

VOLUNTEER NEWSLETTER: JANUARY 2022

NEWS & EVENTS



In partnership with
News Center Maine's
Project Heat.

PROJECT HEAT TELETHON
Mark your calendar for **Thursday, January 20, 5:00 a.m. – 7:30 p.m.** For the 14th year, United Way of Southern Maine is partnering with NEWS CENTER Maine for Project Heat. All proceeds

from the telethon support the Keep ME Warm Fund, which provides emergency heating assistance during the winter months. Learn more at keepmewarm.org.



COMMUNITY INVESTMENT GRANT APPLICATIONS NOW OPEN
Community investment applications are now being accepted for nonprofits and collaborative partners in York and Cumberland Counties. Each county will have separate applications and processes for FY2023 (July 1, 2022 – June 30, 2023) funding. Applications are due **February 18, 2022**. Learn more and apply: uwsme.org/applicant.

MENTAL HEALTH
FIRST + AID
TRAINING



MENTAL HEALTH FIRST AID TRAINING - SOUTHERN MAINE

United Way of Southern Maine is seeking volunteers to participate in a free, virtual Mental Health First Aid training. Part of a menu of signature engagement opportunities related to each of Thrive2027's three goals, this opportunity will help participants deepen their engagement with Thrive2027. Goal 3 specifically aims to reduce preventable, premature deaths by 10%. UWSM is working with a trainer from the Maine Chapter of the National Alliance on Mental Illness (NAMI) to offer the six-hour virtual training to volunteers. Volunteers will learn risk factors and warning signs, identify when a person may need individual support, steps to help someone in crisis, and available support options. We will connect the topics discussed in this training to actions individuals can take to further support Thrive2027 and Goal 3, such as in their workplaces or through volunteerism and advocacy opportunities. Participants will receive a certification upon completion of the training. Please note: this training does not qualify participants to conduct a Mental Health First Aid training themselves.

February 3 registration:
https://uwsme.galaxydigital.com/event/detail/?event_id=78357
March 3 registration:
https://uwsme.galaxydigital.com/event/detail/?event_id=80281
FMI: email Karen Stephenson at kstephenson@uwsme.org.



CA\$H VOLUNTEER OPPORTUNITIES

WHAT IS CA\$H?

CA\$H Greater Portland (Creating Assets, Savings and Hope), an initiative of United Way of Southern Maine, is a partnership with the Greater Portland CA\$H Coalition comprised of community leaders and industry experts who work together to help individuals and families to achieve long-term financial stability.

Partners include AARP Tax-Aide, Avesta Housing, Bath Savings, Coastal Enterprises, Inc. (CEI), Port Credit Union, Gorham Savings Bank, Greater Portland Immigrant Welcome Center, John T. Gorman Foundation, Internal Revenue Service (IRS), KeyBank, New Ventures Maine, Norway Savings Bank, Portland Housing Authority, ProsperityME, and The Opportunity Alliance. In addition to offering free tax preparation for qualified filers during tax season, CA\$H Greater Portland offers year-round outreach and education to individuals and families about ways they can make the most of their money.



GET YOUR TAXES PREPARED FOR FREE

Stop paying to get your taxes prepared. If you, or your household, made \$58,000 or less in 2021, CA\$H Maine volunteers will prepare and file

your taxes for free so that you can get 100% of your refund! You can securely send your tax documents to our tax preparers online. Volunteers are IRS-certified, receive rigorous standards of conduct training, and use secure and encrypted online software. FMI: visit cashmaine.org or call 2-1-1 to find a CA\$H location near you.



CONNECT PEOPLE TO FINANCIAL RESOURCES AS A CA\$H OPPORTUNITY GUIDE

Do you like helping to connect people with resources? Are you good with customer service and data entry? Speak several languages (French, Lingala, Arabic, etc.)? Maybe you're looking for a safe way to help our neighbors save money and increase their financial stability? Join us to become an Opportunity Guide for CA\$H (Creating Assets, Savings and Hope) Greater Portland. During the tax season (late January through mid-April), Opportunity Guide volunteers review client documents and connect (by phone or in-person at Scan & Go sites) to discuss financial goals and challenges, and possible resources that could help. This is a great opportunity for people with basic computer skills who are comfortable having one-on-one conversations. Free online training and support is provided, as well as a way to contact clients safely from your home/workplace on your own schedule. FMI: Email cash@uwsme.org.

