

CARDS FOR CAREGIVERS AND VOLUNTEER OPPORTUNITES



CARDS FOR CAREGIVERS

TEXT THE WORD
CARDS

(207) 828-6622

Message and data rates may apply; check with your wireless provider for details.

CARDS FOR CAREGIVERS

A project of participating United Ways in Maine, the Caregiver Card Campaign is a virtual card platform that allows neighbors across the state to submit notes of gratitude and love to healthcare workers across Maine. Visit <https://www.unitedwaysofmaine.org/cards-for-caregivers/> to make a card or two today!

MORE NOTES OF GRATITUDE!

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!

SAVE THE DATE – JANUARY 18 MARTIN LUTHER KING, JR. DAY

Check our website next month for ideas on how to listen, learn, and act to observe this holiday...a day on, not a day off!

Planned Giving, Assets That Make Great Gifts



MAKING A PLAN THAT'S RIGHT FOR YOU

Assets can make great legacy gifts. To learn more about this, or other planned giving options, please visit our [Making a Plan: Planned Giving with United Way](#) blog.

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 watch [LIVE FROM WOLFE'S NECK WITH ANDREW](#). FMI: volunteer@unitedwaygp.org.

MASK MAKING

We are inviting community members to make and donate homemade masks. Email volunteer@unitedwaygp.org for sewing and donating instructions.

CA\$H GREATER PORTLAND VOLUNTEER OPPORTUNITIES

WHAT IS CA\$H GREATER PORTLAND?

CA\$H Greater Portland (Creating Assets, Savings and Hope), an initiative of United Way of Greater Portland, is a partnership with the Greater Portland CA\$H Coalition comprised of community leaders and industry experts who work together to help individuals and families to achieve long-term financial stability. In addition to offering free tax preparation for qualified filers during tax season, CA\$H Greater Portland offers year-round outreach and education to individuals and families about ways they can make the most of their money. Partners include AARP Tax-Aide, Avesta Housing, Bath Savings, Coastal Enterprises, Inc. (CEI), cPort Credit Union, Gorham Savings Bank, John T. Gorman Foundation, the Internal Revenue Service (IRS), KeyBank, Maine Women's Fund, New Ventures Maine, Norway Savings Bank, Portland Housing Authority, ProsperityME, and The Opportunity Alliance.



CONNECT PEOPLE TO FINANCIAL RESOURCES AS AN OPPORTUNITY GUIDE

Do you like helping connect people with resources? Are you good

with customer service and data entry? Maybe you're looking for a safe way to help your neighbors save money and increase their financial stability? Join us by becoming an Opportunity Guide for CA\$H (Creating Assets, Savings and Hope) Greater Portland, an initiative of United Way of Greater Portland in partnership with the Greater Portland CA\$H Coalition. During the tax season (late January through mid-April), Opportunity Guide volunteers review client documents and call or video chat with clients to discuss financial goals and challenges and possible resources that could help. This is a great opportunity for people with basic computer skills who are comfortable having one-on-one conversations. Free online training is provided. We will provide a way for you to contact clients safely from your home/workplace on your own schedule and check in with you and provide support as you go. FMI: cash@unitedwaygp.org.



BECOME AN IRS- CERTIFIED VOLUNTEER TAX PREPARER FOR CA\$H GREATER PORTLAND

Are you good with

numbers, details, customer service, and data entry? Do you file your own taxes (or want to learn how)? Have a tax/accounting/law background? Maybe you're looking for an online way to help your neighbors access a valuable service that saves money and increases financial stability? Join us by becoming an IRS-certified volunteer tax preparer for CA\$H Greater Portland. Volunteers review client documents and prepare returns using provided online programs from late January through mid-April. Taxes may be prepared from your home/workplace on your own schedule, but optional weekly check-ins and virtual meetings will be offered for tax preparers to connect digitally and support each other. This is a great opportunity for people with basic computer skills who are comfortable having one-on-one phone conversations with tax clients and are open to learning along with us as we pilot new processes. Free self-paced, online training is provided. FMI: cash@unitedwaygp.org.

