

NOVEMBER 2018: VOLUNTEER ENGAGEMENT NEWSLETTER



United Way
of Greater Portland

ONE-TIME & SPECIAL EVENT VOLUNTEER OPPORTUNITIES

JOIN US FOR FAMILY VOLUNTEER DAY!



Family Volunteer Day is a National Day of Service held on the Saturday before Thanksgiving.

When: Saturday, November 17, 9:30-11am

Who: Volunteers of all ages and abilities are welcome. Young children must be accompanied by adults.

Project Location: United Way of Greater Portland, One Canal Plaza, 3rd floor, in Portland

Projects: Volunteers will assemble parent engagement kits and create centerpieces for Wayside Food Programs' Annual Community Thanksgiving.

RSVP: Want to participate? Email volunteer@unitedwaygp.org so we can ensure ample supplies and treats.

SUPPORT SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS EDUCATION

E The 2018 STEM Expo welcomes over 1,500 Portland area students (grades 3-12) to USM's Sullivan Gym for a day of fun on **Friday, November 2**. Volunteers are needed to set up, assist exhibitors, escort students, distribute lunch, and help clean up after the event. The STEM Expo runs from 9am to 2pm; volunteers are needed for two or four hour shifts, beginning at 7am until 2:30pm. Hours are flexible. Free parking is available at USM Parking Garage. Click [here](#) or contact Sarah Chang at usm.vista@maine.edu to sign-up!

HONOR FLIGHT MAINE TELETHON

On **Thursday, November 15**, NEWS CENTER Maine will hold an Honor Flight Maine Telethon with phone banks in both the Portland and Bangor stations. The money raised from this telethon will help to send veterans to visit their war memorials in Washington D.C. To learn more about Honor Flight Maine and how to donate, click [here](#). NEWS CENTER Maine is also looking for volunteers to take phone pledges in Portland. The first shift is 5am-7:30am (with arrival at 4:30am for breakfast, coffee, and training), the second shift is 11:30am-1pm (with arrival at 11:15am for lunch and training), and the third shift 4:45-7:30pm (with arrival at 4:30pm for dinner and training). To sign up, email Kim Charland, kimberlycharland@newscentermaine.com.

Education

Financial
Stability

Health

HIGHLIGHTS:

- › 2018 STEM Expo
Friday, 11/2
- › Women United Fall
Event
Tuesday, 11/6
- › A Company of Girls'
EMPOW{H}ER
Tuesday, 11/13
- › Honor Flight Maine
Telethon
Thursday, 11/15

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

MENTOR A HIGH SCHOOL STUDENT

E The [Portland Mentoring Alliance](#) helps high school students achieve their academic and social goals and would love to have volunteers commit one hour per week to make a difference in the life of a student. For information and an application, please click [here](#) or contact Asia Alexis at alexia@portlandschools.org or (207) 842-5358.

BE PART OF THE WALKING SCHOOL BUS AND WALK KIDS TO SCHOOL

E Combine safety, fun and community as a volunteer for [Riverton Elementary School's](#) Walking School Bus route. Two routes are currently seeking assistance, one walks students to their bus stop and the other walks with the children all the way to school. Riverton is looking for volunteers who would enjoy getting a little exercise and fresh air each morning and would like to help get elementary age students safely to school. Volunteers would need to commit to one hour once a week. To learn more and sign up, click [here](#) or contact Kathy Cole, colek@portlandschools.org.

PACK FOOD FOR MEALS ON WHEELS IN WINDHAM

FS [Southern Maine Agency on Aging](#) seeks volunteers every Thursday in the kitchen at 124 Tandberg Trail in Windham to assist with packing and preparing the food that is delivered to local Meals on Wheels clients. These volunteers can also be spare Meals on Wheels drivers, but that is not required. This is a unique opportunity to be involved with a different aspect of the Meals on Wheels Program! To learn more or sign up for a shift, click [here](#) or email volunteer@smaaa.org.

HELP SENIORS FEEL MORE POLISHED

H Partner with a youth volunteer at [Park Danforth](#) to provide nail painting services Sunday afternoons at 1:30pm to elders in assisted living. Residents appreciate the social connection as well as the confidence they get from looking great. Time commitments are flexible from once a month to once a week. Click [here](#) or contact Mandy Yates, yatesm@parkdanforth.com to learn more.

SERVE AS AN ENGLISH LANGUAGE TUTOR FOR LEARNINGWORKS

E Want to do more to welcome and support immigrants, refugees, and asylum seekers in the community? Looking for ways to take action? Becoming an English Language tutor with [LearningWorks](#) is a chance to make a lasting impact in the life of an adult learner. Each tutor will spend a minimum of two hours per week over a six-month period working one-on-one with a highly-motivated student to help them achieve their personal English goals. Tutors can meet with their students at any convenient, public location. Prior experience teaching, tutoring, or working with adult or multilingual communities is beneficial but by no means necessary, as intensive training and ongoing support will be provided. 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. Click [here](#) or contact Cora Ordway at cordway@learningworks.me or call (207) 517-3123 to apply anytime.

