

ONGOING VOLUNTEER OPPORTUNITIES

BE A LEARNING PARTNER

Support our children as they learn. Did you know: children who do not read at grade level by the end of third grade are 4x more likely not to graduate from high school compared to children who are reading at grade level? As kids return to school in person or via distance learning, it is more important than ever to provide community support to students, schools, and families as they adapt to learning during an ongoing pandemic. You can help by virtually volunteering to read with a child on a regular basis. Volunteers will first attend a training, in late September, that will provide an overview of a child's brain, the importance of learning to read by third grade, and some tips and tricks to use when reading in a virtual classroom. This training will prepare you to participate in on-going reading and/or engagement programs and help children read proficiently at the end of third grade. Following the training, volunteers will be assigned to a specific school for regular, virtual engagement with students. Volunteers are required to complete an application and successfully complete a background check. FMI: volunteer@unitedwaygp.org.

CARD MAKING (Virtual/ Hands-On)

Help brighten someone's day and write a card. You can share a quote, joke/riddle, or send words of encouragement to let them know that they are loved. Cards will be distributed through United Way's partners to people experiencing isolation, children that need a pick-me-up, and families that need some encouragement. Visit www.unitedwaygp.org/notes to make a card or two today!

MASK MAKING

Governor Mills' executive order requiring "Individuals to wear a cloth face covering in public settings where other physical distancing measures are difficult to maintain" has increased the need for masks in our community. We are inviting community members to make and donate homemade masks. Email volunteer@unitedwaygp.org for sewing and donating instructions.

VIDEO MAKING

Inspire a student by sharing insight on where you work, what you do, a hobby you enjoy, a craft you are making or STEM activity you like. Videos can be short (3-5 minutes) and done with your phone. We will provide you with tips for video and possible topics if you need an idea. For a fun example see [LIVE FROM WOLFE'S NECK WITH ANDREW](#). FMI: volunteer@unitedwaygp.org.

SAVE THE DATE

United Way of Greater Portland – UNITED for Greater Portland Kickoff Week is coming! September 14 to September 18. Virtual and in-person events all week long.



drive up, drop off, do good.

DRIVE-THRU FOOD DRIVE

FRIDAY, SEPTEMBER 18 - 8AM TO 2PM

Wayside Food Programs, 135 Walton St, Portland



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SOUTHERN MAINE AGENCY ON AGING – PHONE PAL VOLUNTEER

Meals On Wheels Phone Pal volunteers provide homebound elders & individuals with disabilities with companionship by regularly calling on the phone to decrease feelings of social isolation and loneliness. Volunteers must have the ability to develop a sense of trust and rapport; sensitivity toward older adults and persons with disabilities and/or dementia; ability to demonstrate active listening skills; access to reliable phone service. Phone calls will occur 1-3 days a week – schedule dependent on volunteer and client. Volunteers are asked to commit to at least one year and must have a clean driving record and successfully pass a criminal background check. Phone Pal volunteers can begin right away after training. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=259341

SUPPORT COMMUNITY DIAPER BANK

Approximately 1 in 3 families nationwide report experiencing diaper need, yet existing safety-net programs such as SNAP and TANF do not support the purchase of diapers. Michael Klahr Jewish Family Services provides diapers to area food pantries, the City of Portland Family Shelter, The Opportunity Alliance, and physicians at several MaineHealth clinics. The COVID-19 pandemic has significantly increased the number of families without the resources or ability to provide this essential item for their babies. Want to help? Donate diapers, organize a diaper drive or, let your dollar donation go twice as far with KJFS's bulk purchasing. FMI email: volunteer@unitedwaygp.org

SORT MEDICAL SUPPLIES FOR PARTNERS FOR WORLD HEALTH

Partners for World Health (PWH) is open to volunteering with new regulations to keep everyone safe and adhere to local guidelines! They are always looking for volunteers to sort and prepare donated medical supplies for distribution to underserved populations and those in need. The tasks vary day to day: you may be opening boxes of items to sort, putting together kits of similar items (personal care kits, surgical kits, respiratory kits, etc.) or filling boxes with medical supplies, for example. No medical background is needed! Volunteering is available in person by appointment or by take home tasks. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=522203

RED CROSS BLOOD DONOR AMBASSADOR

Support Red Cross at blood drives in your area. Volunteers have a variety of responsibilities including greeting donors, explaining the donation process as necessary and assisting with initial intake and hand-off throughout the blood donation process. Volunteers must be able to commit to a minimum of one 5-hour shift per month. Blood Drives are generally held on weekdays Monday-Friday(s) with the occasional Saturday/Sunday(s) between the hours of 8 am and 7 pm. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=385260



