All About Maine’s Nonprofits

How They’re Working for All of Us + How You Can Help!

February 2017
Dear Reader:
The Maine Association of Nonprofits (MANP) is proud to partner with the Portland Press Herald/Maine Sunday Telegram to celebrate Maine Nonprofit Week 2017 – a showcase of how this critical sector benefits all Maine people.

In every county in Maine, organizations are working to protect Maine’s environment, develop our workforce, spur innovation and creativity, care for our most vulnerable residents, support arts and culture and educate our children – all while contributing significant financial and human resources to the economy.

• A major economic driver, the nonprofit sector spends $11 billion each year, employs 1 in 6 Maine workers, and pays more than $4.3 billion in wages.
• Nonprofits build our communities and cultivate civil society. They help Mainers access education at every age, start companies, develop leadership skills, find solutions to pressing community concerns and participate in civic life. Nonprofits mobilize approximately 345,000 volunteers each year who donate nearly $1 billion in time and talent locally.
• Nonprofits strengthen Maine’s strong social fabric, caring for the health and well-being of every resident and partnering with government to provide a safety net for our most vulnerable neighbors. They build and preserve libraries, clinics, open space, affordable housing and emergency shelters.

In these pages, we highlight examples of how nonprofits are benefiting Maine people and offer insights and ways for individuals and organizations to help strengthen the sector’s ability to serve our state. You will find:

• Nonprofit board leaders who volunteer their time and talent to ensure the success of the organizations they are passionate about;
• A nonprofit that is tackling a key challenge of every resident and partnering with government to provide a safety net for our most vulnerable neighbors. They build and preserve libraries, clinics, open space, affordable housing and emergency shelters.

We invite you to get to know organizations in your community and consider ways that you can get more involved. We can do more together!

Jennifer Hutchins
Executive Director
Maine Association of Nonprofits

Please visit nonprofitmaine.org.
Profile: Strengthening Maine Through Board Service

Jane Blackwell
Family Futures Downeast

*I’m involved because* I believe that education is key to economic development and to building our Maine workforce.

**The Best Part**
I am fortunate to be part of an advisory board for Family Futures Downeast, a result of a White House Initiative addressing childhood poverty that uses the two-generation education model. We break down barriers by supporting parents attending post-secondary schools while their children are part of a high quality child development program. I meet extraordinary people contending with many barriers in their lives.

Claudette Dupee
York County Community Action Corp

*I’m involved because* I believe that the heart of community action is caring about our community, assembling and managing a wide range of resources — from public and private capital to hundreds of local volunteers — in an effort to create a better tomorrow for those in our community.

**The Best Part** is knowing that board members can make a positive difference in the lives of York County residents by helping create an organizational culture that improves our ability to positively affect community members’ lives. The steady stream of amazing success stories show what we can achieve by working together, in stark contrast to the shaming and blaming that has become an all-too-common element of our times.

Ellen Golden
Maine Association of Nonprofits

*I’m involved because* nonprofits play a vital role in our communities, compensating for market failures in everything from social services to arts to economic development, and contributing to our collective well-being. MANP plays a critical role in supporting the sector, and I contribute by being a board member.

**The Best Part:** It is wonderful when people come together around a shared vision and make a difference in the community, putting skills and experience to good use and contributing to an organization’s success. There are difficulties to overcome, but those are opportunities to learn. Who doesn’t welcome an opportunity to learn, especially when it involves working closely with great people on behalf of a great organization?

Dan Sharrow
Center Theatre for the Performing Arts

*I’m involved because* I discovered what a priceless treasure we have in our community within the walls of our historic theater. Having been asked to serve on the board, I feel honored to play my part.

**The Best Part:** Serving on the board of a nonprofit enables me to stretch my abilities and use them in ways I am often surprised by. I’m convinced there is no more rewarding way to be an active, involved community member than to jump in and start helping move a nonprofit forward.

Dr. Allan Teel
ElderCare Network of Lincoln County

*I’m involved because* eldercare is one of the central issues of our time and our ElderCare Network of Lincoln County is making a difference. Everyday living must not prevent us from participating in some way small or large in shaping the community we live in. We all have something to contribute.