ONGOING VOLUNTEER OPPORTUNITIES

REMOTE SCHOOL LEARNING SESSIONS WITH AVESTA HOUSING

Volunteer with Avesta Housing every Friday for a 2-hour tutoring session (10:30 a.m. - 2:00 p.m.) with Grades K-9 students at the organization's Hyacinth Place in Westbrook. This program is made possible by a grant from Brick & Beam Society, a Giving Circle of United Way of Greater Portland. The remote learning program has a stipend of \$20/hour and will be held at 2 Walker Street, Hyacinth Place, Westbrook in the community room. Required PPE and safety precautions, including social distancing and taking temperatures before entrance, are in place. Avesta Housing is limiting the number of students and adults in the community room to ensure they can meet the safety guidelines. FMI: Marguerite Walz, mwalz@avestahousing.org.

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, and assisting with initial intake and hand-off throughout the process. Volunteers must be able to commit to a minimum of one 5-hour shift per month. Blood drives are generally held on weekdays with the occasional Saturday/Sunday(s) between the hours of 8 a.m. and 7 p.m. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=385260.

PREBLE STREET FOOD PANTRY

With more and more of our neighbors out of work, Preble Street is providing emergency food assistance every day. Each day from 1-4 p.m. volunteers will create pre-made food boxes for clients and assist staff with distribution. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=536479.

FLORENCE HOUSE SOUP KITCHEN

Florence House is Preble Street's emergency women's shelter and long-term housing facility for women in Portland. Florence House's soup kitchen serves between 40 and 60 women 3 meals a day, 7 days a week. Volunteers help prepare, serve, and clean up for breakfast, lunch, and dinner. Requirements: Must be 21 years of age or older; must commit to consistent shifts for at least three months; must consent to a State of Maine background check. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=361727.

COLLECTIONS FOR STUDENTS

Deering High School is looking for donations of NEW or never worn polar fleece jackets/coats (adult size S-2xl), hats/mittens, and warm socks in adult sizes, as well as hangers. FMI: Tina Mikkelsen, mikket@portlandschools.org.

LOOKING FOR SOME HELP WITH YOUR JOB SEARCH?

If you missed our Resumes and LinkedIn Webinar, you can watch the recording [here](#).
If you missed our Networking & Interviewing Webinar, you can find the recording [here](#).
Check out this upcoming virtual job fair offered by Maine Career Center:
<https://www.mainecareercenter.gov/employment/jobfairs.shtml>.



ONGOING VOLUNTEER OPPS. AND COMMUNITY RESOURCES

PREBLE STREET TEEN CENTER

Preble Street's Teen Center, located at 343 Cumberland Avenue, is a drop-in day shelter for people in need under the age of 21. Inside the Teen Center, the Soup Kitchen serves warm, nutritious meals 3 times each day, 7 days a week, for up to 35 youth. Volunteers help to prep, serve, and clean up from each meal. Volunteers help with breakfast (7-10 a.m.), lunch (10:30 a.m.-1:30 p.m.), and dinner (5-7:30 p.m.). Requirements: Must be 21 years of age or older; must commit to consistent shifts for at least three months; must consent to a State of Maine background check. FMI: http://volunteer.unitedwaygp.org/need/detail/?need_id=361719

LOOKING FOR A CONTACTLESS WAY TO HELP STUDENTS?

The Amanda C. Rowe Elementary School has created an Amazon Wishlist for students in need, which you can view and purchase from here: https://www.amazon.com/hz/wishlist/ls/3RZJ5TPCXZPO?ref_=wl_share. FMI: Tina Mikkelsen, mikket@portlandschools.org.

