

MARCH 2019: VOLUNTEER ENGAGEMENT NEWSLETTER



United Way
of Greater Portland

ONE-TIME & SPECIAL EVENT VOLUNTEER OPPORTUNITIES

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 provide 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.

ASSIST HIGH SCHOOL STUDENTS WITH JOB SEARCH SKILLS

FS 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, such as military programs, and community colleges with certificate programs and apprenticeships. FMI email volunteer@unitedwaygp.org.

VOLUNTEER TO READ IN A CLASSROOM

E On **Thursday, April 25** from 2pm-3pm Volunteers will celebrate National Financial Literacy Month at Canal Elementary School in Westbrook. Volunteers will read a book to first graders and lead the class in a related activity. FMI 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. FMI contact Whitney Wildes at wwildes@pslstrive.org.

FLIP PANCAKES FOR BARBARA BUSH CHILDREN'S HOSPITAL

H Volunteer your time and pancake flipping talent Tuesday, March 12, to benefit The Barbara Bush Children's Hospital. IHOP Restaurants are celebrating their 14th annual IHOP Free Pancake Day – Flip It Forward For Kids. Local IHOP Restaurants are offering guests one FREE short stack of its world-famous buttermilk pancakes from 7am - 7pm in exchange for a donation to The Barbara Bush Children's Hospital. Volunteers are needed in Augusta, Auburn, South Portland, and Saco to help make this day a huge success. FMI visit ihopvolunteer.childrensmiraclenetworkhospitals.org.

Education

Financial
Stability

Health

HIGHLIGHTS:

- › Childhood Bereavement Conference Friday, 3/22
- › PATHS Career Month Month of April
- › CA\$H Tax Prep Through April
- › UNITED We Thrive Community Event Tuesday, 4/23
- › NALC Annual Food Drive Saturday, 5/11

GIVE. ADVOCATE. VOLUNTEER.

UNITED WAY OF GREATER PORTLAND | WWW.UNITEDWAYGP.ORG

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SUPPORT STUDENTS AND THE CLASSROOM

SUPPORT AT RISK YOUTH WITH PORTLAND HOUSING AUTHORITY STUDY CENTERS

E The Portland Housing Authority 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 STUDY CENTERS: TEACH CHILDREN TO KNIT

The Portland Housing Authority Study Centers are seeking skilled knitting volunteers. We are looking for volunteers to help youth in these communities discover their creativity through knitting, crocheting, and other fiber arts. The centers have plenty of yarn, but very few knitting needles. Volunteers will develop short/beginner level knitting and crocheting projects for youth in the study centers. Commitment is at least one day a week for 1-2 hours. Study centers are typically open from 2pm - 7pm Monday through Friday. FMI visit vista.youth@porthouse.org or call 207-773-4753 x8012.

THE STUDY CENTERS: ACADEMIC TUTORING FOR AT RISK YOUTH

The Portland Housing Authority Study Centers are seeking academic tutor. Some centers may have up to 25 students at a time so volunteers are essential to help staff be able to provide the much needed academic support to as many students as possible. Volunteers who are interested in providing special services or projects are encouraged to start as tutors and meet with program staff to develop programs and projects. Volunteers should keep a consistent schedule so that students can rely on their presence. We ask for a one-month commitment, 2-hours per week, (weekdays 2 pm– 7pm) so that students are not disrupted by frequent volunteer turnover. FMI visit vista.youth@porthouse.org or call 207-773-4753 x8012.

GET INVOLVED IN THE CLASSROOM WITH JUNIOR ACHIEVEMENT

E 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. 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. FMI visit volunteer.unitedwaygp.org/need.

