



ENCORPS eNews

Up to the minute developments at ENCorps • Sept/Oct 2013

In This Issue

2
Upcoming Events

3
Volunteer
in Action:
DON KAUBER

6
Volunteer
Opportunities

7
Resources & Links

8
Volunteer Hours

Join us on

facebook.

Hunger in Maine is Growing

You may not realize it, but there are individuals and families all over the state who are struggling to put food on the table. Mainers are a proud and stoic people, so it is easy to see how those who are struggling can live right next door without anyone knowing their plight. With the 2008 recession, the state of Maine saw a dramatic increase in unemployment rates. At the same time, local food pantries saw a sudden surge of individuals and families in need of food assistance.



Volunteers sort food for the Good Shepherd Food Bank.

Did you know?

- An average of 15.7% of all Mainers are food insecure (16.4% nation-wide)
- Maine has the highest food insecurity rate in New England
- Mainers also pay the most per meal in New England (\$2.67 per meal nation-wide)
- Over 1 in 5 children across the state are food insecure. In fact, in Somerset and Franklin counties that number increases to 1 in 4, and in Washington county, 1 in 3 children are food insecure. Cumberland and York counties are high too, with about a 19% child food insecurity rate.
- More common than not, individuals and families fall into temporary periods of food insecurity.

These statistics were taken from a website provided by Feeding America. In 2011, a "Map the Meal Gap" program was developed to gauge just how serious the food insecurity issue has become across the country. The result is a map you can access online that gives you the food insecurity rates of the total populations and children of each state, broken down to the county level. This map is highly informative and interactive.

To access the map, visit:

<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>

Stipends Available

Stipends of up to \$300 will be available this fall to ENCorps members to offset expenses associated with new or ongoing projects designed to address food insecurity in Maine.

Contact Mia Noyes at
Mia.Noyes@umit.maine.edu
or 207-262-7931
for more information.



ENCorps Events

COASTAL FARMS & FOODS

WHEN: September 24 , 10:30 AM – 12:00 PM
WHERE: Coastal Farms and Foods, Inc, 248 Northport Ave, Belfast, ME 04915

Join Encore Leadership Corps as we visit Coastal Farms And Foods, Inc. This state of the art processing plant provides cold, dry storage, IQF freezing, food processing and kitchen rental to farmers and growers within a 50 mile radius.

Learn how this innovative solution is helping local farmers and growers to:

- Extend their seasons
- Increase the amount of available local food
- Increase their income and sustainability, and
- Provide jobs in the community

This tour is free for ENCorps members and their guests. Depending on the interest level from each region, car pooling may be available.

WORKSHOP FOR VOLUNTEER COORDINATORS

WHEN: October 24, 2013, 1:00-3:00PM
WHERE: Lincoln County Economic Development Building, 35 Water Street, Wiscasset

Anne Schink presents this workshop to the Food Security Coalition for Mid Coast Maine. She will discuss strategies for succession planning for volunteer leaders in local food pantries. Volunteers and volunteer coordinators are urged to attend. This workshop is free and presented by Encore Leadership Corps with support from the Maine Community Foundation and the Sewell Family Foundation.

To register for these events or for more information, contact Patti Foden at info@encoreleaders.org or 207-807-4294.

Welcome New Members!

- Kelly Richardson
- Michelle Hubbard



“ Being good is commendable, but only when it is combined with doing good is it useful. ”
- Unknown

Got News?

Share your news, stories and updates with ENCorps eNews!
Email carol@encoreleaders.org

Volunteer

in

Action

DON KAUBER is a gardener growing organic produce at Flint Acres, a 3-4 acre farm on Rocky Dunn Road in West Baldwin. Each week, Don gives his fresh, nutritious produce away to local food pantries in East Baldwin, Standish, and sometimes Kezar Falls.

When Don started the Flint Acres Project, many said it could not be done and that he would never find enough volunteers. He has proved the naysayers wrong.

