

JULY 2020 VOLUNTEER NEWSLETTER: VIRTUAL FOCUS

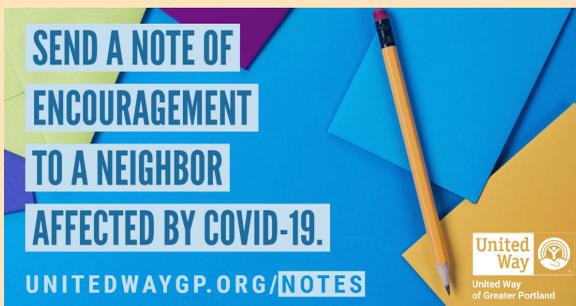


This month's newsletter continues to highlight virtual related opportunities and resources. We encourage you to check our [website](#) for updated volunteer opportunities and connections. At all times, and particularly now, thank you for doing your part to support the Greater Portland community. Working together, we will rebuild and reimagine our path forward, United for a thriving future.

HIGHLIGHTS:

- > VOLUNTEER OPPORTUNITIES
- > BRICK & BEAM RFP
- > SUMMER ACTIVITIES FOR KIDS

FEATURED ACTIVITIES: NOTES, MASKS, VIDEOS



CARD MAKING

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' executive order requiring "Individuals to wear a cloth face covering in public settings where other physical distancing measures are difficult to maintain" has increased the need for masks in our community. We are inviting community members to make and donate homemade masks. 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.



WOMEN UNITED

VIRTUAL EVENT

Tuesday July 14
8 a.m. - 8:45 a.m.

Grab yourself a cup of coffee, herbal tea, or favorite smoothie - and reUnite with UWGP's Individual Giving Group, Women United!

FMI visit <https://www.unitedwaygp.org/event/virtual-women-united-meeting/>.

VOTE "YES" TO EXPAND BROADBAND

On July 14, voters have the chance to vote "yes" on Question 1, which will invest \$15 million in the delivery of better internet to unserved and underserved areas of Maine. The bond funds will be matched by \$30 million in private, local and federal dollars, tripling the impact of this investment.

United Way of Greater Portland's Board of Directors has endorsed the bond referendum, which will help ensure economic opportunity, financial stability, and positive health outcomes that are vital to an individual and household's ability to recover, rebuild, and thrive. These measures are directly or clearly tied to UWGP's Board approved Agenda, which includes supporting expanding broadband, an issue raised by multiple community partners about 18 months ago when we surveyed partners about policy priorities for Greater Portland.

Please vote "Yes" on Question 1 by requesting an absentee ballot today or going to your polling place on July 14! To read our current Legislative Update visit <https://bit.ly/3eMdJWf>.

JULY UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES

SUPPORT COMMUNITY DIAPER BANK

Approximately 1 in 3 families nationwide report experiencing diaper need, yet existing safety-net programs such as SNAP and TANF do not support the purchase of diapers. Michael Klahr Jewish Family Services provides diapers to area food pantries, the City of Portland Family Shelter, The Opportunity Alliance, and physicians at several MaineHealth clinics. The COVID-19 pandemic has significantly increased the number of families without the resources or ability to provide this essential item for their babies. Want to help? Donate diapers, organize a diaper drive or, let your dollar donation go twice as far with KJFS's bulk purchasing. FMI visit volunteer@unitedwaygp.org.

CENTER FOR GRIEVING CHILDREN VIRTUAL INFORMATION SESSION

Join staff on July 7 from 5-6 pm or July 27 from 12-1 pm for a virtual information session to learn more about volunteer opportunities at The Center including volunteer facilitators who work with children and their families one evening or afternoon a week (depending on the program). Volunteer Facilitators are asked to make a commitment of one-year and complete an intensive 30+ hour training. FMI and to register, contact Beth, beth@cgcmaine.org.

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.

SORT MEDICAL SUPPLIES WITH PARTNERS FOR WORLD HEALTH

Partners for World Health (PWH) is open to volunteering with new regulations to keep everyone safe and adhere to local guidelines! We are always looking for volunteers to sort and prepare donated medical supplies for distribution to underserved populations and those in need. The tasks vary day to day- you may be opening boxes of items to sort, putting together kits of similar items (personal care kits, surgical kits, respiratory kits, etc.) or filling boxes with medical supplies, for example. No medical background is needed! Volunteering is available in person by appointment or by take home tasks. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=522203.

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 with translation and reading in Arabic, Portuguese and Somali. 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/agency/detail/?agency_id=113052.



BRICK & BEAM SOCIETY RFP

Brick & Beam Society, an individual giving group of United Way Greater Portland, is now accepting proposals for programs targeted to early childhood learning and/or STEM programming, and support high need populations birth through 8th grade. Application deadline is August 7, 2020. Learn more and apply at <https://www.unitedwaygp.org/2020/06/25/request-for-proposals-brick-beam-society/>.

JULY UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES

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.

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.

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 ensure people entering blood drives have a healthy temperature. Greet donors and model excellent customer service behaviors. FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=511083.