ONGOING VOLUNTEER OPPORTUNITES

JOIN A RED CROSS SHELTER TEAM

Experts predict an active hurricane and wildfire season this year. COVID-19 safety precautions mean that the American Red Cross will need to train thousands of additional volunteers to respond across the county when disasters strike. Typically a two-week time commitment. Free online training provided. Travel & meal expenses paid for by the Red Cross. Volunteer opportunities include: Sheltering Team Member, Shelter Team Supervisor, Disaster Health Services Team Member, and Disaster Health Services Supervisor. FMI: http://volunteer.unitedwaygp.org/agency/detail/?agency_id=56612

CATHOLIC CHARITIES SPECIAL FUNDRAISING PROJECTS VOLUNTEERING

Support children and volunteer for Catholic Charities Maine's Golf Classic on Monday, September 21 from 9 am – 5 pm. The goal is to raise \$65,000 for the **Put Children First Scholarship Fund** – a fund that supports the cost of childcare for low-income working families. In Maine, the average annual cost of childcare for an infant represents over 70% of a minimum wage, full-time job for a single mother. That leaves very little left over for housing, grocery shopping or other necessities. A training session will be held the week before the event. Bag valets, carhops (to deliver bagged lunches, cold drinks and snacks to golfers), and registration and raffle ticket helpers are all needed. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=530494

MENTOR A NEW MAINER ASYLUM SEEKER

Welcoming the Stranger is actively looking for volunteers willing to enter a mentoring "friendship" with an asylum-seeking new Mainer or new Mainer family. What does mentoring look like? That largely depends on the families or individuals involved. Currently, with COVID-19 and social distancing measures being implemented, mentors will need to get creative. Tools such as FaceTime, Zoom, texting, WhatsApp, and Google Translate are useful for offering support while maintaining safe distance. Mentors have access to a large network of groups and other individuals (including interpreters) who offer support and guidance concerning specific needs. French, Lingala, and Portuguese speaking is a plus, but not necessary. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=387447

VIRTUAL VOLUNTEERING WITH JUNIOR ACHIEVEMENT

Junior Achievement (JA) is looking for virtual volunteers who are interested in creating brief videos about their career paths and advice for Maine students in Grades 6-12. JA helps volunteers create the video and provides an outline to facilitate the content. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=514698



ONGOING VOLUNTEER OPPORTUNITIES & RESOURCES

LOOKING FOR MORE VOLUNTEER IDEAS? VISIT VOLUNTEERME GREATER PORTLAND'S COVID-19 PAGE:

http://volunteer.unitedwaygp.org/need/?s=1&need_init_id=3175 or Check out Points of Light's latest listing:
<https://www.pointsoflight.org/virtual-volunteering-opportunities/>

USE YOUR SKILLS!

Many traditional volunteer opportunities are just not possible during this time of COVID-19. If you are looking for an opportunity to help, consider offering your skills. Can you help people sign up for unemployment? Help someone develop a resume or job search skills? Help research online scheduling sites? Are you good at marketing/writing? What's your skill? If you have questions or skills to offer, email volunteer@unitedwaygp.org.

PORTLAND SUMMER MEAL SITES -

https://www.portlandschools.org/news_calandars/spotlight_news/its_time_for_summer_meals

211 MAINE

Get answers to questions about COVID-19 at any time. This service is available by dialing 211 (or 1-866-811-5695), texting your ZIP code to 898-211, or emailing info@211maine.org.

HABITAT FOR HUMANITY'S RESTORE IS OPEN!

The store is open Tuesday through Saturday from 9 am - 5 pm. They will be open for both shopping and no-contact donations drop-off and pick-up. A maximum number of 25 people will be allowed in the store at any time, with a socially distanced line system set up outside the store. All staff, volunteers, and customers must wear a mask or face covering at all times. Social distancing will be in effect, with a minimum of six feet distance between people. Donations can be dropped off Tuesday through Saturday during open hours. FMI: <http://www.habitatportlandme.org/> or call 207-221-0047.

MAINE CDC

For Maine's response to COVID-19 and updated testing statistics, visit the [Maine CDC website](#).

CUMBERLAND COUNTY FOOD SECURITY

CCFSC has been updating their COVID-19 [webpage here](#) with resources and information. Their site also has links to different school districts' information on school meals.



