

VOLUNTEER BULLETIN



INSPIRING VOLUNTEERS AND EFFECTIVELY CONNECTING THEM WITH THE NEEDS OF OUR COMMUNITY

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Let's Connect



@flinthillsvolunteercenter



@flinthillsvc



What is Senior Corps RSVP?

Senior Corps RSVP is a volunteer program administered by the Corporation for National and Community Service (CNCS). It provides opportunities for people 55 and over to make a difference in their community through volunteer service. RSVP offers maximum flexibility and choice to its volunteers. It matches the personal interests and skills of older Americans with opportunities to help solve community problems. It offers supplemental insurance while on duty, pre-service orientation, and on-the-job training from the agency or organization where volunteers are placed.

Senior Corps RSVP volunteers improve the lives of their neighbors and friends every day. Volunteers contribute anywhere from one to over thirty hours a week, serving through a network of 68 community organizations.

Senior Corps RSVP volunteers help seniors to continue to live independently. Volunteering through RSVP helps older adults to continue to live vibrant, independent lives. Keeping these older adults productively engaged, and out of adult day care, saves them and their families substantial expense.





Lori Bishop
Executive Director

Greetings Volunteers,
It's been a whirlwind of activity in our office these past two months. The potential for flooding caused a moment of panic for a lot of individuals. We became the central hub for volunteer coordination, and we were pleased with the large number of volunteers willing to step up and

help in the event this potential disaster did happen.

Thank you to all who signed on. We have a system in place for any future disaster response needs.

We will soon be recognizing our Senior Corps RSVP volunteers at our 45th Annual Volunteer Recognition Banquet on August 16th. All volunteers, aged 55 and older, will receive a special invitation in the mail soon. Once received, please stop by our office to register and receive your ticket.

In celebration of our 45th anniversary, we are highlighting our Senior Corps RSVP volunteers every Friday on our Facebook page. Be sure to follow us on Facebook (Flint Hills Volunteer Center).

We have had a great group of young adults with us for six

weeks. Members of the AmeriCorps NCCC team have been busy working at the SAVE Farm, Golden Prairie Honey Farm, Fort Riley USO, and Hope Ranch. They've been out meeting people in our community and volunteering on weekends. We'll be sad to see them go!

Our Youth Volunteer Corps (YVC) is busy with summer projects. They recently hosted the first annual Youth Leadership Day. Many thanks to our round table speakers: Tara Jackson, Rebecca Gould, Brynne Haverkamp, Tiffany Anders, Maslyn Prosper-Mayberry, Jana Thomas, and Kelly Theodore.

Due to the increase in demand for volunteers and the implementation of our three new special initiatives, I am hoping to hire an Administrative Assistant soon. This person will be responsible for answering our phones and working more closely with our volunteers, coordinating medical transportation rides, and more.

Be sure to check out all the activities celebrating the 4th of July in Wamego. There is something for everyone of all ages to enjoy. Look for the calendar of events at: www.visitwamego.com

Now that we are in the season of summer, please be cautious. Use sunscreen, bug spray, and drink lots of water!

Lori

NOTES FROM OUR EXECUTIVE DIRECTOR



The Flint Hills Volunteer Center would like to extend a warm welcome to our new volunteers!

Arienne Besler, Boys & Girls Club of Manhattan, Hannah Bretz, Christian Brown, Isabelle Brown, Justine Cerna, Paige Chauncey, Sydney Chilson, Chimes Junior Honorary—KSU, Ben Choi, Hannah Stremel Clark, Steve Clifton, Alice Collins, Suriel Crisanto Brito, Genae Denver, Jessica Dunham, Emmanuel Effiong, Cole Eilders, John Eldridge, Shelly Forrest, Peter Frasco, Betty Gathers, Chelsey Harber, Mary Harris, Abigail Hefley, Amy Helt, Morgan Hoffman, Kelly Ingalsbe, Betty Johnson, Ashlie Jordan, Susan Jurgelewicz, Dana Kilbride, Amelia Knopp, Kavin Lawrence, Dani McFadden, Pat Murphy, Julianna Poe, Isabel Porres, Debra Post, Dil Ranaweera, Ed Rivas, Millie Schroeder, Diana Shannon, The Well, Cathy Thornhill, Drew Trimmer, University Christian Church Youth Group, Linda Wanamaker, Megan Whitson, Cathi Wilson, Duncan Young, Jiayang Zhou