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. FMI contact Phyllis Hey, Community Coordinator at heyp@portlandschools.org or 207-874-8145.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SUPPORT STUDENTS AND THE CLASSROOM/ LOCAL OPPORTUNITIES

DEERING HIGH SCHOOL MENTORSHIP PROGRAM

E Community members will work one-on-one as mentors with juniors and seniors at Deering High School to help students meet educational goals, develop their voice, be college-ready and consider career options. Each mentoring relationship is unique to the particular needs and interests of the student. Mentors commit to an established schedule with their mentee (up to one hour, once per week throughout the school year) and meet at a designated time during the school day or immediately following. Commitment, consistency, and follow through are required and critical aspects of this program. Mentoring takes place at Deering High School or an approved agreed upon location between mentor and mentee. The Mentorship Program is a partners of Deering High School and Community Mentoring Partnership. FMI email Roy Chatterjee, Deering Mentoring Coordinator at chattr@portlandschools.org or call 207-239-9123.

SERVE AS AN ENGLISH LANGUAGE TUTOR FOR LEARNINGWORKS

E Are you 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 2 hours per week over the course of 6+ months working towards the student's personal English goals. Tutoring can happen at any time and in any public location (including LearningWorks). Prior experience as an educator is helpful, but not necessary, as extensive training and ongoing support are provided. The ideal candidate is fluent in English, independent, reliable, creative, and can practice cultural humility. We have a thorough and selective volunteer intake process. Make a difference in an adult English learner's life, and help to make Portland a more welcoming place! FMI contact Cora Ordway at cordway@learningworks.me or call 207-517-3123.

SERVE AS AN ENGLISH LANGUAGE TUTOR FOR AN ANGOLAN FAMILY

E An Angolan family, with a 9 year-old daughter and 8 and 5 year-old sons, recently moved out of the family shelter and into an apartment in Portland. They speak Portuguese and a little bit of English. The father is a mechanic who would like to learn to drive trucks. The mother is a chemist and was working in the health field. Both parents are looking for volunteers to help them improve their English. Helping them with reading, writing and conversation could make a world of difference. FMI visit volunteer.unitedwaygp.org.

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](#). FMI contact Whitney Wildes at wwildes@pslstrive.org or complete a volunteer application at www.pslstrive.org/volunteer.

UNITED WE THRIVE COMMUNITY AWARDS LUNCHEON

Join us on Tuesday, April 23, from 11:30 am - 1:00 pm, for our annual United We Thrive Community Awards Luncheon at Holiday Inn By The Bay.

Tickets are \$35/person; \$300/table of 10. FMI and to register: unitedwaygp.org/awards

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

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. FMI email whitney@sarsonline.org to learn more and apply online.

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! FMI visit volunteer.unitedwaygp.org.

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. FMI email info@wtsmain-e.com.

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'. FMI contact Elise Moody-Roberts at volunteer@furniturefriends.org.

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. FMI contact Volunteer Services at 207-874-1192 x106 or email MEvolunteer@redcross.org.

INTERESTED IN PUBLIC POLICY?

Recognizing that laws and policies have the power to strengthen or harm individuals, families, and entire communities, United Way of Greater Portland is starting an advocacy mailing list for bi-weekly legislative updates and action alerts.

Email advocacy@unitedwaygp.org to subscribe.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

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

H 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. FMI contact Volunteer Services at 207-874-1192 x106 or email MEvolunteer@redcross.org.

VOLUNTEER RECRUITER FOR AMERICAN RED CROSS

FS The Red Cross in Maine 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. FMI contact Volunteer Services at 207-874-1192 x106 or email MEvolunteer@redcross.org.

VOLUNTEER DUTY OFFICER FOR AMERICAN RED CROSS

H 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. FMI contact Volunteer Services at 207-874-1192 x106 or email MEvolunteer@redcross.org.

SAVE MONEY AT TAX TIME

When talking about taxes, 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 Toolkit today.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS, DONATION OPPORTUNITIES & COMMUNITY RESOURCES

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** with 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. FMI contact Florence Young at florence@cgcmaine.org or 207-775-5216.

