

ANNUAL REPORT



Vet to Vet ME's Major Milestones in FY22

In our fourth year as an independent nonprofit, Vet to Vet Maine has made great progress in strengthening the organization, extending our outreach, and expanding our services to veterans in the state.

Some of the year's highlights:

- V2VME board member Sam Kelley was honored as Altrusa's Volunteer of the Year. Sam also inaugurated the Vet to Vet Maine Show on Cable TV's Channel 5 in Portland and highlighted V2VME in the first airing. He plans to feature information that will be of interest to veterans.
- Peer Companion Eric Mihan and Veteran Friend Vern celebrated their 400th visit.
- Members of 100+ Women Who Care in Southern Maine voted to support V2VME and contributed more than \$12,000 to the organization. An additional \$5,000 was donated by the Schultz Family Foundation as a result of a 100+ Women nomination.
- V2VME was one of five nonprofits to be awarded \$16,000 to be distributed in shares of \$4,000 annually for the next four years. The award is part of Drummond Woodsum's charitable giving initiative of 2021.
- V2VME completed its interactive online training course. The five-module, 2-1/2 hour course will enable volunteers to train at their own pace and location.
- V2VME participant George Anderson received a new roof for his home and garage thanks to Peer Companion Brent Rolfe's nomination of him in the Beacon of Hope national contest.
- V2VME Peer Companion Susan Sebestyen accompanied her Veteran Friend, Jean Doe, on the Honor Flight.
- V2VME received grants from United Way of Southern Maine (York County, \$13,000), Cumberland County HUD Block Grant (\$20,000), and the John T. Gorman Foundation (\$5,000) and donations of \$6,500 from the Construction Golf League.
- The Caregivers Support Network introduced caregivers to the Personal Support Specialist program, which enables qualified family caregivers to get a stipend for caring for a disabled veteran.

From July 2021 to June 2022, Vet to Vet ME Peer Companions devoted more than 3,200 hours to 94 Veterans who needed a friend. Other Volunteers spent 98 hours supporting V2VME caregivers.



The Power of Friendship

*That is the best thing that anybody can be
to anybody else—a friend.*

—Alexander McCall Smith

Vet to Vet Maine's fourth year as an independent nonprofit—and the program's eighth year since its inception in 2014—continues to be filled with remarkable stories of the power of friendship. The story of Gene and Mike shows how just the simple things—a visit, a chat, a fishing excursion—can make a big difference in how one views the world and life.

At 87, Gene struggles with a host of health issues. He carries sadness over losses in his life. He spends much of his time alone in his two-room in-law apartment in the home he owns and shares with his grandson and great-grandson.

When Gene, who served in the Air Force in the 1950s, applied to participate in the Vet to Vet Maine program, he told the V2VME volunteer who interviewed him that he would like to have someone to talk to. "I'd like to learn about his day and share his life," he said.

Mike, 59, a six-year Army veteran who says he's "a true believer of vets helping vets," turned out to be just the guy to grant Gene's wish. The two vets live a couple of streets apart, but they might never have met if it hadn't been for Vet to Vet Maine. In July 2021, after Mike went through the nine-hour V2VME training and finished the paperwork and screening, the staff matched him with Gene.

It didn't take long before the two veterans shared talk and adventures. They went to the Fryeburg Fair, where Gene showed Mike how to bet on horse races. Mike, who had never bet on horses before, said he did okay when he followed Gene's strategy. When he switched to his own system, however, he lost. Gene went home \$8 richer and was a "happy man." Said Mike, "We had a good day."

During the hot days of summer, it was Mike's turn to give instructions. He took Gene fishing on his boat. Gene, who was born in Boston and had little experience fishing, kept pulling up the line. "Just have patience," Mike told him. At the end of the day, Gene hadn't caught a fish, but he had a good time anyway.

On another excursion, the two toured the Wright Museum of World War II in Wolfeboro, New Hampshire. With a father who served in World War I and his own military service more than 60 years ago, Gene took over the teaching role on this trip. "He actually remembered some of the military equipment on display," said Mike. "He taught me."

Mike says he loves his visits with Gene. And Gene now has someone who can share his days.

See more stories on the amazing work our volunteers are doing on Page 7.