How did The Flint Acres Project begin? About 12 years ago, Don started volunteering at Rippling Waters Organic Farm in Standish. He had retired due to health problems, and when he felt better, decided to help out at the farm. There he learned about starting produce early in a greenhouse and planting potatoes and other vegetables. Norm Steele, a Master Gardener from Cumberland, also took Don to glean apples at an orchard in Limerick. Don enjoyed this job and continued to do it for about 5 years. For Don, gardening was therapy.

Then, a few years ago, Don volunteered to help a local farmer named Walter Flint who had an accident in mid-July. Don came to weed the garden, and eventually, Flint offered Don the opportunity to work the farm to grow food for local pantries. Don had just finished a course at OLLI with Dr. Sadler, author of *Changing Course, Navigating Life After 50*. He realized that gardening for those in need was the 'course' for him.

Last year, Don worked the farm almost by himself. This year, groups of volunteers from Rippling Waters and J's Riverside Farms, a boys' summer camp, and Healthy Sacopee have offered to help. Several volunteers from the East Baldwin Food Pantry have also come to Flint Acres to work on the project.



They help rototill the soil, weed, and harvest. Marcia, a volunteer, cuts flowers to sell to provide funds for seeds and other expenses. Scott, a disabled vet, arrives every Tuesday to help harvest the vegetables for the East Baldwin pantry. He then brings whatever is left to Catherine's Cupboard, a pantry and soup kitchen open on Wednesdays in Standish. His livestock get to enjoy what remains. Nothing is wasted!

Don is grateful for all the help and hopes to provide about 1000 pounds of produce to local food pantries by the end of the summer. This includes many varieties of squash, beans, cucumbers, kale, Swiss chard, tomatoes, cabbage, broccoli, peas, and more. With Don's passion and leadership, the Flint Acres Project is thriving and producing fresh, local, nutritious food for hungry people in these western Maine communities. If you would like to learn more or help at the Flint Acres Project, please call Don at 207-625-8478.

Suggested Reading:

Changing Course, Navigating Life After 50, William A. Sadler Ph. D. and James H. Krefft Ph. D. (Jan., 2008)

Hunger... continued from page 1

Five years have passed since the beginning of the recession, but food insecurity has actually increased. As we saw from our Food to Farm panelists at the 2013 Summit, some ENCorps members are already engaged in volunteer activities that help get nutritious foods to those in need. In response to the growing interest of our membership to address this problem, we would like to invite you to learn more about what it means to be food insecure and we hope you will begin to brainstorm ways you can address hunger in your Maine community.

What services are already in place for individuals and families who are seeking food assistance? Usually when we think of food assistance we think of the federal government's Supplemental Nutrition Assistance Program, also known as SNAP. The qualification for SNAP services (the federal food assistance program that used to be known as "Food Stamps") is the same for states. A single person must be earning \$14,532 per year or less to qualify and a family of 4 must be earning \$29,965 or less. These definitions do not account for variations in cost of living such as access to resources, disability or medical expenses.

But what about the community based resources such as food pantries/cupboards? Community based efforts to serve individuals and families at a local level are tremendously important, so important that demand has continued to increase. According to the Good Shepard Food Bank, keeping up with the growing demand is getting more and more difficult. Also, local pantries/cupboards generally depend on the generosity of community contributions to cover operating costs. Local services such as the Brewer Christian Food Cupboard are having a hard time making ends meet and are closing down at a time when their services are in growing demand.



Nearly 1 in every 4 children in Maine is food insecure.

No Simple Solution

When you take into account the many different reasons an individual or family does not have access to enough nutritious food on a daily basis, it is clear that food insecurity is not a simple problem with one easy solution. Food insecurity can happen to anybody. Sometimes, the result of a very sudden and unexpected event is a difficult choice between eating and paying for other necessities like housing or medication. Individuals who experience sudden injury, unemployment, or a number of other significant life changes are susceptible. Food insecurity has become a nation-wide problem, and although Maine does not have the highest rate of food insecurity in the nation, Maine does have the highest rate of food insecurity in New England.