CRAFT FAIR TO BENEFIT 3RS

[Ruth's Reusable Resources](#) is holding an indoor art and craft supply sale Saturday, March 23, 9:00 a.m. – 2:00 p.m. They will have paper, fabric, embellishments, tools, etc. Stop by and pick up materials for vacation activities and/ or school projects. FMI contact Ruth or Lisa at office3rs@gmail.com or call 207-699-5565.

BLUE WRAP RUNWAY - PORTLAND'S MEDICAL FASHION SPECTACULAR

H Thursday, May 16, 6-9:00 p.m. Partners for World Health is bringing back Blue Wrap Runway fundraiser! It's been a few years, but Portland's medical fashion spectacular returns at the University of Southern Maine's Abromson Center. Utterly unique to Maine, Blue Wrap Runway is the only charity event where dazzling fashions help to supply hospitals and medical clinics around the world. At Blue Wrap Runway, leading designers take blue wrap—normally used to wrap sterilized medical supplies—and create one-of-a-kind fashions. In hospitals, blue wrap is used once, then thrown away. At Blue Wrap Runway, a festive night of fashions, cocktails, and music, it's the star! FMI and ticket information visit www.partnersforworldhealth.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.

SUPPORT STUDENTS WITH IN-KIND DONATIONS

E 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. Rowe Elementary School is in need of backpacks (large size), lunchboxes, and soccer equipment for child age 6-12 including shin guards, cleats, soccer balls. FMI or to donate, contact Tina Mikkelsen at mikket@portlandschools.

LOOKING FOR MORE WAYS TO GET INVOLVED?

SEARCH ONLINE AT

VOLUNTEERUNITEDWAYGP.ORG

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS, DONATION OPPORTUNITIES & COMMUNITY RESOURCES

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. FMI email Elise Moody-Roberts at volunteer@furniturefriends.org.

SAVE THE DATE

National Association of Letter Carriers Food Drive (NALC)

On Saturday, May 11, the National Association of Letter Carriers (NALC) will host their annual food drive to benefit local food pantries. Leave your food donations at your mailbox for pick-up on Saturday. Volunteers are also needed that day to help with unloading at several local post offices.

FMI or if you are interested in hosting a food drive at your school, business, or community center, email volunteer@unitedwaygp.org

NOTE: Food from this food drive will be sorted and boxed by volunteers at United Way of Greater Portland's annual Day of Action.

VOLUNTEER GROUPS TO SORT DONATIONS

Ruth's Reusable Resources has received several large donations and is seeking volunteer groups to with sorting and organizing. Groups can vary in size – from 2-25. Commitment can range from a minimum of 2-hours to a full day. This project will likely involve manual labor to lift and move boxes, carry items, etc. We may also need assistance opening and sorting donations, categorizing and stocking shelves in the warehouse. Sit down tasks are also available to accommodate group members with physical restrictions. FMI contact Ruth or Lisa at office3rs@gmail.com or call 207-699-5565.

OPPORTUNITY TO SERVE WITH 3RS BOARD OF DIRECTORS

Ruth's Reusable Resources is looking to fill current and upcoming vacancies on their Board of Directors. They are a friendly and relaxed team that works hard to fulfill their mission, while having a lot of fun doing it! We are looking for members who would be interested in taking on the role of Chair, Co-Chair or Secretary of the Board. The ideal Board member would be willing to help raise public awareness of the services we provide by networking or finding other opportunities to spread the word about 3Rs. The Board member would also actively assist with fundraising efforts. Time commitment is one evening per month (2 hours or less) for meetings and an expectation that the Board member would either volunteer onsite or represent 3Rs at offsite events, such as restaurant fundraisers, at least 3 times per year. FMI contact Ruth or Lisa at office3rs@gmail.com or call 207-699-5565.

SUPPORT CLASSROOMS IN MAINE

Ruth's Reusable Resources (3R's) bridges the gap between business and education by transferring unwanted supplies to children and their teachers. Since 1994, 3R's has given away more than \$78 million worth of surplus furniture, paper, books, office supplies and computers to schools and non-profits.