Best regards,
Susan Dudley Gold, Executive Director

V2VME's caregivers find support and a path to VA reimbursement for care



Caregivers need care too, and thanks to the efforts of V2VME volunteer Kathy Lavigne, those who provide care for veterans in the Vet to Vet Maine program now have their own support system, the Caregivers Support Network. The network provides quarterly meetings on Zoom with information pertinent to caregivers and an opportunity for caregivers to connect with one another. In addition, the support network will host a lunch meeting at IHOP in Saco on Rte 1 from 11:30am to 1:00 pm every third Wednesday of the month.

A big triumph for the Network has been the introduction of the Personal Support Specialist program, which enables family members who earn certification as caregivers to receive payment for up to 16 hours a week for caring for loved ones who are veterans.

Sally Nason, caregiver for her husband, V2VME veteran Jack Nason, received a certificate from the Department of Health and Human Services at a Vet to Vet Maine celebration July 7, 2022, marking her completion of a course that qualifies her as a professional caregiver. The VA-sponsored program Coordinator Kathy worked many hours to set up the program for V2VME caregivers and arranged with In-Home Senior Services, a home care agency in Gorham, to hire certified V2VME caregivers, whose salaries will be reimbursed by the VA for up to 16 hours a week. Sally was the first in the Vet to Vet Maine program to complete the course. A second Vet to Vet Maine caregiver, Laurie Miles, a registered nurse, has also been accepted in the program based on her RN training.

Kathy Lavigne, coordinator of V2VME's Caregiver Support Network, did extensive research on the VA program, made V2VME's caregivers aware of its benefits, and encouraged Sally and others to participate. She organized the celebration, held at the Gorham offices of In-Home Senior Services.

Kathy has been in touch through the year with 14 V2VME caregivers and 24 survivors whose V2VME veterans have died. Caregivers have expressed gratitude for the support offered, especially during the hard times following the death of a loved one.



The Caregiver Support Network celebrated Sally Nason's achievement of being the first V2VME caregiver to win certification as a Personal Support Specialist. On hand to mark the event, from left, Kathleen Candage of In-Home Senior Services, Jack Nason, Sally Nason, V2VME's Caregivers Support Network coordinator Kathy Lavigne, and V2VME executive director Susan Gold. Not pictured: Board Member Shirl Weaver. Photo credit: Judie O'Malley



Volunteers are Vet

We pay our respects to these V2VME volunteers who died during the past year and express our deep gratitude for their service.

RICHARD "RICH" LITWIN, 1946-2021

Rich Litwin, V2VME Peer Companion since 2016, visited with a World War II veteran for four years before the veteran's death at the age of 99. Rich also helped care for the veteran's son.

A Veteran who served with the 519th Military Intelligence Battalion during the Vietnam War, he supported many veterans' organizations, serving as post chaplain and a service office with the VFW Post 7997 in Old Orchard Beach and as member of the Vietnam Veterans of America chapter in Biddeford and supporting the Maine Military Museum in South Portland.

He worked for more than 30 years as an insurance auditor.

Rich is survived by his wife, Faith, three children, and six grandchildren.



V2VME Executive Director Susan Gold accepts a donation from the Old Orchard Beach VFW, Post 7997, arranged by V2VME Peer Companion Rich Litwin in 2019.



V2VME Peer Companion Ben Nadeau at training in Sanford in 2017.

BERNARD "BEN" NADEAU, 1942-2022

Longtime Peer Companion Bernard "Ben" Nadeau joined V2VME in May 2017 and was matched with two veterans. He spent two years with Veteran Friend John, who reported that Ben was "helping me tremendously."

A retired painting contractor, Ben joined the Navy after graduating from Thornton Academy and served for four years. He joined the Maine State Police upon leaving the Navy and later owned and operated two motels before founding B.A. Nadeau Painting. In addition to his volunteer work in V2VME, he volunteered at LaDawn Therapeutic Riding Center in Dayton.

Ben died on April 22, 2022 after battling several health issues. He is survived by his wife Paula, two sons, two daughters, two stepdaughters, and several grandchildren.

2 Vet ME's Heart!

Thanks to our amazing peer companions, board members, and all the wonderful volunteers

Our volunteers do amazing work—

Produce a newsletter 6-8 times a year: Mary Cerullo and Wendy Mason.