AMISTAD PORTLAND PEER LINE

If you see a person on the street who needs help and it is not an emergency (in which case call 911 or Portland Police Dispatch at 207-874-8575), Amistad's new **APPLE Line** may be a good solution. The [Amistad Portland Peer Line \(APPLE\)](#) will connect you to one of Amistad's Peer Outreach Workers, who are trained to support people experiencing homelessness, mental illness, and addiction. The line (207-550-7920) is open Monday through Friday, 9 a.m. to 10 p.m.

HOW TO HELP IN MAINE

How to Help in Maine is an organization run by students for students. Their mission is to raise awareness of all the places to which students of any age can donate their time, stuff, and money. They believe in acting with urgency in order to solve some of our state's most pressing issues. To sign up as a part of the site, organizations can either email them at howtohelpinmaine@gmail.com or visit the "Add Your Charity" page of their website (<https://www.howtohelpinmaine.org/add-your-charity>). They want to emphasize that volunteering can be both rewarding and fun and they believe that students in Maine can be the force to create positive change in our communities. Also, they will award two scholarships to exemplary student volunteers in the spring, so be on the lookout for more information! Check them out at <https://www.howtohelpinmaine.org/>.



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>.

COMMUNITY RESOURCES

MSSPA'S FEED AND CARE BANK PROGRAM

There are many reasons Maine horse owners need support from the Maine State Society for the Protection of Animals' (MSSPA) Feed and Care Bank: loss of job, an unexpected health issue, even a particularly bad hay season. Making ends meet can be a real challenge at the best of times, especially with hungry equines looking for their next bale of hay. The Feed and Care Bank, an ongoing program of the MSSPA, offers temporary financial assistance for Maine horse owners in need, allowing horses to remain in loving, healthy homes and avoid other intervention. By providing hay, feed, farrier, or veterinary services, MSSPA supports Maine horses with a safety net in these uncertain times – and always. Maine horse owners in need can apply online at msspa.org/hay or by phone. FMI: info@msspa.org or call 207-892-3040.

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.

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.

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 are more important than ever. If you or someone you know needs support, call the Maine 24/7 Statewide Crisis Line at **888-568-1112**.

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

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. They started a fund for community assistance, and you can 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/>.



RESOURCES, EVENTS, AND ACTIVITIES

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/>.

LINK TO BASIC COVID-19 INFORMATION IN MULTIPLE LANGUAGES

To view information on COVID-19 in multiple languages, visit:

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

PROJECT HEAT TELETHON

For the 13th year, United Way of Greater Portland is partnering with NEWS CENTER Maine and Dead River Company for the Project Heat Telethon. Mark your calendar for Thursday, January 21, 5 a.m. – 7:30 p.m. Proceeds for the telethon will help neighbors in need of heating assistance during the winter months. Learn more at keepMEwarm.org.



A CLOSER LOOK

Take A Closer Look at the struggles and opportunities facing many of our neighbors here in Greater Portland, with our new virtual and immersive exhibit at www.closerlookgp.com.

CURIOUS ABOUT THE RED CROSS AND HOW YOU CAN HELP?

The American Red Cross is offering virtual information sessions to learn about urgent volunteer opportunities this season. These sessions are intended for those who are interested in learning about opportunities such as national and local disaster responders, blood drive volunteers, as well as office and administrative support. There are multiple sessions the first week of every month. Upcoming sessions are: December 1 at 5:00 p.m., Tuesday, January 5 at 5:00 p.m. and Wednesday, January 6 at 12:00 p.m. Please register for a session to receive the virtual meeting link by emailing VolunteerNNE@redcross.org.

VIRTUAL GLOBAL HEALTH EDUCATION FORUM: GUATEMALA

Join Partners for World Health (via Zoom) for their Virtual Global Health Educational Forum on January 14 at 6:00 p.m. Dr. Levesque will discuss Guatemala's healthcare system and his time as a dentist providing education, training, and delivering medical supplies. FMI: http://volunteer.unitedwaygp.org/event/detail/?event_id=69834.