RESOURCES

SEXUAL ASSAULT AWARENESS RESOURCES

We recognize home is not always a safe place for everyone. As we navigate the pandemic and adhere to stay at home orders, domestic violence awareness and support is more important than ever. If you or someone you know needs support, please reach out to these resources:

- **Maine 24/7 Statewide Crisis Line – 888-568-1112** Whether you need immediate assistance, or resources for a loved one, the [Maine Crisis Hotline](#) is here to listen 24 hours a day, 7 days a week. The service is free, confidential and can help you connect with a trained professional in your area.
- <https://www.sarssm.org>
- <https://www.throughthesedoors.org>
- <https://ptla.org>
- www.RAINN.org

MAINE READY

Maine Ready provides state, county, and other emergency response and management organizations a virtual way to coordinate offers of help with on-the-ground needs for assistance. FMI:

www.maineready.org

OPEN MAINE COVID-19 RESOURCES

This provides a list of statewide resources that include employment, medical assistance, multilingual assistance, and more. FMI: [Open Maine COVID-19 Resources](#)

MAINERS TOGETHER

This resource network, started by Maine People's Alliance, supports community-based efforts to respond to the community distress caused by the COVID-19 pandemic and protect our most vulnerable friends and neighbors. Find ways to donate, volunteer, and seek help on their website. FMI:

www.mainerstogether.com

FREEPORT COMMUNITY SERVICES

Freeport area residents who are struggling during this time can utilize FCS' resources, including essential services like meal delivery, school food assistance, emergency assistance, and more. FMI:

<http://www.fcsmaine.org/covid-19-update/>

PAY IT FORWARD MAINE

Operated by the Portland Regional Chamber of Commerce, this collaborative community initiative and website contains an ever-growing library of ideas, tools, and resources for Mainers to support businesses, organizations, and each other during the pandemic. FMI:

<http://payitforwardmaine.com/>

BRICK & BEAM SOCIETY FUNDING AVAILABLE

Brick & Beam Society is seeking proposals that target early childhood learning and/or STEM programming and support high need populations birth through 8th grade. Application Deadline: August 7, 2020. Help spread the word! Read more here at:

<https://bit.ly/33932dl>.



RESOURCES, EVENTS & ACTIVITIES

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

The Alzheimer's Association is here for support, education, and resources. They have a 24/7 Helpline (800-272-3900) staffed by licensed clinicians and dementia care experts who are available for reliable information and support to anyone who may have questions or need assistance. Additional resources for caregivers and people living with dementia:

- [Online Education Programs - Training & Education Center](#)
- [Online Community and Message Board - AlzConnected](#)
- [Caregiver Support - Caregiver Center](#)

LINK TO BASIC COVID-19 INFORMATION IN MULTIPLE LANGUAGES:

<https://www.ccmaine.org/share-facts-about-covid-19>

INTERESTED IN LEARNING MORE ABOUT RACIAL EQUITY?

Check out this [21-day Racial Equity Challenge](#). It provides a list of resources and links and sorts by type (book, movie podcast, etc.) and amount of time you have available. Note: there are other 21-day challenges available simply by Googling.

PRESUMPCOT REGIONAL LAND TRUST TRAILS

Looking for a place to get outside with the kids? Check out Presumpscot Regional Land Trust trails. Visit any one of [14 preserves and trails](#). To learn more about the new Pride Preserve, [click here](#). This fall, there will be a preserve and trail opening event to celebrate, but until then, please enjoy the [virtual tour here](#).

RED CROSS SHELTER VOLUNTEER INFO SESSION

Not quite ready to commit to joining a shelter team? Red Cross is hosting a virtual information session on Monday, August 10 from 5-6 pm and Wednesday, August 12 from 12-1 pm. Following predictions for a very active hurricane and wildfire season, along with new safety protocols in play during COVID-19, the Red Cross will need thousands of volunteers to respond when disasters strike. In less than an hour you will learn about what it's like to be a Ready Red Cross Shelter Volunteer. FMI: http://volunteer.unitedwaygp.org/event/detail/?event_id=67767

YMCA EXERCISES AND ACTIVITIES

YMCA is offering several resources to individuals and families; you don't have to be a member to participate.

- Virtual group exercise schedules: <https://www.ymcaofsouthernmaine.org/main/schedules/>
- Kids activities and curricula for various ages: <https://www.ymcaofsouthernmaine.org/main/covid-19-youth-resources/>

HAVE YOU BEEN PUTTING OFF WRITING A WILL?

Learn how you can create one for free, in as little as 20 minutes, through a partnership with United Way by visiting <http://freewill.com/unitedway>.

UNITED WAY NEWS & INVESTMENTS

Read about United Way of Greater Portland's FY21 Investments, up-to-date news, and more at unitedwaygp.org.