ONGOING VOLUNTEER OPPORTUNITIES

MONEY MINDER PROGRAM

Are you interested in helping people manage money? Money Minder volunteers assist clients with a variety of tasks including: reading and sorting mail, preparing a budget, and reconciling checks to bank statements. Volunteers do not exercise control over client funds. Volunteers should have previous experience with managing their own household budget, bill-paying, and bank account reconciliation. Volunteers should be organized and able to submit necessary paperwork on time. **Proof of vaccination status is required.** FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=642311

RED CROSS FAMILY CONTACT VOLUNTEER

This position supports the Regional Service to the Armed Forces department. This virtual opportunity helps ensure that military families know they are supported. Volunteers will ensure records are up-to-date, phone military families with preparedness information, and provide additional support as appropriate. Volunteers will receive training.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=647075

RED CROSS COMMUNICATIONS: WRITER (VIRTUAL)

This position supports the Regional Communications and Public Affairs department. Red Cross Bloggers and Feature Writers are a part of a creative content volunteer team that creates professionally written content for news releases, media alerts, and regional platforms including blogs, social media feeds, websites, and other outlets.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=647017

SUPPORT A SENIOR AT THE CEDARS

Make a difference in the quality of health and wellness for a senior! Seniors living in retirement communities often have little or no family support, and may feel isolated and sad. Reports indicate that seniors truly appreciate and eagerly anticipate regular visits. Volunteers can share experiences, interests, and stories. The most valued activity shared by the seniors and their visitors is talking. One hour a week of your time can make that difference.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=646823

A MATTER OF BALANCE COORDINATOR

The Agewell program at Southern Maine Agency on Aging (SMAA) is seeking a volunteer to join their team as A Matter of Balance Coordinator. The Coordinator is part of the Volunteer Leadership team that helps lead wellness programming at the Agency. The role is an 8-10 hour weekly commitment. This role has a variety of responsibilities, including planning and coordinating, and acting as a liaison between Program Management, Healthy Living for ME (HL4ME), and volunteer leaders (coaches). This volunteer should be organized, have a working knowledge of existing Agewell programs and basic computer proficiency. Proof of vaccination status is required. **Proof of vaccination status is required.**

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=646962



ONGOING VOLUNTEER OPPORTUNITIES

VET TO VET MAINE: VETERANS HELPING VETERANS

Calling all veterans to make a difference in the life of a lonely or socially isolated veteran in Southern Maine. Vet to Vet Maine matches veteran volunteers with other veterans in need of companionship. Volunteers help veterans, socialize with other volunteers, and access information about services and other programs. Vet to Vet volunteers must participate in three 3-hour training sessions via Zoom.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=543833

PORTLAND HOUSING – AFTERSCHOOL PROGRAMMING

Volunteers will spend time with young people at the drop-in, afterschool programs. Ages, interests, and abilities vary greatly between programs so volunteers should be comfortable getting to know a lot of different youth and being a caring adult in their lives. Training is provided. Spending time with young people could consist of reading books with little ones, playing Uno with middle school students, or helping a teen write an essay for school. Every day is unique. Volunteer commitment is to 2-3 hours per week in one location so they can build relationships with and consistency for the youth in that neighborhood. All volunteers are required to be fully vaccinated and provide proof of vaccination prior to volunteering. Masking and social distancing are required, regardless of vaccination status.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=646908

VOLUNTEER WITH THE OPPORTUNITY ALLIANCE

The Opportunity Alliance Senior Companion Program seeks volunteers, age 55 and older, to become Senior Companions in Cumberland and York Counties. Senior Companions volunteer with housebound elders and isolated older adults who need help to maintain their independence. The Opportunity Alliance also has limited openings for Foster Grandparents, age 55 and older, in Cumberland and York Counties. Windham residents are especially encouraged to apply. Foster Grandparents serve as mentors to young people in schools, Head Start programs, and child development centers. Qualified applicants may receive a tax-free stipend, travel and meal reimbursements, and other benefits, including monthly training.

