

# UNITED WAY OF GREATER PORTLAND VOLUNTEER NEWSLETTER: APRIL 2021



## ONGOING VOLUNTEER OPPORTUNITIES & WAYS TO ENGAGE



### NATIONAL VOLUNTEER WEEK

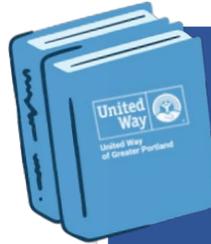
APRIL 19-25

Established in 1974, National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges. Each year, at United Way, we take this opportunity to recognize and thank our volunteers. Check out our social media posts during National Volunteer Week to learn more about our volunteers who lend their time, talent, and voice to make our community better. FMI: <https://www.pointsoflight.org/nvw/>.

Whether using your voice to contact your legislator, donating a book or can of food or on a Zoom call deciding on community investments, supporting our community happens in a variety of ways. We take this time to recognize and celebrate them all!

#### VIRTUAL MOCK INTERVIEWS WITH PORTLAND HIGH SCHOOL

Portland High is seeking volunteers to help out with mock interviews for their 9<sup>th</sup> grade students. Volunteers will virtually interview several students and provide them with feedback. Volunteers will receive interview questions and a rubric. FMI: Andrea Levinsky at [levina@portlandschools.org](mailto:levina@portlandschools.org).



### NATIONAL FINANCIAL LITERACY MONTH Share your love of reading!

Looking for a fun way to support schools and education programs without leaving your home? As with last month's Read Across America event, we are replacing our annual Financial Literacy Month one-on-one reading opportunity with a virtual training.

We are calling on volunteers to share their enthusiasm for reading by recording themselves reading a book to be shared with students. We are hosting a volunteer reader training on **Tuesday, April 13, 12:30 – 1:30 p.m.** Literacy has the power to change lives and you can use this power to help every child in Greater Portland have a brighter future. FMI:

[https://unitedwaygp.galaxydigital.com/need/detail/?need\\_id=576744](https://unitedwaygp.galaxydigital.com/need/detail/?need_id=576744).

#### VOLUNTEER FOR HOSPICE OF S. MAINE

Hospice of Southern Maine is seeking volunteers to join their team, bringing comfort to individuals and families at end of life. Trainings are held online via Zoom. FMI: Kathy Leddy, (207) 303-5037 or [kledy@hospiceofsouthernmaine.org](mailto:kledy@hospiceofsouthernmaine.org). For training dates: [http://volunteer.unitedwaygp.org/event/detail/?event\\_id=71626](http://volunteer.unitedwaygp.org/event/detail/?event_id=71626).



## ONGOING VOLUNTEER OPPORTUNITIES

### SUPPORT A RED CROSS BLOOD DRIVE

Engage with donors to promote blood donation and set the stage for a long-term commitment to regular blood donations. Volunteers will provide excellent and enthusiastic customer service and ensure each blood donor is sincerely thanked for their donation. Responsibilities include greeting donors, explaining the donation process and assisting with initial intake and hand-offs. Volunteers will also ensure only donors who pass the temperature screen are permitted, and set up and maintain cleanliness in reception and hospitality areas as well as donor areas/beds as requested. 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 with the occasional Saturday/Sunday between the hours of 8:00 a.m. – 7:00 p.m. FMI: [http://volunteer.unitedwaygp.org/need/detail/?need\\_id=385260](http://volunteer.unitedwaygp.org/need/detail/?need_id=385260).

### PICK UP MEDICAL SUPPLY DONATIONS

Partners for World Health needs volunteers to help with pick-ups using their box truck and van. This volunteer opportunity does involve heavy lifting, loading and unloading the truck (not just driving). Volunteers are paired together or with a staff member for pick-ups, typically from health care facilities. Not interested in driving? We are also looking for volunteers to be the "co-pilot" to help with loading and unloading! FMI: [http://volunteer.unitedwaygp.org/need/detail/?need\\_id=534751](http://volunteer.unitedwaygp.org/need/detail/?need_id=534751).



### MOMENTUM: A MAINE RACIAL & SOCIAL EQUITY SERIES

Join us to continue the conversation of advancing racial equity. Free to Chamber + Non-members. FMI visit <https://bit.ly/3pdRCxa>.

### SORT AND ORGANIZE MEDICAL SUPPLIES

Partners for World Health is looking for volunteers to sort and prepare donated medical supplies for distribution to under-served populations and those in need. No medical background needed! The tasks vary day to day from opening boxes of items to sort and putting together kits of similar items (personal care kits, surgical kits, respiratory kits, etc.). No medical background is needed. Volunteering is available in person by appointment. Volunteers must first attend an orientation via Zoom. FMI: [http://volunteer.unitedwaygp.org/need/detail/?need\\_id=522203](http://volunteer.unitedwaygp.org/need/detail/?need_id=522203).



