

FEBRUARY 2018: VOLUNTEER ENGAGEMENT NEWSLETTER



United Way
of Greater Portland

ONE-TIME & SPECIAL EVENT VOLUNTEER OPPORTUNITIES

THANK YOU, PROJECT HEAT DONORS AND VOLUNTEERS!

Many thanks to NEWS CENTER Maine, Dead River Company, Nissan, and everyone who answered the phones and donated to Keep ME Warm during this year's Project Heat Telethon on Thursday, January 18. The 2018 telethon raised over \$174,000 for emergency heating assistance in Maine – enough to warm more than 582 households.

Did you know that most Maine homeowners pay more on heating oil than on any other energy expense during the winter months? In 2017, 64% of low-income Maine households spent more than 30% of their income on housing (which includes heating) – far more than the recommended amount to maintain household financial stability.

If you missed the telethon but still want to donate to Keep ME Warm, you can make an online donation [here](#).

SELL INTERNATIONAL CRAFTS TO SUPPORT PARTNERS FOR WORLD HEALTH

H Partners for World Health (PWH) will have a table at the Maine Home & Remodeling Show on **Saturday, February 10** and **Sunday, February 11** at the Cross Arena in Portland. Volunteers will help sell the international crafts brought back from their medical missions in order to raise funds to ship medical supplies overseas and provide education and first-hand care to the countries they support. For timing and details, contact info@partnersforworldhealth.org.

VOLUNTEER AT MAINE AUDUBON'S WINTER CARNIVAL

Volunteer at [Maine Audubon](#) on **Saturday, February 17** to support their [Winter Carnival](#) at Gisland Farm in Falmouth. Volunteers would help out in up to three hour shifts between 9am-3pm. For more information, contact Annica at volunteer@maineaudubon.org.

CELEBRATE DR. SEUSS'S BIRTHDAY AND READ ACROSS AMERICA DAY BY READING TO KIDS

E Share your love of books and Dr. Seuss by reading to a classroom for an hour on **Friday, March 2**. Volunteers will read a book (either their own or provided by the teacher) and participate in a related activity. Several local schools and organizations in Westbrook and Portland are involved. For timing details and to register, click [here](#). To learn more, contact Karen Stephenson, kstephenson@unitedwayg.org.

Education

Financial Stability

Health

HIGHLIGHTS:

- › Women United at Rising Tide (Tuesday, 2/6)
- › Brick and Beam Society's Annual Meeting (Thursday, 2/8)
- › Emerging Leaders Program Info Night (Thursday, 2/8)
- › 211 Day (Sunday, 2/11)
- › Maine Audubon's Winter Carnival (Saturday, 2/17)
- › UWGP FY 2019 Community Investment Applications Due (Monday, 2/26)
- › Free Tax Prep Resources

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONE-TIME & SPECIAL EVENT VOLUNTEER & DONATION OPPORTUNITIES

HELP OUT AT CAMP KETCHA EQUESTRIAN

Camp Ketcha Equestrian seeks hard working individuals who love animals (happy hoof beats, clucking chickens, bouncing bunnies, galloping goats, amorous alpacas) and the outdoors. It may be cold, but the tasks are heartwarming. Volunteers may help with changing out waters, mucking stalls, feeding hay and grain, sweeping, organizing grooming materials, cleaning tack, and collecting eggs. Volunteers will be trained by staff and have a "buddy" for support. Flexible scheduling is available, but feeding shifts are 8:30-10:30am and 3-5pm. To learn more or to schedule a volunteer visit, contact Rosemary Baker at rbaker@campketcha.org or call (207) 883-8977.

PROCESS BOOK DONATIONS AT PRESUMPCOT ELEMENTARY SCHOOL

E Presumpscot Elementary School in Portland seeks individuals or groups to help process a generous donation of 1,000 books for the school library. Volunteers will be trained to apply stickers and labels to the books to prepare for circulation and cataloging. Ideal times are on Tuesdays between 8am-3pm but other times could be considered. Contact Phyllis Hey, heyp@portlandschools.org to learn more or to sign up.

REGISTER AS A PUBLIC HEALTH DISASTER VOLUNTEER

H The Maine Medical Reserve Corps (ME-MRC) and [Maine Responds](#) seek volunteers throughout the state to help reinforce public health and healthcare systems and to prepare local areas for disasters and emergencies of all types. Licensed medical professionals are valued just as highly as logistics and administrative personnel. Those with strong organizational skills and an interest in helping neighbors are welcome to sign up. No minimum commitment is required. For more information, contact Ed Molleo, at edward.f.molleo@maine.gov.