VOLUNTEER CASEWORKER - BE OF SERVICE TO THE ARMED FORCES

Provide casework support, resources, and referrals to service members and their families. Volunteers should be able to handle stress, have excellent customer service, computer and phone skills, plus attention to detail. Volunteers should be able to commit to a recurring weekly shift of 3 hours (can be non-consecutive hours at any time that it is socially acceptable). FMI visit http://volunteer.unitedwaygp.org/need/detail/?need_id=500895.

NOGGIN VOLUNTEER PROMOTER

United Way of Greater Portland is looking for a volunteer to help promote free Noggin resources (see PG 6) this summer. This position is charged with becoming familiar with the Noggin app including how to access it, register, and to begin using. This position will also be responsible for creating marketing materials about its utility to be distributed to interested partners. FMI contact volunteer@unitedwaygp.org.

USE YOUR SKILLS!

Many traditional volunteer opportunities are just not possible during this time of COVID-19. If you are 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.

JULY UWGP VOLUNTEER NEWSLETTER (CONT.)

ONGOING VOLUNTEER OPPORTUNITIES & RESOURCES

LOOKING FOR MORE IDEAS FOR VIRTUAL VOLUNTEERING?

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

PORTLAND SUMMER MEAL SITES

To locate summer meal sites for Portland students, visit https://www.portlandschools.org/news__calendars/spotlight_news/it_s_time_for_summer_meals_.

211 MAINE

Get answers to questions about COVID-19 and related resources 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.

HABITAT FOR HUMANITY'S RESTORE IS OPEN!

Open Tuesday to Saturday from 9 a.m. - 5 p.m. for shopping and no-contact donations drop-off and pick-up. A maximum of 25 people allowed in the store at any time, with a socially distanced line system set up outside the store. All staff, volunteers, and customers must wear a mask or face covering at all times and maintain a minimum of 6 feet distance. Donations can be dropped off Tues. through Sat. from 9 a.m. - 5 p.m. FMI visit <http://www.habitatportlandme.org/> or 207-221-0047.

MAINE CDC

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

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.

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.

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. FMI to donate, volunteer, and seek help 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 a growing library of ideas, tools, and resources to support businesses, organizations, and each other during the pandemic. FMI visit <http://payitforwardmaine.com/>.

HEATING ASSISTANCE AVAILABLE

Why might one apply for heating assistance when it's 80 degrees out? Because more funding is available! Thanks to CARES Act funding, Maine received \$3 million additional Home Energy Assistance Program (HEAP) funds for this program year, which ends on July 15, 2020.

MaineHousing has updated income guidelines to help more people whose income has dropped due to COVID-19 circumstances. This includes looking at the current income of the household versus a 3-month or 12-month review of income. Those who already received a HEAP benefit this year are not eligible to apply until the next program year, which starts on August 24, 2020.

For more program information, including how to apply, visit <https://www.mainehousing.org/programs-services/energy/liheap>.

JULY UWGP VOLUNTEER NEWSLETTER (CONT.)

RESOURCES

SWEETSER

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

- **PromiseLine:** 1-800-434-3000
When someone in your life has substance use issues or mental health needs.
- **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.

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

The Alzheimer's Association is here for support, education, and resources. They have a 24/7 Helpline (800-272-3900) 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](#)

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>.

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.

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/>.

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](#).



FREEWILL 

+



CREATE YOUR WILL TODAY!
freewill.com/unitedway

FREE WILL + UNITED WAY

Did you have a resolution to create a legal will this year? 2020 is almost halfway done. Learn how you can create a will for free, in as little as 20 minutes, through a partnership with United Way. FMI visit freewill.com/unitedway.

JULY UWGP VOLUNTEER NEWSLETTER (CONT.)

SUMMER ACTIVITIES FOR KIDS

UNITED WE COUNT

Maine has a long-standing tradition of outstanding civic involvement and voter turnout.

Let's keep our tradition strong this July 14.

Want details on your polling location or how to register absentee? Visit https://www.maine.gov/portal/government/edemocracy/elections_voting.html.



NOGGIN - 90 DAYS FREE

Noggin is an online resource, presented by Nickelodeon, featuring learning games, books and activities led by kids' favorite characters. Noggin offers high-quality and fun engaging resources for kids including articles, tips, and off-screen activities for parents to utilize with their children. As a response to COVID-19 and the difficulties it has presented to families with young children, United Way of Greater Portland is partnering with Noggin to distribute this resource free of charge for 90 days to Greater Portland immigrant communities and families who sign up between July 1-August 31. FMI visit <https://www.noggin.com/noggin-cares-unitedway/>.



WOLFE'S NECK FARM EDUCATIONAL ACTIVITIES

Keep busy this summer with these 10 minute videos, and virtual and in-person resources for outside or home by visiting <https://www.wolfesneck.org/educational-activities>.

ELEPHANT TOOLKIT

Teach young learners about elephants, the threats they face, and what we can do to protect them and other wildlife. FMI visit <https://wwf.to/2Bo7OrY>.



PINELAND FARMS

Virtual learning and fun for children and families, as well as introducing their new 2 Hour Farm Pass that allows the public to visit in person. FMI visit <https://pinelandfarms.org/education/family-programs/>.

CHILDREN'S MUSEUM & THEATRE OF MAINE

Offering **At Home Together** programming four days a week at 10:30 AM. FMI visit www.facebook.com/kitetails.

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.