## ONGOING VOLUNTEER OPPORTUNITIES

### SEW NEEDED ITEMS OUT OF BLUE WRAP STERILIZATION MATERIAL

Partners for World Health is looking for volunteers to sew bags, masks, and gowns made from blue wrap sterilization material. Blue Wrap is a 99 percent polypropylene material used to wrap surgical instruments when they are placed in sterilization machines in hospital settings. FMI:

[http://volunteer.unitedwaygp.org/need/detail?need\\_id=519883](http://volunteer.unitedwaygp.org/need/detail?need_id=519883).

### CARD MAKING (VIRTUAL OR PHYSICAL)

Help brighten someone's day and write a card. You can send words of encouragement, share a quote, a poem, or a joke. Let them know that they are loved. Cards will be distributed through United Way's partners to people experiencing isolation, and children and families that need some encouragement. Visit [www.unitedwaygp.org/notes](http://www.unitedwaygp.org/notes) to make a card or two today!

### MASK MAKING

The U.S. Centers for Disease Control and Prevention has called on all Americans to wear masks to prevent COVID-19 from further spreading. In Maine, people in a public setting are required to wear a face covering, which is proven to significantly reduce the spread of COVID-19. These requirements have resulted in an increased need for masks in our community. We invite community members to make and donate homemade masks. Email [volunteer@unitedwaygp.org](mailto: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. FMI: [volunteer@unitedwaygp.org](mailto:volunteer@unitedwaygp.org).

### 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](mailto: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. FMI:

<https://www.howtohelpinmaine.org/>.

### USE YOUR VOICE!

Looking for a way to use your voice to strengthen your community? You can make an impact in a variety of ways, including advocating to your legislators for crucial policies. FMI about our advocacy work and to receive Action Alerts about important policies, visit <https://www.unitedwaygp.org/category/advocacy/>.



## COMMUNITY RESOURCES

### RESOURCES FOR FINDING CHILDCARE

Childcare is essential to the functioning and success of a family. It is often extremely difficult to access all while being at a significant financial cost. Check out the journey map and FAQs that can help guide you through the various options available: [How Do I Find Childcare — PortLand of Opportunity](#)

### LOOKING FOR AN ONLINE WAY TO MANAGE YOUR STUDENT LOANS?

United Way has partnered with [Savi](#), an online student loan management platform, to help people freely and easily manage their student loan debt. Users answer a few questions on the secure website, and the software automatically determines repayment plan options, loan forgiveness qualifications, and other potential savings. Through Savi, users can easily complete, submit, and manage government provided student loan debt relief products. Individuals earning less than \$80K/year who sign up in 2021 will receive free access to personalized support from Savi's student loan experts through 2022. Visit [unitedway.bysavi.com](http://unitedway.bysavi.com) to get started today!

### 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.

### CASH GREATER PORTLAND: FREE TAX PREPERATION SERVICES

#### CASH GREATER PORTLAND IS STILL HERE FOR YOU! OUR VOLUNTEERS ARE READY TO HELP.



We've teamed up with [GetYourRefund.org](#) to connect you to our IRS-certified virtual volunteers. Filing will be done virtually, and with safety precautions in place for [Scan & Go Sites](#).

IF YOUR HOUSEHOLD MADE LESS THAN \$57,000 IN 2020, THERE ARE 3 FREE, SAFE, AND EASY WAYS TO FILE YOUR TAXES:

- **OPTION 1:** Visit [getyourrefund.org/gpmaine](http://getyourrefund.org/gpmaine) to start your online intake process. You'll answer a series of questions, upload documents, and receive phone calls from our team before we e-file your return.
- **OPTION 2:** File your own taxes (with access to helpline support) at [myfreetaxes.com](http://myfreetaxes.com).
- **OPTION 3:** No mobile device or computer? No problem! Beginning the week of February 15, mask up and visit one of our [Scan & Go Sites](#) to pick up an intake packet, and then return to have your documents scanned into [GetYourRefund](#). You'll receive phone calls from our team before we e-file your return.

#### Scan & Go Sites & Hours

Portland Housing Authority  
Riverton Park Study Center  
61 Riverton Drive, Portland  
Tuesdays & Fridays  
12pm - 5:30pm

Portland Housing Authority  
Sagamore Village Study Center  
21 Popkarn Street, Portland  
Wednesdays, 9am-2pm and  
Thursdays, 2pm-5pm

Are you a ePort Credit Union member?  
Visit one of their Portland or  
Scarborough branches:  
Tuesdays, Wednesdays, and  
Thursdays, 9am-5pm.



CASH Greater Portland is an initiative of United Way of Greater Portland in partnership with the Greater Portland CASH Coalition.

**CLICK HERE (OR IMAGE) FOR FREE, FLEXIBLE, AND SAFE TAX PREP SERVICE THRU CASH**

### 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](#).





## 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](http://msspa.org/hay) or by phone. FMI: [info@msspa.org](mailto:info@msspa.org) or call 207-892-3040.

