

JUNE 2020 VOLUNTEER NEWSLETTER: COVID-19 FOCUS



United Way
of Greater Portland

This month's newsletter continues to highlight COVID-19 related opportunities and resources. We encourage you to check our [website](#) for updated volunteer opportunities and connections. At all times, and particularly now, thank you for living United by being on the front lines, practicing physical distancing, lending a (gloved) hand, and staying home.

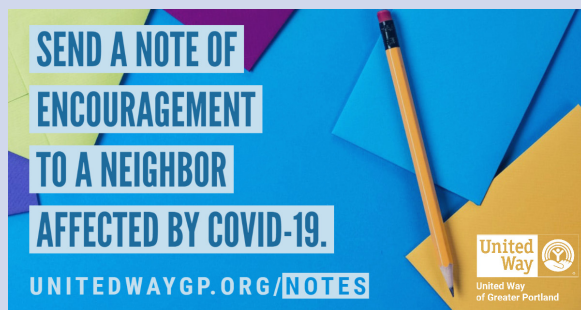
HIGHLIGHTS:

> ANNUAL MEETING
JUNE 8, 8:30AM

> VOLUNTEER
OPPORTUNITIES

> UNITED WE COUNT

FEATURED ACTIVITIES: NOTES, MASKS, VIDEOS



NOTES OF ENCOURAGEMENT

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 are in need of some encouragement. Visit www.unitedwaygp.org/notes to make a card or two today!

MASK MAKING

Governor Mills is requiring facemasks for all in public places. "Individuals must wear cloth face covering in public settings where other physical distancing measures are difficult to maintain." This order has created an increased need for masks in our community. You are invited to help make and donate homemade masks. While these masks may not be as effective as N-95s, when used correctly, they are useful in blocking out virus particles. 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 enjoy. Videos can be short (3-5 minutes) and can be done with your phone. We will provide you with tips to video and possible topics if you need an idea. FMI contact volunteer@unitedwaygp.org.



United Way
of Greater Portland

VIRTUAL UWGP ANNUAL MEETING

Monday June 8, from
8:30 a.m. - 9:30 a.m.
you are invited to
United Way of Greater
Portland's Annual
Meeting.

RSVP: rsvp@unitedwaygp.org.

LOCAL BOARD ANNOUNCES ROUND TWO FUNDING AWARDS TO ORGANIZATIONS PROVIDING HUMANITARIAN AID TO MIGRANTS

United Way of Greater Portland (UWGP) and the Cumberland County Board for the Emergency Food and Shelter Program (EFSP) received notice from the EFSP National Board that four Cumberland County agencies would receive \$1,249,043 for services provided to migrants released from U.S. Department of Homeland Security (DHS) custody at the southern border from January 1, 2019 through January 31, 2020.

These funds were made available as part of the federal Supplemental Appropriations for Humanitarian Assistance (SAHA). Specifically, the following funds were awarded: \$945,399 to City of Portland Family Shelter, \$263,760 to Preble Street Soup Kitchen, \$25,520 to Wayside Food Programs, \$14,364 to Mid Coast Hunger Prevention Program, Inc.

FMI visit <https://bit.ly/2TpS3H0>.

JUNE UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES

PORTLAND HOUSING AUTHORITY MASK MAKING

Portland Housing Authority is in need of masks to distribute to residents living in seven communities in and around Portland, three of which are elderly and disabled housing and four are family housing. They are seeking help with donations of adult and youth-sized cloth face masks to be delivered to individuals and families. Available fabric or other materials can be dropped off to volunteers. Arrangements will need to be made with Miranda Hanson at mhanson@porthouse.org. CDC Cloth Face Covering Guidelines & Sew/No-Sew Instructions: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

SEW MASKS AT HOME OUT OF BLUE WRAP STERILIZATION MATERIAL!

Partners for World Health is looking for volunteers to sew masks made out of 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. The goal of this project/using blue wrap as the material is to get these masks to those on the front lines. They have already distributed close to 5,000 and are still receiving requests from partners, so they need more! For more experienced seamstresses, they also have gowns that have been cut and need to be sewn. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=519883.

UPCOMING TRAINING FOR SARSSM VOLUNTEER ADVOCATES

Online advocate training coming soon! SARSSM volunteer advocates listen, provide emotional support, and offer resources to victim/survivors of sexual assault and their concerned loved ones. They also accompany survivors to the hospital or police station. Through this rewarding volunteer experience, you will directly impact a person's life in a positive way. FMI about requirements and benefits: http://volunteer.unitedwaygp.org/need/detail/?need_id=202608.