FMI: https://uwsme.galaxydigital.com/agency/detail/?agency_id=56775

CENTER FOR GRIEVING CHILDREN PEER GROUP FACILITATOR - SANFORD AREA

Volunteer as a facilitator and make a difference in the lives of grieving children, teens, young adults, and adults. Volunteers make a 4-hour, weekly commitment to co-lead a small group of children, teens, young adults, or adults. All facilitators must complete a background check and 35-hour training before being placed in a support group. Training sessions are held via Zoom. There is a critical need to have trained facilitators available for Sanford participants on Wednesday nights.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=632633



ONGOING VOLUNTEER OPPORTUNITIES

BOYS & GIRLS CLUB OF SOUTHERN MAINE AFTER SCHOOL PROGRAM VOLUNTEERS

Five Clubhouses that make up the Boys & Girls Clubs of Southern Maine (BGCSM) are looking for individuals to volunteer with afterschool homework help, arts, STEM, physical activities, and more. Commitments are typically scheduled as a recurring weekly shift, allowing Club staff to plan activities around the volunteers in the Clubhouses on a particular day. Needs vary by Clubhouse but BGCSM is looking for individuals to assist in a wide range of programs with Club staff and group leaders. All Clubhouses—Portland, South Portland, Auburn/Lewiston, Riverton Park, and Sagamore Village—are seeking weekly volunteers.

FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=633433

PARTNERS FOR WORLD HEALTH WAREHOUSE AND OPERATIONS VOLUNTEER

Partners for World Health seeks volunteers at the 312 Canco Road warehouse in Portland to assist the Warehouse Manager and other volunteers with traditional warehouse tasks. Examples of tasks: placing packed boxes on labeled shelves, unloading/loading the box truck, assisting with inventory projects, pairing crutches, bundling canes, pulling and labeling boxes in preparation for container shipments, repairing equipment, and cleaning items. There is no minimum hour commitment for this work. FMI:

https://uwsme.galaxydigital.com/need/detail/?need_id=624746

SUPPORT THE VOLUNTEER LAWYERS PROJECT

In these challenging times, legal problems are mounting while access to the legal system is often limited by an inability to pay for representation. Community and student volunteers interview low-income people in need of legal assistance. As the vital link to a variety of legal and community services, volunteers have an opportunity to provide much-needed assistance while also learning about the law. Volunteer Lawyers Project is a statewide program. Volunteers are responsible for answering requests for assistance, interviewing each caller to determine the legal concerns and financial eligibility, entering client information into our database, and providing information about resources. All work can be done remotely, and support is provided. FMI: <https://www.vlp.org/get-involved/#volunteer>.

MAINE NEEDS

Maine Needs is a nonprofit organization that works with all service agencies in Portland and throughout the state to provide basic needs for their clients. Items include: clothing, housewares and supplies for transitioning into homes or living on the street. Maine Needs is 100% volunteer operated. Working under the direction of experienced volunteer team leaders, volunteers sort, organize, and store donations (clothing, housewares, toiletries, etc.). Volunteers also "go shopping" in the space to fill requests from caseworkers for individuals and families. Volunteers are also needed to help with outreach by making phone calls and answering emails. FMI:

https://uwsme.galaxydigital.com/agency/detail/?agency_id=122110



ONGOING VOLUNTEER OPPORTUNITIES

OPERATIONS ASSISTANT AT THE DEMPSEY CENTER

The Operations/Facilities Volunteer role is to provide service to enhance the client experience and assists the delivery of the center's mission. Responsibilities include: routinely sanitizing equipment, supplies and other frequently touched surfaces, reviewing daily program calendar and working with the programming staff for set up, distribution of delivered small packages, mail and materials and other duties and projects as assigned. FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=642755