### 211 MAINE

When a crisis hits, having somewhere to turn is invaluable. For thousands of people in Maine, that place is [211 Maine](http://211maine.org), a collaborative effort of the United Ways of Maine, the State of Maine Department of Health and Human Services, and The Opportunity Alliance as the Contact Center partner. 211 Maine answers over 80,000 calls each year from individuals looking for answers. During the pandemic, the number of calls increased by 141%. In 2020, the top call categories were COVID-19, rent payment assistance, heating and utility assistance, and mental health services. In honor of 211 Month, [help us spread the word](http://211maine.org). 211 is free, confidential, and available 24/7/365 for anyone looking for answers. Just call 2-1-1, text your zip code to 898-211, or visit [211maine.org](http://211maine.org). Tell a friend or family member about 211 – you never know when someone might need it.

### 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>.

### MAINE CDC

For Maine's response to COVID-19 and updated testing statistics, visit the [Maine CDC website](http://mainecdc.org).

### CUMBERLAND COUNTY FOOD SECURITY

CCFSC has been updating their COVID-19 [webpage here](http://ccfsc.org) 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](http://www.maineready.org)

### LINK TO BASIC COVID-19 INFORMATION IN MULTIPLE LANGUAGES:

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





## COMMUNITY RESOURCES AND EVENTS

### 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](http://www.mainerstogether.com).

### 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/>.

### EXPLORE CAREERS. MAKE CONNECTIONS.

Check out The Virtual Career Fair May 17-21. High school career fairs, connecting tomorrow's workforce with employers, have become important events for many Maine schools. The Virtual Career Fair's primary focus is to introduce students in Grades 9-12 to Maine businesses that represent a variety of careers and professions. Students will be able to view numerous speaker talks with Q&A throughout the week featuring businesses and organizations from varying industry clusters across the state. FMI: [ME VIRTUAL CAREER FAIR - Home](#).

### AMERICAN RED CROSS INFORMATION SESSIONS – APRIL 6 & 7

The American Red Cross is offering virtual information sessions for you to learn about urgent volunteer opportunities this season. These sessions are intended for existing Red Cross volunteers AND the general public who are interested in learning about the many ways to volunteer with the Red Cross. Opportunities include national and local disaster responders, blood drive volunteers, and office and administrative support, among others. There are multiple information sessions the first week of every month. (April 6, 5:00-6:00 p.m.; April 7, 12:00-1:00 p.m.; May 4, 5:00-6:00 p.m.; May 5, 12:00-1:00 p.m.) FMI:

[http://volunteer.unitedwaygp.org/agency/detail/?agency\\_id=56612](http://volunteer.unitedwaygp.org/agency/detail/?agency_id=56612) or [VolunteerNNE@redcross.org](mailto:VolunteerNNE@redcross.org).

### MENTAL HEALTH FIRST AID TRAINING



United Way of Greater Portland partnered with NAMI Maine to host a pilot 6-hour, evidence-based Mental Health First Aid Training to support Thrive2027 efforts in Goal 3. Volunteers learned about risk factors and warning signs, how to identify when a person may need individual support, steps to help someone in crisis, and available support options. If you are interested in attending our next training in June, email: [mgamble@unitedwaygp.org](mailto:mgamble@unitedwaygp.org).



## COMMUNITY RESOURCES AND EVENTS

### 50<sup>TH</sup> ANNIVERSARY – WEEK OF THE YOUNG CHILD

The Week of the Young Child, April 10-16, is a time to recognize that children's opportunities are our responsibility and to ensure that every child experiences the type of learning environment that will promote their early learning. FMI about local events: [Portland Starting Strong - Home | Facebook](#) and [Events — MaineAEYC](#)

### JOB SEEKERS: WANT A QUICK AND EASY WAY TO FIND AVAILABLE SERVICES AND RESOURCES?

Maine CareerCenters provides a variety of employment and training services at no charge for Maine workers and businesses. Check out their new Resource Guide here:

<https://www.maine.gov/labor/careerctr/docs/2021/JobSeekerGuide.pdf>.



### BE A VET-TO-VET MAINE VOLUNTEER!

If you served in the military, this is your chance to help older veterans and those with disabilities in York and Cumberland Counties. You can visit a veteran in their home, chat and swap stories, meet for coffee or lunch, make referrals for needed services, and provide much-needed companionship. Note: They are following Maine CDC guidelines and recommend veterans practice social distancing and wear masks. Spring training takes place online via Zoom 4-7 p.m., Monday, April 26 - Wednesday, April 28. FMI:

[https://unitedwaygp.galaxydigital.com/event/detail/?event\\_id=68832](https://unitedwaygp.galaxydigital.com/event/detail/?event_id=68832).

### GPWI BRIDGE COURSE

Greater Portland Workforce Initiative (GPWI) and Portland Adult Education are launching the latest version of their Bridge to Healthcare Careers course on April 26. Bridge to Healthcare is a 10-week class for individuals who are interested in careers within the healthcare industry but need foundational skills training such as Reading Comprehension, Test Taking, Digital Literacy and Work Readiness. The course prepares students to advance to the following courses and careers: Regular C.N.A, Healthcare Office, Patient Services, Dental Office, Medical Assisting and more.

Learn more and apply at <http://bit.ly/3vK3Cue>.