**The Best Part** of being a board member is being part of a team unconditionally committed to a common vision and mission and working together to implement them. It forms deep relationships not often available in other parts of our lives. The different insights make the finished product so much richer.
Aging is a uniquely personal experience. Most Mainers live the experience without planning for “the what-ifs”: What if I can no longer drive? What if I can no longer live in my home or get out of bed on my own?

Thinking about this brings us face-to-face with our fears about physical decline and loss of independence – our cultural expectations about getting old. Consequently, most of us end up being passive recipients of what may come, rather than active designers of our own futures.

As a state, we haven’t collectively planned, either. We haven’t built the kinds of housing, transportation and care systems needed to sustain a significant older population “aging in place.”

So, we find ourselves tipping toward crisis, with 10,000 older Mainers waiting to access safe, affordable senior housing that hasn’t been built, and thousands more needing rides that don’t exist and going without basic care because there are not enough workers to provide it.

Established in 2012, the Maine Council on Aging (MCOA) is a unifying force that is changing the conversation about aging in Maine. Focused on building communities and systems that support a positive aging experience for everyone, the MCOA is a multidisciplinary network of more than 60 organizations and businesses working with older adults to promote the safety, independence and well-being of all older Mainers.

Through its work, the MCOA has been building a transformational shared vision for how we want to age in Maine and is leading efforts to reimagine our communities, workplaces and housing, transportation and care systems to meet this shared vision. At the same time, we’re trying to keep the current systems that support aging from failing.

One of our top priorities, safe housing, highlights how the MCOA is working to effect change on multiple levels. Everyone wants to age at home, but this isn’t always possible. If we can’t stay at home, we want to stay in our communities.

However, we haven’t built enough affordable senior housing to meet the growing demand, and the average wait time for a unit is now 3-5 years. With nowhere to go, thousands of older Mainers are living in unsafe homes they can’t afford to modify or repair.

To address this immediate challenge, the MCOA is working with legislators to secure funding for both volunteer home repair projects and development of more affordable senior housing.

To transform housing in our communities, we’re working with state and municipal leaders to rethink how we use existing housing stock, and with developers and health care professionals to integrate new models of health care delivery into these projects. This, and all of our work, supports Maine’s growing “aging in place” movement.

We’ve made measured progress but need your help to build a Maine we can all grow old in! You can host an informal conversation about how you want to age, join an “aging in place” initiative in your town, or start one if you don’t have one (www.agefriendly.community/afc).

Visit our website at mainecouncilonaging.org to find out how you can engage!

Submitted by Jess Maurer, Maine Council on Aging.
Profile: Expanding Student Opportunities in Aroostook County

When choosing where to live, young people consider two key factors: educational and career opportunities. Aroostook Aspirations Initiative (AAI) is working to provide greater access to these opportunities for young people in the region.

Founded in 2013 by Ray and Sandy Gauvin, AAI was developed with two goals in mind: to support the educational goals of area youth and to mobilize Aroostook County’s economy.

To date, AAI and the Gauvin Scholar program have changed the lives of 43 county students by providing scholarships to support local educational opportunities. The nonprofit will double the number of Gauvin Scholars in 2017. Primarily first-generation college students, Gauvin Scholars display academic promise, strong work ethic, financial need, commitment to community, and a desire to further their education at one of the four Aroostook County colleges and universities. Amber Hulstrunk, the 2015 Health Services Foundation Gauvin Scholar, is one of these students.

“Aroostook Aspirations Initiative isn’t just another scholarship to me,” said Hulstrunk. “They have not only been my mentor in achieving skills that would have taken years to learn, but also a kind and generous group of people who showed me how good it feels to volunteer my time to the community and to individuals.”

As Gauvin Scholars, students like Amber receive scholarships, take part in community service projects, complete internships with local employers, and develop their skills through a comprehensive program designed to help students complete a college degree in Aroostook County.