Create and coordinate the Caregivers Support Network: Kathy Lavigne

Donated \$5,000 to V2VME: Jeff Reinold

Volunteers for V2VME presentation: Eric Mihan, Tom DiPasqua, Tom Walker

Fundraising: Sam Kelley, Michael Seavey, and Gretchen Evans

Data Entry: Jane Hamblen

HR Duties: Bill Libby & Lynn White

Thank-you notes and cards: Priscilla Miller, Gail Merritt, Marianne Russell, and Kathy Lavigne

And many more acts of kindness that remain known only to the doer and the receiver! Thanks to all!



Gail Merritt, above left, and Priscilla Miller, right, have spent hours recording donations and sending out thank you notes to make sure our generous donors and friends know how much we value their support. Gail also calls volunteers each month to record their time and check on how they're doing.

Thank you, both!

We remember and honor . . . our veterans and volunteers who have died in the past year, July 2021-June 2022

VETERAN FRIENDS

Paul Brouker
Hartson Brown
Franklyn Carthell
Kenneth Davis
Robert Johnston
Dorothy Kilmartin
James Knowles
Charles "Chuck" Lathrop
Gordon Lord
Charles Magaw
William McGonagle

Allan Neff
John Pearson
William Schwartz
Ronald Smith
Bruce Wakefield
Robert "Kent" Zirkle

VETERAN VOLUNTEERS

Richard Litwin
Bernard Nadeau

Our Mission

VET TO VET MAINE is committed to alleviating social isolation and loneliness among Maine's veterans and linking them to needed services. We accomplish this by connecting trained veteran peer companions with fellow veterans who need a friend. These volunteers provide companionship, offer assistance with benefits, support independent living, and foster friendships and mentoring with other veterans.



Vet to Vet Maine's online interactive training course trains volunteers at own pace and schedule.

Twelve new peer companions joined V2VME during the last fiscal year, and most have already begun to make a difference in the lives of the veterans they visit. Three of the new volunteers—Sam Boothby, Byron Philbrick, and David Wells—are the first to be trained through our brand-new 2-1/2-hour interactive training course.

The five-module course, modeled on the original V2VME in-person training, covers a myriad of topics designed to answer volunteers' questions and assist them in connecting with the veterans they visit. As in the in-person course, the interactive training includes lessons on listening effectively and setting boundaries, coping with difficult situations, dealing with cognitive loss and dementia, and V2VME policies and guidelines as well as tips on working with other veterans.

Throughout the course, experienced V2VME peer companions tell new volunteers about their experiences in the program via video. Eric Mihan, a member of the first team of Vet to Vet peer companions assigned in 2014, and three other longtime volunteers, Robert Bond, Robert Stallionis, and Thomas DiPasqua, speak about their relationships with other veterans in the program and the impact V2VME has had on themselves and the veterans they visit. At least one volunteer who took the course cited those personal stories as the most worthwhile course offering.

The new course opens V2VME volunteer opportunities to those who may have work or family obligations that in the past conflicted with the scheduling of in-person courses or who may live too far away to attend in person. To enroll in the class, visit www.vet2vetmaine.org and select the Volunteer button or call Program Director Judie O'Malley at 207-579-4024.

NEW PEER COMPANIONS July 2021-June 22



Kim Adams



David Bedell



Julie Bedell



Samuel Boothby



Lawrence De Hof



Thomas Foley



John McCarthy



Byron (Bud) Philbrick



BettyannSheats



David Wells

Photos not available: Melvin Miranda, Dorothy Sullivan

What a difference a friend makes.

Sergio, a Vet to Vet Maine veteran friend since 2019, depends on his peer companion to navigate the complex healthcare system. Mike Garrity assisted in finding Covid vaccinations for Sergio and his wife, obtained emergency grocery funds, and provided other services. Another peer companion donated his mother's electric wheelchair to Sergio, and Mike assisted in the delivery.

Tom Foley was recently matched as the peer companion to Charles, whose wife called us soon after Charles's dementia diagnosis. She was overwhelmed with questions about Medicare and how to care for her husband. Tom, who has experience with dementia patients, having recently lost a dear friend to the disease, has provided information and guidance for Charles's wife, and he and Charles get along like old friends.