But what can we do? Funny you should ask! Many ENCorps members are already involved in volunteer activities that contribute to getting nutritious foods to those in need and you can get involved in your community as well. Community gardens are a great way to begin to help local families afford fresh and nutritious vegetables and herbs. You might also invite those in need to help plant the garden and pass on some of those gardening skills! Also, many farmers

Continued next page

markets in Maine accept SNAP and/or WIC funds. If your's does not, you may be able to help navigate the necessary paperwork.

For members living in cities, we recommend putting some of those Smart Growth skills to the test. Part of Smart Growth is using the space you have, restyling and reusing. Think about growing food along a wall, out of buckets, and along windowsills.

Many volunteer opportunities related to food insecurity are social in nature such as forming a local task-force or coalition to tackle the issue in your area. Another important need is community education. Sometimes individuals or families just don't know where or how to get the most nutritious foods for their money. Consider all the people who don't even know they can go to a food pantry or where their local food pantries are located.

Whether it's producing food, helping local providers distribute food to those in need, or educating the public, there is no shortage of volunteer opportunities for ENCorps members interested in getting involved in food insecurity issues. This fall, Encore Leadership Corps will be providing a number workshops and activities related to food insecurity and hunger in Maine thanks to funding by the Sewall Foundation. If you take a look at the Volunteer Opportunities on page 6, you will find a short list of locations across the state currently in need of more volunteers and support.

For more information on how you can get involved in ENCorps workshops and activities this fall, contact Patti Foden at patricia.foden@umit.maine.edu.

(2013). Supplemental Nutrition Assistance Program, eligibility, income. Farm Services Agency, United States Department of Agriculture.

Ricker, N. (September 03, 2012). 30-year-old Brewer food cupboard quietly closes. *Bangor Daily News*.

Glossary of Terms

Food Insecurity – A person or family does not have access to nutritious food on a daily basis.

SNAP – Supplemental Nutritional Assistance Program (used to be known as “Food Stamps”) is a federal program for individuals who qualify to receive help to buy food.

WIC – Women, Infants, and Children Nutrition Program is a state-wide program (though many states also have it) for mothers who qualify to receive help obtaining healthy and nutritious foods.

Food Pantry/Cupboard – An organized place, often operated by a church, school, or nonprofit, for community members to receive nutritious foods at reduced or no cost.

Food Bank – An organized group, often nonprofit, that either produces or obtains foods in bulk at highly reduced prices and then sells or donates food at low cost to food pantries/ cupboards.

To locate a Food Pantry near you:

<http://www.maine.gov/agriculture/co/tefap/bytown.shtml>



Volunteer Opportunities

MID COAST HUNGER PREVENTION PROGRAM

Contact: Hannah Chatalbash, www.mchpp.org; (207)725-2716 x 12

- On Wednesdays and Fridays in September the Soup Kitchen needs pot and dish washers. This is typically a 9 am - 1 pm shift.
- Starting in mid/late September we will be opening the Food Pantry and Soup Kitchen on Saturdays. We will need volunteers from about 9 - 1:30 pm.
- The Food Pantry is looking for new volunteers who can do computer intake with clients. This would be a once or twice a month position on Monday (11-2), Wednesday (10-3) or Friday (10-1:30).
- The Backpack Program needs volunteers Thursday evenings to stuff the backpacks (5 - 7 pm) and possibly Friday mornings to deliver them to the schools.

Anyone interested in the first three positions, email hchatalbash@mchpp.org, and anyone interested in the Backpack program should email backpack@mchpp.org.

FLINT ACRES PROJECT

Contact: Don Kauber at 207-625-8478

The Flint Acres Project is looking for a volunteer with social media expertise.