For Hulstrunk, this program changed her life in a way she never imagined possible. During her senior year of high school, she and her two sisters were placed in foster care. She wasn’t sure she would even be accepted into college.

“They believed in me when I didn’t believe in myself, pushing me out of my comfort zone because they knew that I could do whatever I put my mind to and not regret it,” said Hulstrunk.

In the effort to prevent out-migration, AAI believes in providing educational opportunities and support to all young people. Through the Internship Hub of the Aroostook program, any student can pursue a local internship and professional development trainings. AAI also manages a website (opportunitiesaroostook.com), promoting career, internship, and volunteer opportunities in the region.

Highlighting these local college and career opportunities is critical to keeping young people in The County. Just as important is showing them that people like Ray and Sandy Gauvin, the AAI team, and businesses and community members are working together to provide them with the support they need to ensure their success.

In doing so, The County invests in providing education and opportunity for its young population interested in building a future in Aroostook County.

Submitted by Nicole Duplessis, Aroostook Aspirations Initiative.

“They believed in me when I didn’t believe in myself, pushing me out of my comfort zone because they knew that I could do whatever I put my mind to and not regret it.”

Aroostook Aspirations Initiative (AAI)

The Institute for Family-Owned Business (IFOB)

The Institute for Family-Owned Business is dedicated to the success of family-owned businesses in Maine. With over 40 programs, IFOB family can do for yours!

Lindsay Skilling, Gifford's Ice Cream and Joe Capozza, Capozza Tile & Floor Covering Center
Catherine Wygant Fossett, Executive Director

Jewish Community Alliance of Southern Maine (JCA)

You belong at the J. The JCA is a community organization committed to serving and connecting people of all backgrounds throughout the life cycle. Driven by Jewish values, we offer educational and cultural programming that includes a preschool, after school program, summer camp, special events, adult education and wellness classes. We also have a food pantry and diaper bank that together serve hundreds of people each month. Through community generosity, we generate financial resources to develop, provide and support community work locally and overseas.

Our new building will open in summer 2017. Follow us on Facebook and visit our website to get involved as we explore new offerings to meet the needs and interests of the greater Portland community.


The Hemophilia Alliance of Maine (HMA)

The Hemophilia Alliance of Maine provides support, education and social experiences for people and their families with all types of bleeding disorders including: Von Willebrands (vWD), Hemophilia and other rare blood disorders.

The Way A Bleeder's Life Should Be! Learn more at mainehemophilia.org

THE HEMOPHILIA ALLIANCE OF MAINE
How To: Forge Effective Partnerships to Enrich Maine

Companies and nonprofits must work together to help solve social issues. This partnership, when executed well, creates a unique collaborative opportunity for both organizations.

An alliance between a nonprofit organization and a corporation may be difficult to manage at first, but when overall expectations are discussed and met, the benefits far outweigh any potential challenges.

The key to building a strong relationship is to create a candid, open partnership. Both organizations must discuss their needs and goals as well as their strengths and weaknesses.

At Camden National Bank, we look to partner with nonprofit organizations that support the communities we serve. When reviewing a grant application, we take the time to get to know the organization, its mission, history, and areas served.

We analyze the nonprofit’s infrastructure and recent financial report to ensure that it is a sustainable organization. We review the list of the board of directors to confirm that the organization has many areas of expertise represented, including marketing, legal, accounting, and even health services professionals, when appropriate.

Additionally, we evaluate the board’s financial and volunteer participation levels. Strong board participation in both areas indicates a healthy organization. In other words, it’s imperative that the organization present as a viable business with a strategic plan.

A nonprofit must seek corporate partners who have a vital interest in its cause. It’s important to get to know the corporation’s decision-makers and listen to their needs. Before pitching a partnership, consider what there is to offer. Perhaps the nonprofit is addressing a vital community need, maintains an active constituency list, and/or has visibility in the community among the company’s centers of influence. Have this information well documented for the initial meeting.

To avoid unproductive, short-term relationships, the nonprofit must consistently communicate its results, marketing materials and media coverage. And the corporate partner must help amplify any message.

