

APRIL 2020 VOLUNTEER NEWSLETTER SPECIAL EDITION: COVID RESOURCE GUIDE



This month's newsletter is a bit different in light of all that is happening with COVID-19. Our hope is to provide resources as we hear about them. We are working closely with other community organizations to share needs and resources as we learn more. We encourage you to check our website for updated volunteer opportunities and connections.

PROTECT YOUR HEALTH

Practice social distancing and take preventive measures: Wash your hands often for 20 seconds. Cover coughs and sneezes. Stay home if you are sick.
Symptoms of COVID-19 include: Fever, shortness of breath, and lower respiratory distress. Call ahead to a health care professional if you develop a fever and symptoms of respiratory illness. Health care providers will make the initial determination on whether COVID-19 testing is advisable. As appropriate, health providers will take samples and submit them to Maine CDC.

HIGHLIGHTS:

- > VOLUNTEER OPPORTUNITIES & RESOURCES
- > DONATIONS & RESOURCES
- > FOR FAMILIES
- > FOR BUSINESSES

**GREATER PORTLAND
COVID-19
COMMUNITY RELIEF FUND**

United Way
of Greater Portland

In a time of uncertainty, your gift to the community is a gift of hope.
Donate to the Greater Portland COVID-19 Community Relief Fund by April 1 to support urgent needs.

Online: www.unitedwaygp.org/covid Text: ME COVID to 52886

Thanks to the generous supporters below, 100% of your gift will support our most vulnerable neighbors.



UWGP NEWSLETTER - COVID-19 RESOURCE GUIDE (CONT.)

VOLUNTEER OPPORTUNITIES & DONATIONS

Given all of the changes with COVID-19 and our new world of social distancing, volunteering in person is changing. Help, however, can come in many forms. Use your voice for support and advocacy. Educate yourself on the issues.

RED CROSS - SUPPORT THOSE GIVING THE GIFT OF LIFE

During this time of COVID-19 blood collection is in a dire situation. "Through March 18, more than 4,500 Red Cross blood drives have been canceled across the country due to coronavirus concerns, resulting in about 150,000 fewer blood donations." Red Cross needs volunteers to serve as Blood Donor Ambassadors with the Red Cross BioMed Team. This opportunity can take place anywhere in the state. Permanent donation centers are located in Portland, Lewiston & Bangor. The Red Cross has implemented additional precautions to ensure the safety of donors and staff on top of normal thorough safety protocols. As a Blood Donor Ambassador you will play a safe and critical role in assuring donors that they have made a very good decision to donate. Volunteers may be taking temperatures at the door, checking donors into their appointment and/or keeping a watchful eye on them at the recovery table. Commitment: 6 hours (one shift) per month or more (at local blood drives or statewide). FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=385260.

MEALS ON WHEELS DELIVERY DRIVERS

Southern Maine Agency on Aging (SMAA) is actively looking for current volunteers who can assist with meal delivery as we navigate through this on-going health crisis. Deliveries take place every Tuesday and Thursday morning. Online training will be provided to new volunteers. Thank you for thoughtfully considering this important interim volunteer assignment as the Southern Maine Agency on Aging continues to provide necessary services to our clients. Please contact volunteer@smaa.org for more information.

MAINEHEALTH CHILDCARE DIRECTORY

MaineHealth is creating a childcare directory for anyone interested, willing, and able to provide care for the families of its care team members responding to the COVID-19 outbreak. Contact information will populate a directory that is available to MaineHealth employees (only). Parents will contact caregivers directly to arrange for needed childcare. FMI visit <https://bit.ly/2wxbTYr>.

SUPPORT PREBLE STREET

Preble Street is seeking food donations. Bring donations to the Resource Center Soup Kitchen, 252 Oxford Street, Volunteer Entrance (ring the bell) – 7 days a week, 7am-6pm. Looking to volunteer for meal service? Sign up online by visiting <https://www.preblestreet.org/you-can-help/volunteer/> or contact Volunteer Manager Ali Brauner at 207-775-0026 x1162 or by email at abrauner@preblestreet.org.

VIRTUAL FOOD DRIVE

Now you can easily organize a fundraiser to support Good Shepherd Food Bank right from your computer! Share your Virtual Food Drive with family and friends to help collect food needed to feed families struggling with hunger throughout our state. Need food ideas: Peanut butter, Rice, Any Kids' Healthy Snacks, Canned tuna, Tomato sauce, Soup, Canned fruit (low or no sugar), Canned veggies or beans, Granola or cereal bars, Cereal, Macaroni & Cheese. FMI visit <https://www.gsfb.org/get-involved/food-drives>.

APPLICATION NOW OPEN: GREATER PORTLAND COVID-19 COMMUNITY RELIEF FUND

Funds will be awarded to non-profit organizations and municipalities serving vulnerable populations.