V2VME peer companion Bill Libby jumped at the chance to be a Zoom peer companion to Charles, a WWII veteran in Limerick, who was homebound and missing his friends. Bill loved hearing about Charles's service in Burma, even researching the campaign, so he could talk with Charles about his experiences. When Charles died in 2022, Bill arranged for full military honors at the funeral.

Sam Kelley has been able to assist his veteran friend, Phil, a 95-year-old World War II veteran whose hearing loss had isolated him from friends and family. Sam was instrumental in obtaining earphones for Phil from the VA that have greatly improved his ability to communicate again. The two veterans spend time sharing stories and talking together—a favorite pastime that earphones have made much more enjoyable.

One of our veteran friends has regained control of his finances. His peer companion and the V2VME staff played a major role in getting help for this veteran, whose family member had taken over his finances and was threatening to evict him from his home. V2VME worked with Adult Protective Services and the court system to rescind the POA held by the relative and secure the veteran's rights to his home.



Coast Guard Veteran Ryan Fowler, left, and his Veteran Friend Dennis, a Navy veteran, harvested quite a haul of strawberries in June. Dennis planned to make strawberry jam and pies to compete in the Fryeburg Fair.



Fran, left, and her Peer Companion Kim Adams, enjoy an outing together.



Thank You to Our Supporters!

Fiscal Year 2022: July 1, 2021—June 30, 2022

BENEFACTORS & SPONSORS



Volk Packaging Corporation



Verrill Dana Law Firm

Grants and Foundations

Agnes Lindsay Trust
Altrusa Club
Amazon Smile
Amica Cos. Foundation (honoring Elizabeth Reny)
Anonymous Foundation
Cumberland County Community Development
Drummond & Woodsum
John T. Gorman Foundation
Network for Good (Facebook donations)
100+ Women Who Care
Town Faire Tire
United Way of Southern Maine

SHIRL WEAVER WOMEN'S SPECIAL PROJECT FUND

Priscilla Miller

In-kind Donors

Aroma Joe's
John Gold
Susan Gold
Jones, Rich & Barnes Funeral Home
Kathryn Lavigne



Jones, Rich, & Barnes Funeral Home



Custom Communications

Special Gifts

\$5000 and +
Jeff Reinold

CONSTRUCTION GOLF LEAGUE TOURNAMENT

David Caprio
Construction Golf League
Russ Doucette, Custom Home Builders
Gary Harmon
Anthony Mancini
Michael Monaghan, Monaghan Woodworks Inc.
Taliento Enterprises, Inc.
R. Taliento
Ronald & Mary Taliento
Ronald Taliento, CPA
Tee 'n Tee Golfland
TOT Associates
Daniel Warren
Paul White Company
Thomas W. White, Northeast Planning Associates

\$2,500 to \$5,000

\$2,500 funds one veteran team for a full year
South Portland/Cape Elizabeth Rotary Club

Donors

\$1,000 to \$2,499

\$1,488 funds background checks for 25 volunteers—
partners for 25 isolated veterans

Maj. Gen. John “Bill” Libby & Cindy Libby
Rotary Club of Biddeford & Saco
Rowe Ford Sales
Derek Volk, Volk Packaging Corp.
Eddie Woodin, Woodin & Company Store Fixtures

\$500 to \$999

\$500 funds Honors Ceremony food for 35

Steve & Valerie Hansen
Michael Troiano

\$300 to \$499

\$360 pays for training materials for 15 volunteers

Antiques USA, Tony Cohutt
Paul Bureau
John Butler
Robert & Sherron Small

\$150 to \$299

\$200 covers the cost of one case review for up to 30

Marshall Archer
Deborah Carr
John & Elaine Curran (Sam Kelley)
Vicki Dowdell
Gary Harmon
Krisway/ Deltrans, Tom Keefer
Eric Mihan
Dr. David Murphy
Elizabeth Rennie
Saco Bay Rotary
Karl Smith
Veltrans Inc.

