNITIES

SHARE YOUR PASSION AND PROVIDE CLASSROOM SUPPORT WITH STRIVE

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 at <https://www.pslstrive.org/volunteer>

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.

SORT MEDICAL SUPPLIES WITH PARTNERS FOR WORLD HEALTH

H Partners for World Health needs volunteers to help sort and prepare medical supplies for shipment overseas. Thousands of pounds of supplies are collected every week and sent to underserved populations in the developing world. Tasks vary - from opening boxes of items to sort, to putting together kits of similar items (personal care kits, surgical kits, respiratory kits, etc) to filling boxes with medical supplies. No medical background needed! It's social, fun, and guaranteed to inspire you! Fill out a volunteer application at www.partnersforworldhealth.org or contact Kelsey at kelsey@partnersforworldhealth.org

PROVIDE FRIENDSHIP TO AN ASYLUM SEEKER

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@wtsmain-e.com

THANK YOU PROJECT HEAT VOLUNTEERS!

Many thanks to NEWS CENTER Maine, Dead River Company, and the many volunteers that helped answer the phones during the annual statewide Project Heat Telethon last month.

The telethon raised more than \$150,000 in support of the Keep ME Warm Fund!

Keep ME Warm is a partnership of the ten United Ways in Maine and ten Community Action Agencies (CAPs). It is the only statewide program that provides emergency heating assistance and support to low-income households and local organizations throughout Maine.

Because of generous contributions from neighbors like you, 539 households throughout the state can now receive

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

VOLUNTEER MILITARY ENTRANCE PROCESSING STATION (MEPS) FOR AMERICAN RED CROSS

Volunteer as a MEPS Red Cross Site Volunteer. Your role will be to support recruits and their families while they are processing at the Military Entrance Processing Station (MEPS) in downtown Portland. Volunteers will liaise with the MEPS staff to determine the best means for the Red Cross to connect with the recruits and families, provide Red Cross preparedness information to the recruits and their families and engage with the recruits to fill out family contact cards and ensure cards are processed. Overall, your mission will be to ensure military members and their families know what to do if faced with an emergency. Training entails: An American Red Cross Orientation, an introduction to Service to the Armed Forces (SAF), Military 101 and an Introduction to SAF Casework. This role is ideal for those that have a personal experience with the military as a service member or family member, though this is not required. Contact Volunteer Services at (207) 874-1192 x106 or email MEvolunteer@redcross.org to learn more.

VOLUNTEER RECRUITER FOR AMERICAN RED CROSS

The Red Cross in Maine's is in need of volunteers who can assist with blood drives, assist in disasters, teach classes, provide administrative support, fundraise, serve on boards and committees, plan and run special events...and the list goes on. Working with the Office of Volunteer Services, the Volunteer Recruiter will assess the needs of the organization and develop and execute a plan for the focused recruitment of critical volunteer and volunteer leadership positions. Candidates may be from anywhere in the state of Maine and will have flexibility in their schedule and options to work from home or one of the five Red Cross offices located throughout the state. Contact Volunteer Services at (207) 874-1192 x106 or email MEvolunteer@redcross.org to learn more.

VOLUNTEER DUTY OFFICER FOR AMERICAN RED CROSS

Are you good under pressure? Volunteer as a Red Cross Duty Officer. Imagine your phone rings and it's the National Red Cross Dispatch Center alerting you to a local disaster. You may be at home, in a dorm room or even a Red Cross office but it's time to act. As a Red Cross Duty Officer you are responsible for dispatching local disaster volunteers and support resources to active disaster scenes (i.e. home fires, floods, etc.) and providing administrative help including frequent communication with on-scene disaster responders, emergency management partners and other duty officers. Coverage is needed across Maine 24 hours, 7 days per week, 365 days a year. The Red Cross is willing to work with any schedule. A typical Duty Officer will commit to 4-6 hours On-Call (on-duty, but only active when calls come) shifts per month for 48 – 72 hours of service. This is a critical role for the state, and organization. Contact Volunteer Services at (207) 874-1192 x106 or email MEvolunteer@redcross.org to learn more.

FREE TAX PREP THROUGH CA\$H GREATER PORTLAND

If your household income was less than \$55,000, CA\$H (Creating Assets, Savings and Hope), can help you file your taxes for free and get information about classes, savings and resources.