With event sponsorships, schedule regular check-ins to ensure that the corporation is being well represented and that the partnership is being fully maximized. Consider asking the corporation how the nonprofit can get in front of its employees to build awareness of its mission, or recruit volunteers. Don’t be afraid to ask the corporation for off-the-box marketing ideas.

After an event takes place, share any marketing materials involving recognition of the partner. Send a photo of the day, as well as a short recap of who attended, highlights of the event, and any anecdote that demonstrates appreciation. Follow up to find out about results stemming from the partnership. Ask the corporation if it received better brand recognition, or perhaps, new customers due to the relationship.

A nonprofit adds significant value to corporate partners, and will ultimately complement the corporation’s long-term strategy. If both organizations are successful, the corporation will have more dollars for funding, and the nonprofit will be better positioned for larger sponsorships dedicated to its cause.

When these partnerships work, they can have great payoffs for both partners – and for the public. While a corporation is boosting its image and a nonprofit is securing crucial funds, both parties are also focusing attention on social problems that might otherwise be neglected. That’s a true partnership.

Submitted by Renee Smyth, Chief Marketing Officer and President of the Bank of Maine Foundation for Camden National Bank.
How To: Seek Mentors to Support Community Leadership

Most of Maine's nonprofits are quite small. Seventy-five percent (75%) have annual budgets of less than $100,000. Most also rely profoundly on volunteers, or just a few paid staff, to get their work done. This makes it critical to share whatever possible, including information, skills and expertise. Encouraging staff to find trusted advisors who openly share knowledge and expertise and support learning and growth – is one way nonprofits can create partnerships that foster leadership and enrich their community.

Why Seek a Mentor

High-quality mentorships that result in learning and personal growth are helpful to keeping nonprofit employees and volunteers supported, informed and motivated. Mentors are especially important in the nonprofit sector, where structured career development opportunities are not always readily available.

Having a Mentor Provides:

• A sounding board for new ideas and problem-solving;
• Support, encouragement and motivation;
• Access to new contacts and networks;
• Guidance on relationship development;
• Opportunities for mutual learning;
• Help assessing strengths and challenges;
• A model for how to be one to others!

What to Look For in a Mentor

The good news is that it's not difficult to create these relationships. This person could be any age or have any level of experience. A mentor may be older, wiser, more experienced, knowledgeable, and skilled, but they don't need to be. They can be a peer, a friend in the community or someone specifically chosen for his or her skill set.

When seeking mentors, look for people who:

• Do similar work;
• Are good listeners;
• Share values and senses of humor;
• Are candid and kind, offering constructive feedback without spirit-crushing;
• Are willing to share stories of their own successes and failures;
• Encourage continual learning;
• Facilitate decision-making rather than being directive.

How To Find a Mentor

There is a lot of advice out there about networking and its benefits. Successful networking builds social capital, and provides useful information, fresh ideas and new opportunities. While mentors are sometimes found through networking, most networking relationships are casual – helpful, but not life-changing. Other ways to find mentors include:

• Looking to leaders in organizations doing similar work. A lot can come out of grabbing a cup of coffee with someone. And in Maine, even people at the top of their career ladders are often willing to share their time.
• Collaborating on a project of shared interest. Asking for help and working together can lead to a deeper relationship during the process.
• Reaching out to peers. Getting together with peers to share information and experiences in a trusting and relaxed environment can be the first step toward a more formal mentorship.

Submitted by Katrina Ruffner, Maine Association of Nonprofits.

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MCF is leading a statewide effort to challenge cancer in Maine. We focus on prevention because we want to stop cancer before it starts. We focus on screening because when we find it early, we have a better chance to beat it. We focus on access to the best care for all Mainers. Visit www.mainecancer.org to learn more, and to support our work because #togetherwecan #challengecancer2020.

Maine Narrow Gauge Railroad Co. & Museum

Dedicated to preserving Maine's narrow gauge railway history for the education & enjoyment of the public. Visit our website to become a member and find out more about our upcoming season!
Nonprofits do incredible work in Maine. But they don’t go it alone. All across Maine, funders, donors, and volunteers are partnering with nonprofits to benefit the public good.