DONATE SNACKS AND WINTER CLOTHING TO PORTLAND SCHOOLS

FS Portland Arts & Technology High School and Deering High School are in need of pre-packaged snacks for some of their students. Additionally, Deering High School would appreciate donations of adult winter coats, hats, and gloves. To learn more or make a donation, contact Tina Mikkelsen, mikket@portlandschools.org.

DONATE POTS AND PANS, SHEETS AND BLANKETS, AND WINTER BOOTS TO NEW MAINERS

FS Catholic Charities Maine's Refugee and Immigration Services is in need of donated items for new incoming families and individuals. Especially needed are pots and pans, twin sheet sets and twin-size blankets, and winter boots for children and adults (all sizes). To donate, please call the Sherman Street, Portland office at (207) 871-7437.

**DIRTY HANDS.
BIG HEARTS.
DAY OF ACTION.**

SAVE THE DATE: THURSDAY, MAY 17

Mark your calendar for this exciting day when over a thousand volunteers from our community come together to tackle various projects to enhance our thriving community.

Company contacts will receive Day of Action pre-registration information soon!

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

READ WITH A WESTBROOK KINDERGARTEN OR FIRST GRADE STUDENT

E Read with Me is a community-based initiative, sponsored by The Westbrook Children's Project, that matches caring reading mentors with every kindergarten and first grade student in Westbrook. Volunteers read aloud to one or two students at their school every week for 20-30 minute sessions. Training and books are provided. Read with Me will launch **Monday, March 12** and conclude on June 4. Click [here](#) to start the application process. For more information about Read with Me, contact Karen Stephenson, kstephenson@unitedwaygp.org.

LEARN ABOUT WAYS TO VOLUNTEER WITH A COMPANY OF GIRLS

E A Company of Girls is holding a volunteer orientation on **Thursday, February 22** from 5:30-6:30pm at 671 Forest Avenue in Portland. There will be time to look around their space, ask questions about their program, and fill out a volunteer application. At 6pm there will be a short presentation about specific volunteer opportunities, such as assisting with the "Dress Project," helping with mailings and other administrative duties, and direct service volunteering. On street parking is available on Vannah Street and Woodford Street. For more information or to RSVP, contact Susan Cassidy at susan@acompanyofgirls.org or (207) 874-2107.

START SOMETHING BIG

E Big Brothers Big Sisters of Southern Maine welcomes adult volunteers as one-to-one mentors for children. Get involved as a Community-based Big, and spend time with a Little out in the community, or a Site-based Big, and meet with a Little at their school. Start Something Big – call (207) 773-5437 or e-mail info@somebigs.org for more information.

SIGN UP TO WARM MEALS OR BE A PHONE PAL FOR A MEALS ON WHEELS RECIPIENT

FS The Southern Maine Agency on Aging (SMAA) will host a training session for volunteers interested in becoming Phone Pals or members of Warming Crews serving those receiving Meals on Wheels deliveries in Cumberland and York counties. The training will take place from 9am-12pm on **Wednesday, February 28** at the Southern Maine Agency on Aging, 132 U.S. Route One in Scarborough. Phone Pals commit to telephoning house bound Meals on Wheels recipients regularly, and Warming Crew members visit those receiving Meals on Wheels to assist with the heating of meals. Call (207) 396-6595 or email volunteer@smaaa.org to learn more and to sign up for the training.

TUTOR ADULTS LEARNING ENGLISH THROUGH LEARNINGWORKS

E Become an English language tutor and make a lasting impact in the life of an adult immigrant or refugee in the community. In this one-to-one tutoring program through [LearningWorks](#), highly motivated adult learners from Somalia, Sudan, Iraq, Congo, Angola, El Salvador, and other countries are matched with tutors for a 6-month period. Tutors will meet for a total of three hours a week with the student to help them with their personal English language goals, ranging from early literacy skills and conversation practice to writing, vocabulary building, reading comprehension, job skills, academic English, and test preparation. Tutors can meet at the Learning Works office at 181 Brackett Street, or at another public location. LearningWorks provides intensive training and support. Prior experience teaching, tutoring, or working with adult/multilingual communities is beneficial but by no means necessary. The only requirements are fluency in English, an open mindset, and the desire to make a positive contribution in the life of an adult learner. Contact Rachel Evenson at revenson@learningworks.me or (207) 775-0105 x 165 to apply anytime.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

LEAD ACTIVITIES WITH CHILDREN AT THE CHILDREN'S MUSEUM & THEATRE OF MAINE

E The Children's Museum & Theatre of Maine seeks volunteers who enjoy spending time with children and exploring the world through art, science, and culture. Play and explore with children while leading activities such as playdough, face painting, and discovering creatures in the Tide Pool Touch Tank. The Museum & Theatre is currently seeking volunteers who are available two hours a week for the spring season. No prior experience is necessary as volunteers receive thorough program training from Museum & Theatre educators. Come be part of this vibrant community that serves over 110,000 visitors annually and share your unique talents. Contact Brittany Liscord, at brittanyL@kitetails.org or (207) 828-1234 Ext 241 for more information.