PHONE PAL PROGRAM AT SOUTHERN MAINE AGENCY ON AGING

SMAA is seeking volunteers to act as a liaison between the Phone Pal program, Meals on Wheels site, clients, and volunteers. Volunteers will send updated Phone Pal client lists to Meals on Wheels sites, report concerns from clients and volunteers alike, make regular check-in calls to clients, and refer interested Meals on Wheels clients to the Matching Project Manager. Volunteers should be team players with strong interpersonal skills, excellent phone communication skills, and basic computer knowledge. Volunteers can work from home and have a flexible schedule, Monday—Friday. Volunteers will receive orientation and training and are asked to make a commitment of 3-5 hours/week for six months to one year. FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=606201

RESOURCE DATABASE SUPPORT VOLUNTEER AT SOUTHERN MAINE AGENCY ON AGING

Resource Database Support Volunteers will contact community providers by phone and ensure resources, services, and information being shared with clients is accurate and up to date. Work can be done remotely. Commitment is 1-2 hours per week with a flexible schedule (Tuesdays, Wednesdays, or Thursdays) with six-month minimum commitment. FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=606192

VolunteerME SOUTHERN MAINE

VOLUNTEERME GREATER PORTLAND & VOLUNTEERME YORK COUNTY ARE NOW VOLUNTEERME SOUTHERN MAINE!

Following the merger of United Ways of York County and Greater Portland, we've combined the two VolunteerME sites. Now, when you go to VolunteerME Southern Maine, you'll see opportunities for both York and Cumberland counties. Check it out:

<https://uwsme.galaxydigital.com/>



VOLUNTEER INFORMATION SESSIONS & WAYS TO GIVE

CENTER FOR GRIEVING CHILDREN - VIRTUAL VOLUNTEER INFO SESSION

Learn more about volunteering with The Center for Grieving Children by attending an hour-long, virtual volunteer information session. You will have the chance to hear about the Center and a variety of volunteer opportunities including facilitator roles. The Center is currently filling January facilitator trainings. FMI: https://uwsme.galaxydigital.com/event/detail/?event_id=79989

LEARN THE ROPES: THE YELLOW TULIP PROJECT MINI-SUMMIT

Start off the new year by joining the Yellow Tulip Project for an interactive 90-minute mini-summit dedicated to giving you all the basics about how to get involved. The mini-summit offers 3 different groups: ambassadors, educators, and community members. The summit takes place Sunday, January 9, 4–5:30 p.m. FMI: https://uwsme.galaxydigital.com/need/detail/?need_id=645192

RED CROSS – VIRTUAL INFORMATION SESSION

Join Red Cross for a virtual information session to learn how you can become a Red Cross volunteer. The next session is scheduled for January 19, 6:00 p.m. FMI: https://uwsme.galaxydigital.com/event/detail/?event_id=80235

GIVE THE GIFT OF LIFE

Rising trauma cases, organ transplants, and elective surgeries are depleting the U.S. blood supply. The Red Cross needs blood donors of all types, especially type O & platelet donors, to overcome this blood shortage. To schedule a time to donate: <https://rcblood.org/34K0ZMC>.

WARM CLOTHING NEEDED

Portland High School has an increased need for new or gently used, warm winter clothing for students, especially jackets, vests, boots, hats, and mittens. All sizes would be greatly appreciated. FMI: Contact Sue Doyon at doyons@portlandschool.org.

King Middle School is seeking clothing and gear for their “clothes closet” where students can pick up items they need. The most needed items are waterproof winter coats, new hats, and waterproof gloves/mittens, hooded sweatshirts, sweatpants, and gently used sneakers and cleats in sizes for students aged 11-14. FMI: Contact Anne Ervin at ervina@portlandschools.org.

BACKPACKS

Deering High School students need new or gently used adult-sized backpacks. FMI: Contact Tina Mikkelsen at mikket@portlandschools.org.

LUNCH BOXES/CHILDREN’S WINTER CLOTHING

Amanda C. Rowe Elementary School in Portland is seeking donations of child-size lunch boxes, water bottles, mittens, gloves (no hats, please), children’s medium/large socks, girls leggings, boys sweat/fleece pants, sneakers (children size 1-12), and snow pants all sizes. FMI: Contact Tina Mikkelsen at mikket@portlandschools.org.