Up to \$149

\$100 funds interviews for four veterans
who need a friend

American Legion Post 7
Anonymous
Bob & Trudy Harris
Brenda Daly-Weiss & Marc Weiss
Charles & Kelly Snow (Charlie Snow)
David & Karen Packhem
Donald & Cathleen McGaffin
Dorinne & Carl Spirito
Elwood & Laura Foye
Ernest & Ethel Carmolli
Floyd & Susan Lanham
Frank Kemna Jr. and Linda Kemna



Up to \$149

Gerald Vicenzi
James Inglis
Jane Hamblen
Janice Bourgault
Janine Durant
JD & JP Catapano
Jean Horton
Jean F Hart (Elaine Killelea)
Jerry Harkavy (Elaine Killelea)
Joanna & George Tarrazi (Ed Zink)
John & C. Leigh McCarthy
Judie O'Malley (Elaine Killelea)
Kate & Arthur Borduas
Lynn White
Margaret Robertson
Marilyn Gugliucci (Shirl Weaver)
Marjorie Rosenbaum
Martha Gold
Miriam Congdon
Patricia Pettine
Paul Dickson, (Elaine Killilea)
Peter Allen
Robert & Mary Ferrante
Paul Watkins
Roger & Kathryn Lavigne
Rosie Wohl
Sandy Cartwright
Sharon Hughes
Sharon Prosser
Shaw's Customers
Stanley & Joan Lourie
Steve & Pam LaRiviere
Sue Hubley (Benjamin Hubley)
Susan Fisher
Susan & John Gold (Elaine Killelea)
Suzan Nelson
Thomas Foley
Tom Dipasqua
Thomas & Margery Gruber
Vacation Volkswagen Assn.
Yvonne Dickson (Elaine Killelea)
L Vickerson (Elaine Killelea)
() Indicates in memory/honor of



Financial Statement

Unaudited Consolidated Financial Statement

Year Ending June 30, 2022

Complete nonprofit financial report is available upon request.

Thank You, Volunteers & Donors!

Where Our Funds Come From

REVENUES	Budgeted 2021-2022	Actual 2021-2022
TOTAL RECEIPTS	\$65,671	\$81,668
Donors	\$19,298	\$42,797
Businesses \$3,637		
Organizations \$5,213		
Individual Donors \$11,625		
Special Contributions \$22,322		
100+ Women Who Care in So. ME \$12,047		
Construction Golf League \$6,250		
Eddie Woodin \$1,000 Challenge \$4,025		
Grants	\$41,373	\$38,871
Anonymous Foundation \$5,000		
Cumb. County Comm Dev \$6,069 (end payment from FY20)		
Drummond Woodsum Law firm \$4,000		
John T. Gorman Foundation \$5,000		
Agnes Lindsay Trust \$4,800		
United Way of So. ME/York County \$14,002		