CAMDEN INTERNATIONAL FILM FESTIVAL

Contact: Sara Stalla, (203) 606-7056; sara.stalla@yale.edu

As a CIFF volunteer, you'll enjoy a unique opportunity to help produce one of the top 25 documentary film festivals in the world and one of Maine's most celebrated cultural events. CIFF volunteers fill a variety of positions encompassing a wide range of time commitments and a multitude of skills, including working on set design, picking up guest filmmakers and industry delegates from the airport, keeping guests fed at concession stands, and more. The CIFF volunteer experience is designed to be fun

and rewarding—you can choose the level of participation that's right for you. Festival volunteers can be "Friends" (8-hour commitment), "Heroes" (18-hour), or "Legends" (24-hour), the last of which are awarded VIP passes to exclusive parties, where you can brush shoulders with top emerging documentary filmmakers and industry executives. Join their team by registering online at:

<http://camdenfilmfest.org/volunteer>

THE ALZHEIMER'S ASSOCIATION, MAINE CHAPTER

Contact: Laurie A. Trenholm, 207.772.0115; laurie.trenholm@alz.org; www.alz.org/maine

Volunteer leadership opportunities include board membership, committee work, special events including the Walk to End Alzheimer's, public education and awareness programs, support group leadership, Speakers Bureau and advocacy. Please consider joining this very special community, which relies on its valued volunteers to achieve the vision of a world without Alzheimer's.

ELDERLY CARE VOLUNTEERS

Medical Care Development Inc.

Contact: Brittnee Greenleaf, MS; (207) 458-8346
A healthy community is one in which every person feels included, particularly the elderly and vulnerable. Working to foster partnerships that create safe, supportive living environments for special needs population, MCD Community Living is working to redefine a model of care, from "assisted living" to "living with assistance" - an important difference - by helping aging seniors, people living with mental health challenges, and individuals with intellectual or developmental disabilities remain as active and engaged in their communities as possible. They are currently looking for volunteers in their homes for the frail elderly in Farmington, Gardiner, Biddeford, and South Berwick. Contact them today to learn more!



Resources & Links

Free Webinars

JFFixler Group is pleased to now offer free webinars. Pre-registration is required, and can be done in a few easy steps by clicking on the registration links below each registration description. Space is limited so register early!

High-Impact Volunteer Engagement

Wednesday, October 9, 2pm
OR Thursday, October 10, 2pm

Now, more than ever before, volunteer engagement leaders have an opportunity to be champions of talent management. This webinar will explore how volunteerism is changing, delving into the social, economic, and generational trends that affect how organizations attract and sustain volunteer engagement. Learn how successful organizations are shifting from a traditional culture of volunteer management to a new culture of volunteer engagement. Explore how to move toward more collaborative working relationships that utilize the skills and interests of high-impact volunteers to build organizational capacity.

Click here <http://tinyurl.com/n76gmyd> to register for this free webinar.

Vanguards of Excellence: Case Studies from the Field

Wednesday, February 12, 2pm
OR Thursday, February 13, 2pm

With the landscape of volunteerism changing, what better way to learn about new, effective methods than to hear stories of success from across the continent? How are other organizations using skilled volunteers in new ways? Engaging family volunteers? Initiating successful volunteer-led initiatives? This webinar will highlight selected leading practices in volunteer engagement and feature one case study of a successful innovation for each practice. Case studies will be drawn from different types of organizations, including healthcare, human services, cultural organizations, and others. This is a unique opportunity to get inspired by successful innovations, learn from others' lessons and advice, and even share some of your own successful innovations during the discussion period at the end.

Click here <http://tinyurl.com/mz6ogx2> to register for this free webinar.

September is Hunger Action Month

SEND YOUR MEMBER OF CONGRESS AN INVITATION:
Encourage your Member of Congress to support your local food bank and help us reach our goal of getting every member of Congress to visit a food bank in 2013.

VOLUNTEER:
Find your local food bank and become a volunteer during September and all year long.

TAKE THE SNAP CHALLENGE:
Eat on just \$4.50 a day. Shop for your meals with the daily average per person benefit provided by the Supplemental Nutrition Assistance Program (formerly known as Food Stamps) to get a sense of some of the challenges faced by those struggling to put food on the table. Share your experience with family and friends to raise awareness of the importance of this critical nutrition program.