To make an appointment, call 207-289-7013 or visit cashmaine.org. If your income was \$66,000 or less you can file federal and state tax returns for free at myfreetaxes.com

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

RED CROSS BLOOD DONOR AMBASSADOR

H Help create a welcoming environment and favorable impression of the Red Cross and the blood donation process. Volunteers in this role will serve at least one, 5-hour shift per month. Volunteers will be responsible for welcoming and greeting donors, and assisting with initial intake and hand offs through the blood donation process. Volunteers will be asked to learn and share the Red Cross story, including the mission, vision, and values as well as make reminder calls, re-schedule donor appointments, and perform follow up activities as directed and be available and committed to the volunteer schedule. Contact Volunteer Services at (207) 874-1192 x106 or MEvolunteer@redcross.org

DRIVE FOR FURNITURE AND FRIENDS

FS Furniture Friends is in need of volunteer drivers to help pick up and deliver furniture. Volunteers are needed who can comfortably drive a 15 ft. box truck from their office location, and/or use their own pick-up trucks/vehicles to help collect furniture from donors. Volunteers can choose to volunteer directly from the Furniture Friends office location, or to function as a 'satellite volunteer'. Contact Elise Moody-Roberts at volunteer@furniturefriends.org for inquiries and further information.

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. Email whitney@sarsonline.org to learn more and apply online.

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

SAVE MONEY AT TAX TIME

People don't like to talk taxes. But having the necessary resources and knowing where to find them will save you bundles of stress when it comes to filing your taxes by the April 15 deadline. United Way has created a step-by-step Tax Toolkit to ensure you don't leave money on the table during the tax season.

Our tax toolkit will provide you with vital information including document reminders, overlooked tax credits, volunteer in person tax assistance, and online services to file your taxes for free.

Visit <http://bit.ly/uwtaxtool> to sign up for your free United Way Tax Toolkit today.

United we ensure everyone in Greater Portland is able to create financial stability so that they can thrive, not just survive.

INTERESTED IN PUBLIC POLICY?

SIGN UP FOR OUR NEWSLETTER BY EMAILING

rjarrett@unitedwaygp.org

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS, DONATION OPPORTUNITIES, & COMMUNITY RESOURCES

FEBRUARY IS 211 MONTH

February is 211 Month in the state of Maine, with 2/11/19 marking the celebratory kick-off for the annual event.

211 is a free, confidential service that connects people to needed resources in their area, employing specialists to help people find local resources including heating assistance, mental health resources, food pantries, housing, veterans' assistance and more.

Specialists are available 24 hours a day, seven days a week by texting a zip code to 898-211 or by dialing 2-1-1.

211 Maine is a collaborative effort of the United Ways of Maine, the state of Maine, and The Opportunity Alliance.

FURNITURE AND FRIENDS GROUPS NEEDED

FS Furniture Friends is in need of one-time or reoccurring volunteer groups to help deliver furniture to clients in need. Volunteer groups commit to a three hour time frame to serve families in Greater Portland. It is a volunteer opportunity that is active and builds teamwork, ideal for various service groups and corporate volunteer days. Please contact Elise Moody-Roberts for further information volunteer@furniturefriends.org

SUPPORT PARTNERS FOR WORLD HEALTH AT FLATBREAD FEBRUARY 5TH

H Feb 5th, from 5pm-9pm Flatbread has generously offered to donate a percentage of food and beverage sales to Partners for World Health! Support PWH by having a meal at Flatbread . Volunteers will be there to share about our mission and how you can be involved! Visit volunteer.unitedwaygp.org to learn more.

CHILDHOOD BEREAVEMENT CONFERENCE

H Friday, March 22nd, from 8am-Noon, join the Center for Grieving Children for their conference Supporting Bereaved Families Impacted by Suicide or Overdose-Related Death will feature Keynote Speaker: Dr. Pamela Gabbay, a co-founder of The Satori Group, a national education and consulting company that provides training and consultation to the bereavement field. Choose from topics including: the scope of impact of suicide/overdose loss in on our communities, intercultural perspective of suicide and overdose issues and bereavement, and supporting individuals, children, and families after suicide or overdose loss. For more information, contact Florence Young, 207-775-5216 or by email florence@cgcmaine.org

SUPPORT STUDENTS WITH IN-KIND DONATIONS

FS Deering High School is in need of donations of gently used (or new) adult size winter boots, adult size backpacks and graphing calculators. Portland Arts and Technical High School (PATHS) is seeking donations of men's sweatshirts and sweatpants (size XL, XXL, and XXXL), and 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

RED CROSS OPIOID OVER DOSE 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 shows how to identify the signs and symptoms of a suspected opioid overdose, the appropriate care to provide based on the responsiveness of the person, and information on how to use several different naloxone products. To register visit redcross.org/take-a-class/opioidoverdose