WATER BOTTLES

Several schools are requesting water bottles for their students. If you, or your company, would like to donate water bottles, please contact Karen at kstephenson@uwsme.org.



COMMUNITY RESOURCES



YELLOW TULIP PROJECT

The Yellow Tulip Project is a determined youth-driven movement working tirelessly to smash the stigma around mental health. FMI: <https://theyellowtulipproject.org/>

YELLOW TULIP PROJECT — 48 TIPS

The Yellow Tulip Project's 48 Tips is a self-care/advice kit, written by youth for youth, to help young people feel less alone and more hopeful about these uncertain times ahead. The kits include non-judgmental, adaptable tools and self-care advice, created through the trained lens of youth mental health warriors who know the effects of COVID-era anxiety inside and out. FMI: [48 Tips Care Kit](#)

NAMI TEEN HOTLINE

Lots of things are different right now due to COVID-19, and that can feel overwhelming. NAMI Maine is combating isolation with a teen support text line. This peer support text line is for Maine youth 13–24 years old. The line is staffed every day from noon to 10:00 p.m. by individuals ages 18–24, who are overseen by a clinician and can provide support and information about available resources. Teens can text 207-515-8398 to talk about their feelings and get support from another young person. FMI: <https://www.namimaine.org/teentextline>

USE YOUR VOICE!

Advocacy is an important component of our ability to create a more thriving Southern Maine. For a community to thrive, we must understand the complex issues that we face locally as well as at the state and national levels. UWSM is committed to empowering you with up-to-date legislative information through our policy and advocacy updates and efforts while amplifying individuals' voices on important community issues. Sign up for **Phone2Action** and join UWSM to make an impact. Just text UWSM to 52886 and you'll receive Action Alerts about upcoming advocacy opportunities and our Legislative Updates. FMI: uwsme.org/advocate/.



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](#).

CAREER JOURNEY MAP

Working with new Mainers or foreign-trained professionals? Check out the Career Journey Map from Portland's Office of Economic Opportunity. FMI: <https://www.portlandofopportunity.com/how-do-i-find-a-career-pathway>



COMMUNITY RESOURCES



FAST FACTS ABOUT PLANNED GIVING

Confused about planned giving? Get the answers you need and learn common misconceptions on our blog:

<https://uwsme.org/2021/12/21/fast-facts-about-planned-giving/>

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>

SIMPLE TIPS TO MANAGE YOUR ANXIETY

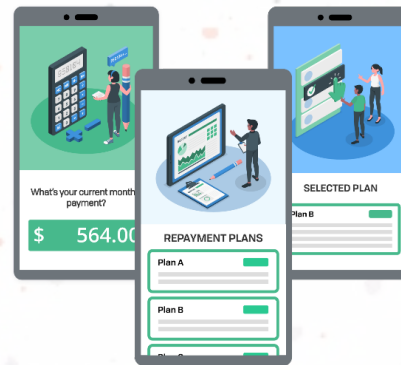
The COVID-19 pandemic has brought about a range of emotions, including anxiety, grief, uncertainty, and sadness. Click the link for four simple tips to help you manage anxiety related to COVID-19: [Four Simple Tips to Help You Manage Anxiety Related to COVID-19 - Mental Health First Aid.](#)

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>.

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 to get started today!



COVID-19: Get the Facts

Obtenha os fatos Shaka amakuru
Pata ukweli
Obtenir les faits Xaqiiqada hel
الحصول على الحقائق

BASIC COVID-19 INFORMATION IN MULTIPLE LANGUAGES:

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



COMMUNITY RESOURCES

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.–10 p.m.

SEXUAL ASSAULT AWARENESS RESOURCES

We recognize home is not always a safe place for everyone. As we continue to navigate the pandemic, 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**.

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/>.



Maine

211 MAINE

When a crisis hits, having somewhere to turn is invaluable. For thousands of people in Maine,

that place is [211 Maine](#), 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. 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. Tell a friend or family member about 211 – you never know when someone might need it.

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.

THANK YOU TO OUR VOLUNTEERS FOR TAKING ACTION FOR SOUTHERN MAINE THIS YEAR.

YOU MAKE US *Hopeful*