**Download the
30 Ways in 30 Day Calendar
for more ways to help!**

<http://tinyurl.com/kk79xfh>



Volunteer Hours Since Joining ENCorps

20 + Hours

Dick Eustis
Jane Fairchild
Oscar Feagin
Lorain Francis
Roberta Goodell
Jim Goodson
Harold F. Goodwin
Ken Hamilton
Cheri Hudson
Susan LoGuidice
Jim McGrath
Deborah McLean
Sherry Miller Welch
Doug Monteith
Jim Nichols
Ingrid Perry
Gail Peters
Faith Rawding
Stephen Richards
Roger St. Pierre
Dawud Ummah
Marie Zwicker

50+ Hours

Mary E. Andrews
JC Camelio
Elaine DuBois
Stephanie Emens
Kate Harris
Audrey Higgins
Judith Hilliker
Sally Howe
Marie Khoury
Judy Merck
Priscilla Payne
Peter Reilly
Terry Sandusky
Joyce St. Pierre
Angela Werner

100+ Hours

Nancy Adams
Candace Austin
Lynn DeGrenier
Steve Demaio
Leslie Gilliland
William Gilliland
Micheal Hohne

Nancy Hoffman
Sandra Hopkins
Josephine Jacobs
Yvonne Lambert
Eileen Liddy
Ardis Mayo-McNeil
Anne Mundy
Mary Neal
Sharon Phelan
Jim Pierce
Nancy Prince
Carol Ransom
Toby Simon
Nancy Teel
Mary Turner

200+ Hours

Alice Bolstridge
Bill Brown, Sr
Bonnie Copper
Dick DuBois
Jim Dunham
Judith Gillis
Thomas Gruber, Jr.
Jane Hall
Dorothy Havey
Fran Havey
David Howe
Beverly Johnson
Don Kauber
Sue Kircheis
Sue Mackey Andrews
William McPeck
Frank Mundo
Heidi Munro
Sandy Olson
Marianne Reynolds

Sydney Roberts Rockefeller
Greg Rossel
Joan Shapleigh
Norma Simpson
Donna Waterman
Warren Wind

500+ Hours

Linda Bradford
Chris Corbett
Hugo Diaz
Cindy Dunham
Julia Emily Hathaway
Nancy Rosalie
Norma Rossel
David Stansfield
Lorraine Taft
Tricia Wurple

1000+ Hours

Ed Anderson
Mary Berger
Kerry Corthell
Michael Costello
Eileen Kreutz
Dick Matthews
Alice Morgan
Debbie Mullen
Frank Ober
Amy Palmer
Leelaine Picker

1500+ Hours

Pamela Matthews
Don Nodine
Phyllis vonHerrlich

Why Report Hours?

The purpose of ENCorps is to support your efforts to improve your community with training and networking opportunities. All of our programming is free for ENCorps volunteers.

Since we are privately funded through grants, we need to report on the impact of our members and their volunteer work. One tangible way is to keep track of our volunteers' hours each month. It's also a great way for us to acknowledge your good work!

Please help us by reporting your hours by the 15th of the following month (for September hours, please report by October 15). To do so go to:

www.encoreleaders.org
Click Submit Your Hours
Fill out the form and hit SEND

Thank you for your help!



ENCORPS Staff

Dr. Lenard Kaye, D.S.W./Ph.D.
Program Director

Jennifer Crittenden, M.S.W.
Program Manager

David C. Wihry, M.P. A.
Research Associate

Patti Foden, B.A.
Program Coordinator

Carol Hammond, B.A.
Marketing Coordinator

Mia Noyes
Graduate Assistant

ENCORPS is a program of the University of Maine Center on Aging in partnership with the Maine Community Foundation and with the cooperation of local, state, and national organizations. Initial project funding is provided by the U.S. Environmental Protection Agency's Aging Initiative and the Atlantic Philanthropies.

© 2013 Encore Leadership Corps

Call 207-262-7928

E-mail staff at info@encoreleaders.org

Check out our website at www.encoreleaders.org

Like us on Facebook: www.facebook.com/encoreleaders

community**experience**
PARTNERSHIP