PACKET PREPARATION WITH MAINEHEALTH CARE AT HOME

H MaineHealth Care at Home seeks motivated, energetic people to assist with clerical functions, including photocopying, assembling packets, and filing in their Portland office at 901 Washington Ave. Volunteers may serve for two (or more) hour shifts anytime between 8am-4pm on weekdays. Contact Debbie Betts at (207) 284-4566 ext. 4390 to learn more.

TRANSPORT FOOD PANTRY DONATIONS

FS Michael Klahr Jewish Family Services is looking for volunteer drivers on Mondays to pick up donations to their food pantry. Pick up locations are at Shaw's in Westgate Plaza and Wayside Food Programs in Portland. The food from both locations must be picked up and delivered to Jewish Family Services, 1342 Congress Street in Portland, by noon. Any support is greatly appreciated! Contact Adam Seigal at aseigal@mainejewish.org for more information.

ANSWER CALLS & CONNECT PEOPLE TO RESOURCES

FS Catholic Charities Maine is looking for a Client Assessment Assistant to answer calls to their Relief and Hope telephone line every Monday or Wednesday for two to four hours. The volunteer is someone who is compassionate and caring and can help callers find the right resource for their emergency need(s). S/he would have to be familiar with basic office procedures and be able to write up reports and enter information into an online spreadsheet. To learn more or apply, contact Susan McGaulley at smcgaulley@ccmaine.org or (207) 523-1161.

BE A BUDDY TO SOMEONE FACING A CANCER DIAGNOSIS

H The Cancer Community Center's Maine Buddy Program is a statewide, telephone-based, peer support program that pairs trained cancer survivors with people facing a new diagnosis. The program is getting more calls than ever and seeks more cancer survivors willing to be trained as volunteer mentors. A Buddy is someone who has had cancer and lives in Maine, is at least six months out of active treatment, and feels ready to provide emotional support to others. Contact Diana Jagde at djagde@cancercommunitycenter.org to learn more.

BECOME A VOLUNTEER AT THE MAINE NARROW GAUGE RAILROAD CO. & MUSEUM

Those who get a kick out of trains or history and like chatting with people should consider joining the crew on the [Maine Narrow Gauge Railroad \(MNGRR\)](#). MNGRR volunteers operate the train as engineers and conductors, while their docents share Maine's unique railroad history with visitors from around the world. Parking and all necessary training is provided. To find out more about riding the rails, contact Jennifer Halm-Perazone at volunteers@mainenarrowgauge.org, or call (207) 828-0814.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

SHARE A LOVE OF LOCAL HISTORY

The Portland History Docent Program (PHD) is a collaborative effort by local historic sites to provide a nine-week training program for new prospective volunteer guides. These historic sites work together to offer several weeks of lively talks and presentations that take place at Maine Historical Society, combined with site visits to each partnering organization. The Portland History Docents classes will run on Thursday mornings, 9am to noon, beginning at the Maine Historical Society in Portland on **Thursday, February 22** and concluding on **Thursday, April 26**. The cost is \$30 which covers the entire program (\$20 with valid student I.D.). For more information, click [here](#) or contact Marjorie Getz at info@portlandhistorydocents.org or (207) 774-5561 x120.

MAKE A DIFFERENCE AS A HOSPICE VOLUNTEER

H Hold a hand, lend an ear, run an errand, or provide a comforting presence. Compassionate, reliable individuals with a sincere desire to help are encouraged to join the team of valued [VNA Home Health Hospice](#) volunteers. Volunteers are needed most to help hospice patients in Cumberland and York counties. Healthcare experience is not required and volunteers will receive the necessary training and support needed for a positive and rewarding volunteer experience. Call today to learn more about this opportunity and sign up for the next training series, offered on **Wednesdays, April 25 through May 23** from 1-5pm at 50 Foden Road in South Portland. For more information, contact Beth Simmons, (207) 400-8852.

RECOGNIZE THE SERVICE OF MAINE VOLUNTEERS

Nominations are now being accepted for the Governor's Awards for Service and Volunteerism! These awards celebrate and honor the exemplary service of Maine's most dedicated citizens.