SOUTHERN MAINE AGENCY ON AGING - PHONE PAL VOLUNTEER

[Southern Maine Agency on Aging](#) (SMAA) Meals On Wheels Phone Pal Volunteer will provide home bound elders & individuals with disabilities with companionship by regularly calling on the phone in an effort 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 recipient. Volunteers are asked to commit to at least one year and must have a clean driver record and successfully pass a criminal background check. Phone Pal volunteers can begin right away after training. FMI contact SMAA Volunteer Services at volunteer@smaaa.org or 207-396-6525.

VOLUNTEER SCREENER AT RETIREMENT COMMUNITY

Greater Portland retirement community with assisted living is seeking a volunteer screener for essential staff members upon entering facility. Volunteers will perform temperature checks and ask staff/ visitors a series of screening questions. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=514620.

RED CROSS - BLOOD DONOR SCREENER

[Red Cross](#) has implemented an additional Blood Donor Screener position in the interest of safety during the COVID-19 outbreak. Specifically, the screener will greet donors, model excellent customer service behaviors and ensure people entering blood drives have a healthy temperature. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=511083.

JUNE UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES

RED CROSS - BLOOD AMBASSADOR

Volunteer as a Blood Donor Ambassador with [Red Cross](#) at permanent donation centers in Portland, Auburn & Bangor or various local drives. During this time of COVID-19, blood collection must continue to meet the constant demand and is officially designated an essential service for those donating and those supporting the process. Safety is our #1 priority. Volunteers will be provided a mask and gloves. As a Blood Donor Ambassador, volunteers play a critical role in the blood donation process. Volunteers will be assuring donors they have made a good decision to come, may be helping them understand why their temperatures were taken at the door, checking donors into their appointment, and/or keeping a watchful eye on them at the recovery table. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=385260.

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 visit http://volunteer.unitedwaygp.org/need/detail/?need_id=514698.

MENTOR A NEW MAINER ASYLUM SEEKER

Welcoming the Stranger is actively looking for volunteers willing to enter into 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 visit http://volunteer.unitedwaygp.org/agency/detail/?agency_id=92946.

COOKING FOR COMMUNITY

Cooking for Community has come together to help provide food for those without enough food, and continued employment for those struggling in the food industry. They raise money to pay local restaurants to cook easy-to-reheat, packaged meals, using primarily locally sourced ingredients, for distribution to people in need of nourishment. Through this positive reinforcement feedback loop, restaurants can pay their employees, local seafood growers, fishers, and farmers can sell their goods, and people and families in need will know where and when they can depend on a free meal. FMI visit <https://www.cookingforcommunity.org/get-involved>.



**BRICK
& BEAM**
SOCIETY

VIRTUAL VIDEO EDITING WITH SOUTH PORTLAND SCHOOL DISTRICT

Thanks to the support of a grant from The Brick & Beam Society, an individual giving group of United Way of Greater Portland, the South Portland Schools have permission to translate stories by Ezra Jack Keats into the languages spoken by students in their public Pre-K program. They are looking for someone to help edit the videos using iMovie, or some other compatible program. Other volunteers are preparing MP3s of themselves reading the stories in various languages, and the schools are looking for someone to help edit the recordings to match images of the book pages. These stories will be shared with the families in the Pre-K program so they can enjoy building literacy skills at home. This is a virtual opportunity. You can do the video editing at home, on your own time.

FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=519515.

JUNE UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES & RESOURCES

USE YOUR SKILLS !

Many traditional volunteer opportunities are just not possible during this time of COVID-19. If you are still looking for an opportunity to help, consider offering your skills. Can you help someone develop a resume or job search skills? Help them sign up for unemployment? Help with a mock interview? Are you good at marketing/writing? What's your skill?

If you have questions or skills to offer, email volunteer@unitedwaygp.org.

HELP OUT EVEN WHEN YOU'RE OUT WALKING

Don't just take your dog for a walk...Take your **Walk for a Dog!** Support our friends at Animal Refuge League of Greater Portland (or a shelter of your choice.) Every Walk for a Dog counts, whether it's a walk around the block or a three-mile hike. FMI visit <https://www.wooftrax.com/> Or next time you're out for your daily walk, bring a garbage bag with you. Whether you're in your neighborhood, on the beach or on a trail, you can help by making the community a cleaner place...and if you're really good, you can help a dog AND pick up some trash!

PORTLAND PUBLIC SCHOOLS FOOD FUND

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

LOOKING FOR MORE IDEAS FOR VIRTUAL VOLUNTEERING?