SERVE AS A RECEPTIONIST AT PARTNERS FOR WORLD HEALTH

H Help [Partners for World Health](#) at the front desk in their headquarters. Tasks include answering the phone, accepting donations of medical supplies, and other light clerical duties. Volunteer support is needed to cover three hour shifts on Thursdays from 1-4pm and Fridays and Saturdays between 9am-4pm. Click [here](#) to fill out a volunteer application or contact Kelsey, kelsey@partnersforworldhealth.org for more information.

**DON'T FORGET TO VOTE
ON NOVEMBER 6!**

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

ONGOING / REGULARLY-SCHEDULED VOLUNTEER OPPORTUNITIES

OFFER THE COMFORT OF YOUR THERAPY DOG

H Do you have a certified therapy dog who enjoys making new friends? [Beacon Hospice](#) is recruiting handlers with certified dogs to join their volunteer team. Dogs must be certified therapy dogs with insurance, have proof of rabies shots and be courteous citizens. Handlers must complete 21 hours of direct patient care hospice volunteer training. Training will begin this fall at 54 Atlantic Place, South Portland and consists of weekly 3-hour classes for 7 weeks. Pet visits will take place mostly at facilities. For more information, click [here](#) or call Donna Teague at (207) 772-0929.

VISIT PEOPLE IN HOSPICE CARE

H [Beacon Hospice](#) seeks volunteers to provide companionship to terminally ill patients and their families. Hospice volunteer classes will be offered at 54 Atlantic Place, South Portland this fall and consists of weekly 3-hour classes for 7 weeks. Learn how you can improve the quality of life for patients, lessen their isolation and comfort them and their caregivers. For more information, please click [here](#) or call Donna Teague at (207) 772-0929.

DELIVER MEALS ON WHEELS

FS Help elders and individuals with disabilities as a volunteer driver for Meals on Wheels. Volunteer drivers deliver meals on Tuesdays and Thursdays from approximately 10am until noon, providing both nutritious meals and personal contact for homebound individuals. Some sites are also seeking drivers to deliver monthly 35-pound Commodity Supplemental Food Program boxes to qualified Meals on Wheels recipients. Areas currently in need include: Biddeford, Buxton, Cape Elizabeth, Eliot, Kittery, Lebanon, North Berwick, Portland, Scarborough, South Portland, and Windham. Please click [here](#) or contact [Southern Maine Agency on Aging's Volunteer Services](#) at (207) 396-6596 or volunteer@smaaa.org to sign up.

LEND A HAND IN THE MEALS ON WHEELS KITCHEN

FS Meals on Wheels is seeking volunteer kitchen helpers for their monthly congregate meals serving elders and individuals with disabilities. Congregate meal kitchen helpers assist setting up the dining rooms and cleaning up after the monthly meals at various sites. Caterers provide the meals, so cooking is not required. Areas currently in need include Biddeford, Buxton, Cape Elizabeth, Eliot, Kittery, Lebanon, North Berwick, Portland, Scarborough, South Portland, and Windham. Spread the word and click [here](#) or contact [Southern Maine Agency on Aging's Volunteer Services](#) at (207) 396-6596 or volunteer@smaaa.org to sign up.

DRIVE A TRUCK & TRANSPORT SUPPLIES

H Join a core group of drivers to help [Partners for World Health](#) pick up supplies from medical facilities and individuals and deliver them to their Portland warehouses.. Volunteer drivers travel north to the Canadian border, West to Burlington, Vermont, and South to Boston. No special license is required to drive the organization's Suburban or 17' box truck. Volunteers must be able to lift 40 lbs. Click [here](#) to fill out a volunteer application or contact Kelsey, kelsey@partnersforworldhealth.org for more information.

EXPLORE THE MOON WITH THE BOYS AND GIRLS CLUB OF MAINE

E Mentors are needed to support Exploration Station,, a [Boys and Girls Club](#) STEM program for club members in grades 1-4. Members will be paired with 1-2 mentors to explore this year's science theme, Mission Moon. Members and mentors meet for one hour each week for 12 weeks. The final session is a 2-hour Expo. Patience and enthusiasm are the only requirements. No previous technology or teaching experience is needed. Opportunities are available at the Portland, South Portland, and Riverton Park Clubhouses. For more information, email volunteer@unitedwaygp.org.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

EVENTS & FUNDRAISERS

WOMEN UNITED FALL EVENT

FS Join [Women United](#) members at coworkHERS in Portland on **Tuesday, November 6**, Election Day, from 5:30-7pm for their Fall Event. Women United is a growing, dynamic, philanthropic group dedicated to investing in two-generation strategies to advance single mothers and their children. This event brings together Women United members and guests to connect and learn more about the impact of their gifts. All are welcome to come and connect, celebrate Women United's 2017 Investments, and enjoy an inspiring an early childhood education conversation. Contact Amy Erskine Hinit, womenunited@unitedwaygp.org or (207) 347-2343 to RSVP.