Awards include:

- Volunteer of the Year
- Youth Volunteer of the Year
- Outstanding National Service Volunteer
- Outstanding Service-learning Practitioner
- Outstanding Public Sector Volunteer
- Excellence in Volunteer Administration
- Corporate Volunteerism
- Small Business Volunteerism
- Outstanding Non-Profit Volunteer Program
- School District Excellence in Service Learning

There are also Rolls of Honor for adult and youth volunteers who reach certain service hour amounts. Nominations for individual awards are due **Friday, March 2** at 5pm. To learn more and submit a nomination, click [here](#).

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS & FUNDRAISERS

WOMEN UNITED AT RISING TIDE

FS Friends, family, colleagues, and prospective members are welcome to join [Women United](#) at Rising Tide Brewing Company on **Tuesday, February 6** from 5:30-7pm as they welcome new members and continue their exploration of the East Bayside neighborhood. Representative Heather Sanborn, Owner of Rising Tide, will talk about why her business has chosen to invest and grow in East Bayside. Louise Marsden, VP for Family and Early Childhood Education at The Opportunity Alliance, will also be giving an update on Women United's investment, Project WIN. Please RSVP to Mara Moorhead, mmoorhead@unitedwaygp.org or (207) 347-2321.

BRICK & BEAM SOCIETY'S INAUGURAL ANNUAL MEETING: LAYING THE FOUNDATION FOR 2018

E Join current, past, and potential members of United Way's [Brick & Beam Society](#) and other community members for their Inaugural Annual Meeting at United Way of Greater Portland, One Canal Plaza, Suite 300 on **Thursday, February 8** from 7:30-9am. (Storm Date: Tuesday, February 13 from 7:30-9am). Welcome in the new year over a light breakfast while having meeting members and hearing Brick & Beam updates, accomplishments, and future plans. Dr. Stephen DiGiovanni, the Medical Director for the Maine Medical Partners Outpatient Clinics, will give a keynote speech discussing Adverse Childhood Experiences (ACEs) and its health and learning impacts. Dr. DiGiovanni is focused on developing programs to prevent, screen for, and treat ACEs across the MaineHealth Pediatric Service Line. RSVP to this free event online [here](#). Questions? Feel free to email brickandbeam@unitedwaygp.org.

EMERGING LEADERS PROGRAM INFO NIGHT

[Emerging Leaders](#) is an interactive and innovative program that prepares younger professionals from across all sectors to serve as nonprofit board members, committee members, and skilled volunteers. After eight years with Lift360, the Emerging Leaders Program is now moving to [Maine Association of Nonprofits \(MANP\)](#). Interested in making new connections and building leadership skills (or know someone who is)? Join other young leaders, including representatives from the [Brick & Beam Society](#), [Take Action Portland](#), [New Leaders Council](#), [PROPEL](#), and [YNPNMaine](#) for a free night of networking on **Thursday, February 8** from 5-7pm at Urban Farm Fermentory in Portland. The event will feature a cash bar and complimentary snacks. Nominate someone for the program [here](#) or [apply](#) to be a nonprofit match.

PARTNERS FOR WORLD HEALTH TABLE AT THE MAINE HOME & REMODELING SHOW

H [Partners for World Health \(PWH\)](#) will have a booth at the [Maine Home & Remodeling Show](#) at Cross Arena in Portland on **Saturday, February 10** from 10am-5pm and **Sunday, February 11** from 10am-4pm. They will be displaying and selling the international crafts that they have procured on various medical missions. Funds raised will help PWH send shipping containers of medical supplies to many countries, as well as provide education and first-hand care during their medical missions. For more information, contact info@partnersforworldhealth.org.

CELEBRATE 211 DAY

FS Each month, [211 Maine](#) answers thousands of calls from Mainers who need to connect with health and human services in their area. Celebrate 211 in Maine on **Sunday, February 11** by sharing this great resource with others! To find more information on a service for yourself or someone you know, dial 211 or text your zip code to 898-211.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS & FUNDRAISERS

MAINE AUDUBON'S WINTER CARNIVAL

Join [Maine Audubon](#) on **Saturday, February 17** from 10am-2pm for a celebration of winter weather and wildlife. Learn, create, and play at a variety of indoor and outdoor activity stations, including a winter wildlife touch table, giant snow shelter, scavenger hunt, tracking activities, snow science and art, face-painting, snowshoeing with L.L. Bean Outdoor Discovery School, and more. Matt Loosigian of Earth Jams will play two interactive concerts at 11am and 12:30pm, and treats and eats will be available from The Marshmallow Cart, Mashed in Maine, and bird-friendly coffee samples courtesy of the Nature Store. The event is free for members and \$7 for non-members. Register online [here](#).