Jessica Thomas of Portland described her local library branch as the “neighborhood’s living room.” She and her family benefit directly, stopping by for Lego time on Thursdays after school, getting book recommendations from staff, and catching up with neighbors.

Jessica also values what the library provides for others. On bitterly cold winter days, it is a warm, safe place for people who might not have enough heat at home. For those without Internet access, the library computers mean they can do schoolwork, shop, engage politically, and connect socially.

For Thomas, donating to and volunteering at the library helps to ensure that everyone in the community has a safe, warm, welcoming place to connect and learn.

Philanthropy is “the desire to promote the welfare of others” through donating money or time to good causes. It includes the $500 million and $1 billion in time that Mainers like Thomas donate each year. It also includes $145 million in giving from foundations in Maine.

Four years ago, the staff and board at the John T. Gorman Foundation saw that teenagers facing economic, family, and life challenges needed better support to successfully transition to adulthood. As part of its strategy to help older youth in Maine, the Foundation made a multi-year grant to help launch Preble Street’s First Place Program, which provides apartments and support to help homeless youth live independently. After three years, many young people in the program have finished high school degrees, found jobs, and retained housing.

Meanwhile, in Maine’s western mountains, trustees from The Betterment Fund were worried about the decline of the paper industry and the impact it was having on land and communities. For 10 years, it funded a collaboration among local and regional nonprofits to work together to ensure that the forests were sustainably managed and accessible to the community.

But after significant land conservation successes, according to trustee Bill Clough, the trustees realized that they “can’t have good forests without good stewards, and it’s the people who live in – or near – those forests who care the most about them.” In 2015 they started bringing together a wider array of nonprofits to focus on broader community development.

It is easy to feel overwhelmed by problems like homelessness or poverty. But we are not powerless. Whether through individual donations, volunteering, or major grants, giving is a way for all of us to help make Maine the best place it can be.

As a first step, visit the Maine Philanthropy Center at www.mainephilanthropy.org to learn more about giving in Maine.

Submitted by Vrylena Olney, Maine Philanthropy Center.
With a large workforce spread across a three-state footprint, Goodwill of Northern New England seeks to find ways to care for employees while focusing investment on increasing job opportunities and stability for people with diverse challenges.

One significant way Goodwill did this was to adopt a self-insured health plan that has reduced costs and increases employee wellness over time.

Thanks to creative thinking from Healey & Associates (a Portland-based insurance broker), Goodwill in 2004 shifted to a self-insured health plan to meet financial targets, and to attain employee recruitment, retention and wellness goals. These priorities were equally important to the Goodwill team as it sought an approach to employee benefits that was consistent with Goodwill’s mission and values.

While selecting employee health insurance plans can be daunting, the new self-insurance plan was relatively straightforward to implement. More challenging and complex was changing mindsets from a belief that good health comes from treating illness, to one that values well-being and a healthier lifestyle. Making wellness a priority requires a consistent, purposeful approach. Yet, changing that mindset is critical for any business – not-for-profit, public or private – especially when it is self-insured. It requires a champion in the workplace – someone who takes the long view and can shepherd the change within the organization.

It also requires staff time, often from the Human Resources team, to execute initiatives that get employees hooked on wellness. It is helpful to see good health in a holistic way. While BMI scores and blood pressure stats, for example, are important, understanding the influences of the social factors of health (including stability at home and job satisfaction) can help with the design of wellness initiatives that are accessible to all employees.

In addition to plan design, Healey & Associates has been an extension of the HR team.

“I lean on their expertise,” said Kimberly Pierce, Benefits Manager at Goodwill Northern New England. “I know that they are just a phone call away and can help me strategize about wellness, or help an employee navigate their health plan, if needed. That’s invaluable.”

Self-insured health plans also offer big advantages in recruiting and retaining talented employees. They allow for more control over plan design and offer greater flexibility in meeting employee needs.

For example, Goodwill NNE offers three tiers that provide options from high deductible to a plan that offers more comprehensive coverage. And, Goodwill is able to incorporate wellness discounts that encourage participation. Employee choice is important.