CELEBRATE GIRLS AT EMPOW{H}ER

E A [Company of Girls \(ACOG\)](#) is pleased to announce their 2nd Annual Empow{h}er! event - and the recipients of their first ever Empow{h}er Awards: Mary Allen Lindemann and ACOG Alumna Mackenzie Marles. Empow{h}er 2018 will be held on **Tuesday, November 13** at the Portland House of Music and Events, from 5:30-7:30pm. This fun night out supports ACOG's arts-based resiliency/empowerment programming for girls and will feature the Empow{h}er Awards, an encore performance of #girltalk - an original theatrical performance created by ACOG Ambassadors (and a Patron's Choice Award winner at this year's at the PortFringe Theater Festival), a silent auction inspired by ACOG's mission, and tasty treats from some of Portland's favorite restaurants. Tickets can be purchased in advance for \$20 online [here](#) or for \$25 at the door.

CONGRATS TO THE 2018 6 WHO CARE WINNERS



The 6 Who Care Awards are an annual celebration of outstanding volunteers in our communities. Presented in partnership by NEWS CENTER Maine, United Way of Greater Portland, TD Bank, and Dead River Company, the program seeks to identify and highlight people who demonstrate exceptional service to their community.

This year's 6 Who Care winners are :

- Lucky Hollander
(Mary Rines Thompson Award Winner)
- Blake Austin
- Hazel Goodwin
- Bruce Noddin
- Scott VanDerveer

This year's Agency of Distinction was awarded to [Ruth's Reusable Resources](#).

NEWS CENTER Maine has shared a photo gallery, bios, and video profiles from the event [here](#). Profiles will also be aired during a special feature on Saturday, December 15 at 8pm.

UWGP VOLUNTEER ENGAGEMENT NEWSLETTER (CONT.)

DONATION OPPORTUNITIES & COMMUNITY RESOURCES

DONATE TURKEYS TO WAYSIDE

FS Wayside Food Programs is collecting turkey donations for their Thanksgiving meal and distribution to families through mobile food pantries and partner pantries across Cumberland County. Turkeys received before **Friday, November 16** help to give them more time for distribution. To donate, contact Don Morrison, (207) 712-4929 or dmorrison@waysidemaine.org.

HELP STUDENTS KEEP WARM THIS WINTER

FS Portland Arts and Technical High School (PATHS) is in need of men's sweatshirts and sweatpants (size XL, XXL, and XXXL), as well as 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. For more information or to donate, contact Tina Mikkelsen at mikket@portlandschools.org.

HOLIDAY GIFT GIVING

FS The Opportunity Alliance is getting ready for another magical Holiday Gift Drive. Workplace departments and families are welcome to sponsor a single child or a family. For more information about how to sign up for a wish list, email Sarah Andre at sarah.andre@opportunityalliance.org.

BE SAFE ONLINE

National Cybersecurity Awareness Month (NCSAM) is almost over. The Department of Homeland Security encourages everyone to Stop.Think.Connect. when using the Internet. To get tips and resources to be safer online, click [here](#).

CONFUSED ABOUT WHAT/HOW TO RECYCLE?

Recycling can be confusing, but it's important to do it consistently and correctly. Check out [ecomaine's Recyclopedia](#), an invaluable resource that is available online as well as in app form. (Apple and Android). Not sure how to dispose of an item? Simply type it into the website/app, and it will direct you to the best way to dispose of it.

UWGP UPDATES

WORK WITH US

United Way of Greater Portland is hiring a Director, Marketing and Communications. This position works with the VP, Marketing and Communications and UWGP internal teams to lead the development of the marketing and communication strategy, collateral materials, and media relations that increase the public understanding and financial support for United Way in the region. The Director, Marketing and Communications will leverage the full portfolio of media and community engagement opportunities to raise awareness of the impact of UWGP's work in the community. Applications accepted until **November 12, 2018**. Please submit a cover letter and resume to Lisa Toner, Interim Director, Human Resources at hr@unitedwaygp.org.

LOOKING FOR MORE WAYS TO GET INVOLVED?

SEARCH ONLINE AT VOLUNTEER.UNITEDWAYGP.ORG