To apply, visit <https://bit.ly/2JdJNUQ>.

Please apply by 11:59 p.m. on April 1 to be considered for grant awards in this first round. Applications after that date will be considered for the next round of funding, at a date to be determined.

UWGP NEWSLETTER - COVID-19 RESOURCE GUIDE (CONT.)

DONATIONS & RESOURCES

PORTLAND PUBLIC SCHOOLS FOOD FUND

The PPS Food Fund is a collaboration by the Foundation for PPS and Food Fuels Learning (FFL) to help ensure food security for PPS students and is made possible through generous donations by the community. FMI visit <https://foundationforpps.kindful.com/?campaign=1046737>.

MEDICAL MASKS AND SUPPLIES: DONATE AND SEW

Mid Coast Hospital is preparing for shortages of some medical supplies, including personal protective equipment, and are proactively pursuing untraditional means and asking for the community's assistance. They are currently asking for donations of new and unused: N95 Masks (usually made by 3M or Kimberly Clark but will accept any brand); Paper masks (with ties or elastic); Paper protective gowns; Protective glasses/goggles (can be previously used); Nitrile gloves.

Mid Coast Hospital also welcomes donations of handmade fabric masks. Please use this pattern at <https://bit.ly/2wC8Qya> courtesy of The Turban Project. Medical supplies and cloth masks can be dropped off just inside the Main Entrance of Mid Coast Hospital's Parkview Campus, located at 329 Maine Street in Brunswick, between 8 am and 5 pm, Monday through Friday. Arrangements can be made for pickup of larger quantities by calling (207) 373-6781.

MAINEHEALTH DONATIONS

MaineHealth is seeking donations of: N95 masks, gowns, gloves, and protective eye gear. Contact MaineHealth using the form below before your arrival. To protect our patients and care team members, we are not accepting unannounced drop-off donations of toys, blankets, or other items at this time. We appreciate and thank you for your commitment to helping us keep our communities healthy. FMI visit <https://mainehealth.org/healthy-communities/coronavirus/donations>.

MAINE CDC

For Maine's response to COVID-19 and updated testing results, visit the Maine CDC website at <https://bit.ly/2Uq3dew>.

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.

CUMBERLAND COUNTY FOOD SECURITY

CCFSC has been updating their COVID19 webpage at <https://www.ccfoodsecurity.org/covid-19-coronavirus-information.html> with resources and information. Their site also has links to different school district's information on school meals. Some additional resources include:

- [Wayside's Community Resource Page](#) (this includes updated food pantry hours and locations)
- [Resources for New Mainers](#)
- [Good Shepherd Food Banks](#) updated pantry partners

ALZHEIMER'S ASSOCIATION HELPLINE

The Alzheimer's Association's 24/7 Helpline - 800.272.3900 - connects callers to information and support whenever they need it. It is staffed around-the-clock, 365 days a year by specialists and master's-level clinicians who understand the disease and its impact. The hotline offers confidential care consultation and can help with decision-making support, crisis assistance, referrals, and education on issues families face every day. FMI visit alz.org/maine.

UWGP RESOURCE PAGES: SOCIAL DISTANCING

The rate at which the pandemic is spreading requires widespread and comprehensive social distancing efforts. For social distancing to be effective, every one of us must do our part. For resources and more visit <https://bit.ly/2UdGqnq>.

UWGP NEWSLETTER - COVID-19 RESOURCE GUIDE (CONT.)

FOR FAMILIES

RESOURCES TO TALK WITH CHILDREN ABOUT COVID-19

Children are hearing about COVID-19 and it is important to ensure they get reliable age-appropriate information.

CORONAVIRUS (COVID-19): HOW TO TALK TO YOUR CHILD

- <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

TALKING TO KIDS ABOUT THE CORONAVIRUS

- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

HOW TO TALK TO YOUR KIDS ABOUT THE CORONAVIRUS

- <https://www.griefrecoverymethod.com/blog/2020/03/how-talk-your-kids-about-coronavirus>

MUSEUM TOURS

12 famous museums offer free tours.

- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

LUNCH DOODLES WITH MO WILLEMS!

Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Visit <https://www.kennedy-center.org/education/mo-willems/> to watch all of Mo's videos, find activity sheets to print out & follow along, and more.

GO NOODLE

Movement and mindfulness videos created by child development experts. FMI visit <https://www.gonoodle.com/>.

MULTILINGUAL RESOURCES

Colorín Colorado is a bilingual site for educators and families of English language learners. The site provides resources that include multilingual fact sheets and infographics. FMI visit <https://www.colorincolorado.org/coronavirus>.