Check out Points of Light's latest listing at <https://www.pointsoflight.org/virtual-volunteering-opportunities/>.

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.

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>.

CUMBERLAND COUNTY FOOD SECURITY

CCFSC has been updating their COVID-19 web page at <https://www.ccfoodsecurity.org/covid-19-coronavirus-information.html> with resources and information. Their site also has links to different school districts' information on school meals.

PPS FOOD FUND

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

**UNITED WE
COUNT**

Ensuring an accurate census helps our communities get the resources the need to thrive and succeed.

Join us by pledging to be counted!

Visit [visit https://unitedtoact.org/unitedwayworldwide/united-we-count-1](https://unitedtoact.org/unitedwayworldwide/united-we-count-1).

JUNE UWGP VOLUNTEER NEWSLETTER (CONT.)

RESOURCES

MAINE CDC

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

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 visit www.maineready.org.

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>.

FRONTLINE WARMLINE

A new volunteer phone support service, the FrontLine WarmLine, was launched to help Maine health care workers and first responders manage the stress of serving on the front lines of the fight against the COVID-19 pandemic. The FrontLine Warmline serves health care professionals, such as physicians, nurses and counselors, as well as emergency medical services personnel, law enforcement, and others who are directly responding to the pandemic in Maine. The line is staffed by volunteer professionals activated through Maine Responds, including licensed psychiatrists, psychologists, therapists, social workers, and nurse practitioners, who can help callers to deal with anxiety, irritability, stress, poor sleep, grief or worry and, if needed, connect them with additional supports. The FrontLine WarmLine is available to clinicians and first responders from 8 a.m. to 8 p.m. 7 days a week by calling 207-221-8196 or 866-367-4440. Text capability will be added soon. FMI visit <https://www.maineresponds.org/>.

OPEN MAINE COVID-19 RESOURCES

This provides a list of statewide resources that include employment, medical assistance, multilingual assistance, and more. FMI visit [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. They started a fund for community assistance and you can find ways to donate, volunteer, and seek help on their website. FMI visit 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 visit <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 visit <http://payitforwardmaine.com/>.

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

The Alzheimer's Association is still here for support, education, and resources. Their New England support groups, webinars, and early-stage social engagement programs can be found at www.alzprograms.org. They are continuously working to add more programming. Their 24/7 Helpline (800-272-3900) is 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

JUNE UWGP VOLUNTEER NEWSLETTER (CONT.)

RESOURCES, ACTIVITIES & EVENTS

SWEETSER HOTLINES & SERVICES

Sweetser, a local social services organization, runs several hotlines for support:

- PromiseLine - 1-800-434-3000 - When someone in your life has substance use issues or mental health needs.
- Maine Crisis Line - 1-888-568-1112 - 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.
- Intentional Warm Line - 1-866-771-9276 - The Intentional Warm Line is available toll-free from anywhere in Maine, 24 hours a day, seven days a week. It is a mental health peer-to-peer phone support line for adults, aged 18 and older, offering mutual conversations with a trained peer specialist who has life experience with mental health recovery. The focus is to encourage and foster recovery, moving toward wellness and reconnecting with community.
- myStrength - a free and confidential online tool, the "health club" for your mind. myStrength's digital behavioral health solutions empower individuals with engaging, clinically-proven resources. You can register at <https://mystrength.com>.

LINKS TO COVID-19 INFORMATION IN MULTIPLE LANGUAGES

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

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 curriculum for various ages: <https://www.ymcaofsouthernmaine.org/main/covid-19-youth-resources/>.

SEXUAL ASSAULT AWARENESS

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:

- sarssm.org
- throughthesedoors.org
- ptla.org
- RAINN.org
- **888-568-1112 : Maine 24/7 Statewide Crisis Line**

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.

THE OPPORTUNITY ALLIANCE RAISE

Join The Opportunity Alliance on June 4th for RAISE (formerly the Barn Raising) – a one day virtual fundraiser to support their mission, celebrate community, and help meet the growing needs of our neighbors. The event will include live streams showcasing agency programs and exciting updates, videos from community partners, an online raffle, and opportunities to win prizes. All the funds raised will support The Opportunity Alliance's efforts to care for the most vulnerable in our community. FMI about event details or sponsorship opportunities, contact Lily Lynch at lily.lynch@opportunityalliance.org or 207-523-5030.

ONE UNITED COMMUNITY

Thank you so much for all you continue to do to support our community. If we continue to all work together, we will come through on the other side, stronger and more resilient.