LIVE ANIMAL SHOW: ANIMAL ADAPTATIONS IN WINTER

On **Friday, February 23** at 10:30am, join [Maine Audubon](#) and their friends at [Center for Wildlife](#) for an up close look at several fascinating species of wildlife, including birds, reptiles, mammals, and other critters. Learn more and explore connections through a formal presentation with live animals and an interactive discussion. This program is most appropriate for school-aged children and older. Guests are asked to remain still and quiet throughout the 45-minute presentation so as not to disrupt the animals and other people. The event is \$10 for adult members, \$5 for a member's child, \$15 for an adult non-member, and \$10 for a non-member's child. Learn more and register online [here](#).

2017 UWGP CAMPAIGN RESULTS



At its annual Campaign Celebration, United Way of Greater Portland announced that we anticipate pledges of \$8,053,931 against the \$8.05 million annual campaign goal. This is the third consecutive year of campaign growth.

"The generosity of our hundreds of corporate partners and over 12,500 donors is inspiring," said John Chandler, 2017 Campaign Chair and Managing Principal of BerryDunn. "It reflects tremendous passion and dedication to building a thriving community. We are grateful to everyone who made it possible."

Read more about the announcement [here](#).

We truly appreciate all who give in order to support Greater Portland!

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

COMMUNITY RESOURCES

KEEP ME WARM HEATING ASSISTANCE

FS Did you know? Keep ME Warm provides emergency heating assistance through a statewide partnership of Maine's United Ways and Community Action Agencies. Donations are distributed through a formula based on federal Low-Income Home Energy Assistance Program (LIHEAP) percentages and population and are used to assist individuals directly or designated to local organizations that provide emergency fuel assistance, including faith based programs and nonprofit agencies. [Your support](#) can help our friends and neighbors stay safe and warm in their homes this winter. Those needing fuel assistance should call 2-1-1 Maine by dialing 2-1-1.

FREE TAX PREPARATION RESOURCES

FS [CA\\$H Greater Portland](#) is a partnership of community non- and for-profit partners working together to help empower individuals and families to achieve long-term financial stability. Since 2004, CA\$H Greater Portland has offered free tax preparation to qualified filers during tax season, helped employers bring financial education tools to their employees, and educated hard-working families and individuals about programs in the community that can increase their income, reduce debt, and build savings. CA\$H is a year-round resource, providing outreach and education about ways people can make the most of their money. If you, or your household, made \$54,000 or less in 2017, get your income taxes prepared for free by IRS-certified volunteers. After receiving all tax statements from 2017 income, schedule an appointment by calling (207) 699-0753 or dialing 211 to find a tax prep site near you. For more information email cash@goodwillnne.org. Prefer to file online? Check out [MyFreeTaxes™](#), a resource powered by H&R Block and brought to you by United Way. Individuals who made less than \$66,000 last year can file state/federal taxes for free online.

UWGP FISCAL YEAR 2019 COMMUNITY INVESTMENT PROCESS IS OPEN

United Way of Greater Portland (UWGP) has opened its Fiscal Year 2019 community investments to programs, initiatives, or collaborations serving Cumberland County, Maine (except Brunswick and Harpswell) that will help to make measurable progress on [Thrive2027's](#) three community goals.

Find full application requirements and additional information on our website [here](#).

Applications must be submitted through UWGP's application website by 9am (EST) on **Monday, February 26, 2018**. Applications will not be accepted after the deadline.

Technical assistance regarding the application process is available by email, phone, or appointment. In-person meetings are held at United Way of Greater Portland, 1 Canal Plaza, Suite 300, Portland 04101.

For additional questions, contact Nicole Evans at nevans@unitedwaygp.org or (207) 347-2302.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

COMMUNITY RESOURCES

THRIVE2027 UPDATES

We are pleased to report that Thrive2027, Greater Portland's three 10-year community-wide goals, continues to make progress.

- Check out the [Thrive2027 website](#) and [value proposition](#).
- Review the [Thrive2027 Goals Framework](#).
- Look who has already signed up to be a [Thrive2027 Community Partner](#).

Thrive2027 brings us together in new ways with the understanding that we cannot address complex issues in silos, and instead focus on solving problems through deliberate, coordinated community action. Together, we can align and activate people, processes, and resources for the highest impact.

**SEARCH ONLINE FOR MORE WAYS
TO GET INVOLVED:
volunteer.unitedwaygp.org**



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