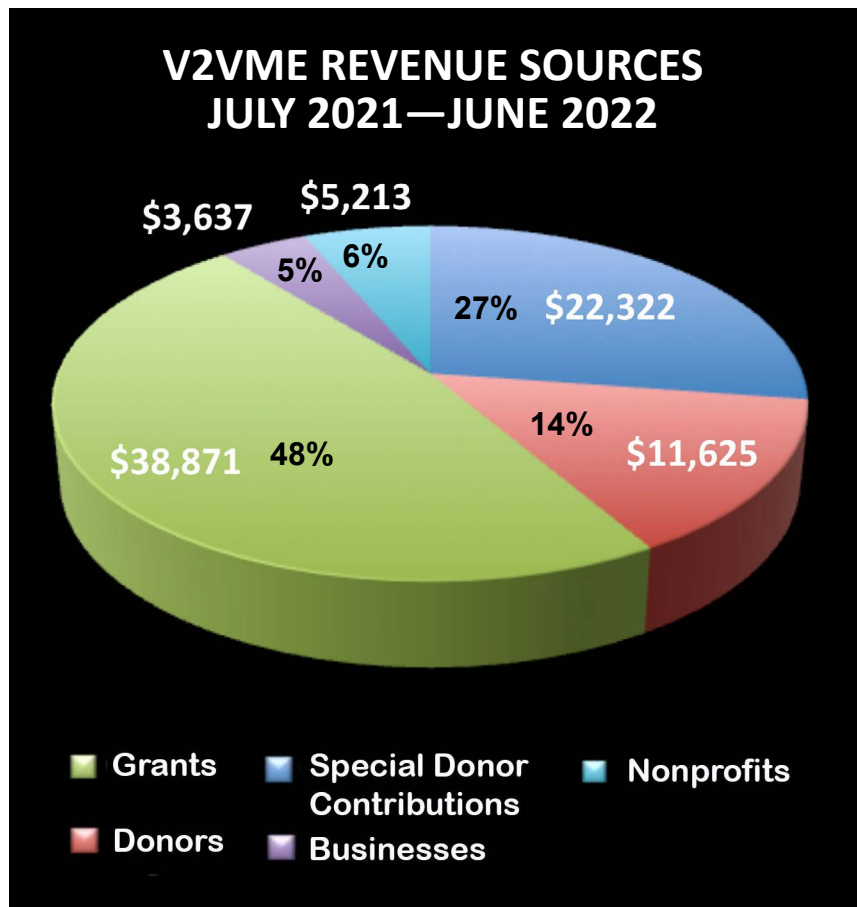
IN-KIND CONTRIBUTIONS

- Official physical address (Volk Packaging)
- Mailing (Jones, Rich & Barnes Funeral Home)
- Gift cards (Aroma Joe's)

VOLUNTEER CONTRIBUTIONS VALUE: PRICELESS

Hours contributed July 2021-June 2022: 5,254 hours

Our volunteers spend countless hours connecting with and assisting veterans who need a friend and performing many vital tasks to keep Vet to Vet Maine operating: photography, data entry, deliveries, IT management & operations, e-newsletters, phoning volunteers and veterans, bookkeeping, fundraising, class instruction, administration (executive director), and board membership.



Financial Statement

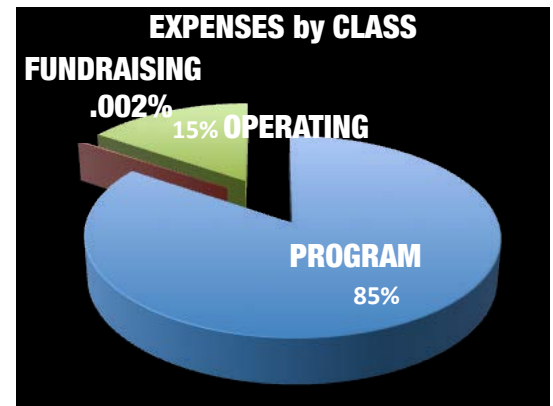
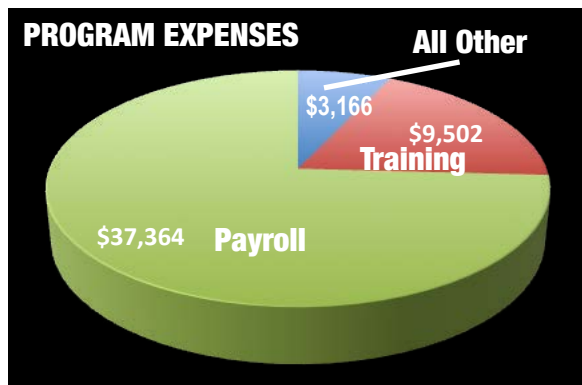
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How We Spend Our Funds



EXPENSES

	Budgeted	Actual Expenditure
Program Related	57,891	50,032
Caregiver Program	240	180
Printing & Marketing (Recruitment)	800	559
Program Software (Volgistics, Zoom)	651	779
Training & Background Checks	7450	9502
Travel	600	68
Veteran Aid (emergency fuel, food, etc.)	2000	315
Volunteer Appreciation (hats & masks)	1000	888
Wages & Payroll Taxes	44775	37364
Workers Comp	375	377
Occupancy	In-Kind	In-Kind
Volk Packaging Corp. office space/storage and home offices	0	0
Operating Expenses	7780	9,097
Administration	In-Kind	In-Kind
Conferences & Classes	155	130
Fundraising	500	95
Insurance	3700	3830
Information Technology (Office Software, IT hosting)	164	199
Website Work (in-kind)	(6500)	(6,894)
Office equipment	500	542
Office supplies	950	1451
PayPal & bank fees	75	172
Taxes & Licenses	60	20
Professional membership	120	125
Professional Services	845	1839
Utilities (Cell phone service)	711	694
TOTAL EXPENDITURES	65671	59,129
TOTAL REVENUE	65,671	81,668
YEAR-END BALANCE	0	\$22,539



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2020-2021

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