“Moving to a self-insured plan helps us meet our triple bottom line goals,” said Anna Eleanor Roosevelt, Chief Executive Officer. “Our employees are healthier, our expenses are more manageable, and our capacity to help people achieve job stability is greater.”

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Start-up businesses are a vital part of the U.S. economy. Without them, there would be no net job growth in the U.S. economy. And without, “innovation-driven enterprises,” businesses would never develop truly new and different products and services.

It’s these new and different products and services that provide large-scale opportunities for high-paying jobs and economic growth.

Companies like Apple, Google, Uber and Facebook were once start-ups. Now, they employ hundreds of thousands of people and generate billions of dollars in economic activity. While most never become a household name like Google, with the right support, many can and do grow into self-sustaining businesses that solve important problems for people in their own communities, and even around the world.

Unfortunately, most aspiring entrepreneurs never get the chance. There are serious geographic and demographic factors limiting access to entrepreneurial opportunities. Ross Baird, founder of Village Capital, summarized the problem this way:

“The way we fund new ideas today is broken – we send billions of dollars to a few people in a few well-off cities, who fund people they know and who are in their networks. As a result, 78% of venture capital is distributed to just three states – California, Massachusetts and New York – and only 5% goes to women founders, and less than 3% to people of color. And the people solving problems in society don’t have lived experience with most of the problems they are trying to solve.

Maine is among the areas in the U.S. that are left behind. For several years, Maine has ranked among the worst states for job creation and other business and economic factors. Job and income growth are expected to be among the slowest in the U.S. through 2020.

Nonprofits like the Maine Center for Enterprise Development, Coastal Enterprises, Inc. (CEI) and Venture Hall are stepping up to help fill the gaps. At Venture Hall, we believe the slow rate of job creation in Maine is partially due to a lack of entrepreneurial skill and experience. Because very little venture funding reaches communities like those in Maine, fewer entrepreneurs can afford to learn the skills and gain the experience needed to experiment with new ideas that could spawn innovation-driven enterprises.

In addition to supporting entrepreneurs, Venture Hall teaches innovation skills to business and nonprofit leaders across the spectrum. While start-ups may be uniquely driven to try new things, all organizations in every sector of our economy must be ready to revisit, rethink and reinvent how they deliver value.

It’s innovation in Maine that has kept our economy resilient, and it will be the key to future prosperity.

Submitted by Mike Sobol, Co-Founder and CEO of Venture Hall.
Profile: Strengthening The Backbone of Nonprofits in Maine

The Maine Association of Nonprofits (MANP) was established in 1994 to enrich the quality of community and personal life in the state by strengthening the leadership, voice and organizational effectiveness of Maine nonprofits.

Over 23 years, MANP has built an extensive array of management training and leadership development programs, capacity-building and advocacy resources, and member services to help Maine nonprofit leaders expand their mission impact. MANP has grown to include more than 800 nonprofit members and 140 annual corporate supporters statewide.

Our programs and services help nonprofit professionals and volunteers learn, advocate and connect.

Learn
Management and Leadership Training:
- **SkillBuilders**: Half and full-day trainings on fundraising, marketing, board governance, human resources, finance and strategic planning.

- **Board Boot Camps, a Nonprofit Finance Conference, and Focus Intensives**: Full-day programs that build knowledge and skills in critical nonprofit governance and management topics.

- **Leadership Institute for New Executive Directors**: Leadership development program for new executive directors that builds leadership capacity and a professional peer network.

- **Executive Leadership Forums**: Thought-provoking, discussion-based forums highlighting critical issues and innovative approaches to nonprofit challenges.

- **Webinars**: Through national partnerships with Nonprofit Finance Fund, Nonprofit Risk Management Center, and Idealware.

Resources:
- **Guiding Principles + Practices for Nonprofit Excellence in Maine**: A framework for creating stronger, more successful nonprofits. These tools help nonprofits evaluate and improve all aspects of organizational performance.

- **Board Assessment Tool**: A practical way for nonprofits to assess boards’ strengths and weaknesses and improve board engagement.