SCHOLASTIC LEARNING @ HOME

This learn-at-home program features ways to teach kids from pre-k through grade 6+. Subjects covered include Physical Science, Earth Science, and Animal Studies and includes online books. FMI visit <https://classroommagazines.scholastic.com/support/learnathome.html>.

GO NOODLE

Movement and mindfulness videos created by child development experts. FMI visit <https://www.gonoodle.com/>.

CIRCLETIME

Watch or participate in classes such as yoga, sing-alongs, storytime, cooking and more. Designed for kids 0-6. Use the code: homefun3 to use the service for free. FMI visit <https://circuitimefun.com>.

MET KIDS

Take a tour of The Met with their interactive map and watch behind-the-scenes videos. Designed for ages 7-12. FMI visit <https://www.metmuseum.org/art/online-features/metkids>.

CHILDRENS MUSEUM VIRTUAL PROGRAMS

Museum educators have scheduled free programs for the next two weeks and are making them available via the Museum & Theatre's facebook events page www.facebook.com/pg/kitetails/events.

VISIT NATIONAL PARKS

Visit our National parks remotely at <https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually>.

UWGP RESOURCE PAGE: TIPS FOR PARENTS AND CAREGIVERS

Visit our blog <https://www.unitedwaygp.org/2020/03/16/covid-19-resources-for-families/> for more resources and helpful links for interacting with children about COVID-19.

UWGP NEWSLETTER - COVID-19 RESOURCE GUIDE (CONT.)

FOR BUSINESSES

MAINE DEPT OF ECONOMIC AND COMMUNITY DEVELOPMENT BUSINESS RESOURCES AND ASSISTANCE INFORMATION

The Maine Department of Economic and Community Development has produced the following documents for businesses and individuals/employees in response to the COVID-19 pandemic. These documents will likely be updated.

- [Maine DECD Business Resources](#)
- [COVID-19 Response Financial Resources](#) (Individuals and Employees)

SMALL BUSINESS ADMINISTRATION

Economic Injury Disaster Loan (EIDL) Program - In response to COVID-19, our Economic Injury Disaster Loan (EIDL) Program was activated. FMI visit <https://disasterloan.sba.gov/ela/Documents/SBA-Disaster-Assistance-Loans-Businesses-Nonprofits.pdf>.

CONSUMERS FOR AFFORDABLE HEALTH CARE

This consumer advocacy organization can provide you with information on possible options for insurance and medical care through their 'Helpline' at 1-800-965-7476.

HEALTH CARE AND HEALTH INSURANCE

Additional information is available about a wide variety of state and local programs and services either online at www.maine.gov or by calling '211'. If you have any questions about available services, please contact your local [CareerCenter](#).

THE PORTLAND REGIONAL CHAMBER COVID-19 RESOURCE PAGE

Visit The Portland Regional Chamber's Resource page for updates and resources for employers and employees, as well as local business links at <https://www.portlandregion.com/coronavirus-resources.html>.

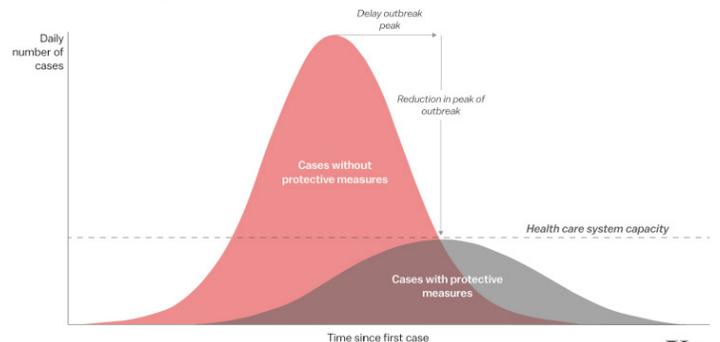
UNEMPLOYMENT INSURANCE (UI) TEMPORARY FLEXIBILITIES

Temporarily laid-off employees are eligible to apply for Unemployment Insurance (UI) through the State by visiting www.maine.gov/unemployment and filing a claim. An employee filing for UI, in this case, WILL NOT affect the employer's experience rating record. The work search requirement for individuals still connected to their employer but temporarily laid off is waived for this period.

Timeline: The 1 week waiting period for UI benefit has been waived, but there is still a process that usually takes roughly 10 days.

The Maine Department of Labor is continually updating its website to reflect the most recent UI eligibility requirements. Please visit <https://www.maine.gov/labor/covid19/> for more information on UI and the latest changes.

Flattening the curve



Source: CDC

Vox

FLATTENING THE CURVE

Why is flattening the curve so important to stop the spread of COVID-19? This article from The Washington Post provides some great insight: <https://wapo.st/33DLPae>.

ONE UNITED COMMUNITY

Thank you so much for your support of our community. There will be many more changes in the weeks and months to come, but if we all work together we will come through on the other side, stronger and more resilient.