- **The Answer Center**: A free, searchable collection of curated resources, templates and tools related to all aspects of nonprofit management.

- **NEW! Technology Assessment**: A tool for identifying technology strengths and risk that is free for MANP members ($3,000 value).

Publications:
- **Adding Up Impact: Maine Nonprofits at Work**: MANP’s biennial social and economic impact report.

- **Report on Nonprofit Wages + Benefits**: The only report covering detailed wage and benefit information specific to Maine nonprofits.

- **Financial Management Guide**: A broad-based overview of the key concepts necessary for effectively managing and reporting nonprofit financial transactions.

- **Board Handbooks**: Enhancing knowledge regarding the role of board members and how to effectively recruit new members.

- **NEW! Mission-Driven Executive Transition Guide**: An affordable, comprehensive resource to support boards in managing a successful leadership transition process.

Advocate
- **Nonprofit Week**: Promoting awareness of nonprofits as essential partners in Maine’s economy and quality of life.

- **Legislative Advocacy**: A voice at the State House on policy issues that impact the Maine nonprofit sector.

- **Training + Resources**: Webinars, resources and information to support nonprofits to advocate legally and effectively.

- **Legislative Alerts**: News bulletins on state and federal policy issues affecting nonprofits.

See Strengthening Page T11

LGBT & over 50?
All across Maine, SAGE is connecting LGBT older adults, reducing isolation, forming friendships, and having fun.

Join us at these events!
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- Monthly lunch at a Bangor restaurant
- Drop-In Centers for social contact and information
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Please contact Maria Gagnon, Human Resources Director mgagnon@shalohouseinc.org *(207)374-1880*
How To: 10 Ways You Can Help

Every person you know in Maine benefits from the work of Maine’s nonprofits. Here are 10 ways you can support the important work of the organizations you’ve come to count on, the ones that make Maine the place we all choose to live.

• **Volunteer.** Pick an organization – any organization. You can lend a hand once a week, once a month, or on a one-time-only project. Not sure where to begin? Give www.VolunteerMaine.org a try and see what catches your eye.

• **Make a donation.** Nonprofits develop business models with diverse income streams that include contributions from individuals and businesses that recognize the value of their work. Consider supporting organizations whose work you value.

• **Make a wish come true.** Donations can be about more than money. Call or check out the website of a nonprofit that’s providing services to the community to find a wish list of items they could use. You might make it a family project. Consider adopting a nonprofit and providing it with just one ongoing wish from their list for an entire year. You might even find this to be a great way to get involved on a longer-term basis with an organization.

• **Serve on a nonprofit committee.** Maybe you’re good at planning events, or reading spreadsheets. Nonprofits rely on the efforts of many people to share their workload, and committee members are a vital force.

• **Serve on a board.** Nonprofits are governed by volunteer boards of directors, all charged with the role of acting in the best interests of the organization. The work is rewarding, and will give you a stronger commitment to an organization and to the community it serves.

• **Take time to learn about the crucial role nonprofits play in our communities.** Did you know that one in every six workers in Maine works for a nonprofit? Learn about the history of Maine’s nonprofits, and why they are a crucial part of Maine’s business community. www.NonprofitMaine.org is a great place to start.

• **Advocate.** Anyone can lobby for the good work of nonprofits. Write a letter to your legislator. Speak to your neighbors and coworkers. Nonprofits appreciate and rely on you to take on an active role as a member of the community.

• **Engage with your community.** The nonprofits you care about are tied into their communities as part of a strong network. See a connection you could help make? A volunteer program or a wish list your business could support? Your efforts to make those connections work can help strengthen the fabric of the community you call home.

• **Share your talents.** Consider sharing your skills with a nonprofit. Access to graphic designers, writers, event planners and many other professionals can be hard to budget. Smaller nonprofit organizations often have limited resources, so if you’ve got the time, a nonprofit will most certainly have the need.

• **Thank a nonprofit.** If an organization has reached out to you this past year, or does great work in your community, take the time to say “thank you.” That is without a doubt an valuable gift you can make.