Special Thanks to All Volunteers that Offered to Help with Disaster Response

NOTES FROM JUNCTION CITY

The Junction City office continues to grow, and I have enjoyed getting to know our Geary County community. Recently, I visited with the Junction City Community Partnership (JCCP) to learn more about their organization, volunteers, and work within the community. The JCCP is a vision of Living World International Ministries and is a faith-based resource center in the community that assists and empowers families in need through providing free clothes, food, and basic medical care. Recently, they have established a new empowerment program aims to connect participants with resource advocates, mentors, life skills training, and fellowship dinners.



During my visit, I joined Zandra Williams, JCCP Executive Director, as she helped a client look for work appropriate clothing. The woman was very excited to see all the options available in her size because she often struggles to find business casual clothing for herself. Cathy Thornhill, a new Senior Corps RSVP volunteer, was happy to chat about her time volunteering with the JCCP. She has a clear appreciation for their work and is supportive of all people who walk through the door looking for help. Cathy came to the office in 2015 looking for clothing, at the time they were encouraging people who received items to volunteer for just 30 minutes. Cathy arrived one day to start volunteering and never left. Both of the women encourage those who come in to help to considered volunteering because it is an opportunity to give someone else the same help that they just received.

The JCCP office is an open, friendly environment. I have enjoyed getting to know the ladies in the office and look forward to our continued work together in Junction City.



ZANDRA WILLIAMS (LEFT) HELPING A CLIENT (LEFT) FIND WORK-APPROPRIATE CLOTHES IN THE JCCP'S LARGE WARDROBE OF DONATED CLOTHING

CATHY THORNHILL (RIGHT) AT WORK AS THE VOLUNTEER RECEPTIONIST, HANDLING CLIENT INFORMATION AND READY TO GREET EVERYONE WHO WALKS THROUGH THE DOOR.



YOUTH VOLUNTEER CORPS

The Youth Volunteer Corps kicked off Summer on June 1st, beginning their 8 full weeks of service with field games and fun. Youth Volunteers have already earned almost 400 hours in the first few weeks of Summer, working with and learning about different organizations throughout the community. Youth have volunteered at the Manhattan Public Library, Via Christi Village, the USO, and Hope Ranch, as well as joining community events like the Juneteenth Celebration. The next five weeks will include even more opportunities, such as Harvester's Mobile Food Pantry, Stuff the Bus, and Arts in the Park. YVC also spend every week working at the Golden Prairie Honey Farms and will volunteer as mentors for the Hand to Hand program throughout July.

On June 8th, YVC hosted the first Youth Leadership Day. This event included informative and collaborative round table discussions on a variety of leadership topics, led by experts



VOLUNTEERS POSE FOR A PICTURE AT THE ANNUAL JUNETEENTH CELEBRATION



VOLUNTEERS ARE PUTTING SHIPMENT SUPPLIES ON THE SHELVES AT THE GOLDEN PRAIRIE HONEY FARMS

in the Manhattan community. Throughout the day, our Youth Volunteers helped host this event, volunteering in different areas, acting as leaders in their groups, and running the ice breaker activities.

The day culminated with the Shark Tank, an engaging activity where youth worked as a group to design a service project to help their communities in an issue area they cared about. The youth designed projects that addressed issues like food waste, disaster relief, homelessness, and hunger. Each group then prepared a presentation with the hopes of winning support from the panel of "Sharks."

YOUTH SERVICES PROGRAMS

SCHOOLS OF HOPE

This is a slow time for the Schools of Hope program as the students are not in school. During our down time, we are putting together kits for the various classrooms that are participating to offer additional educational opportunities for the students that offer activities other than simply reading books. These will be ready to go by the start of the school year to be kept in each classroom for volunteers to utilize. We are looking for volunteers interested in joining the program for the upcoming 2019-2020 school year. Please contact Amanda if you are interested in participating in this program.



GETTING TO KNOW... OUR VOLUNTEERS

Senior Corps RSVP volunteer John Thomas is a people person. He does not like to boast about what he does, as it's more about the people that he encounters. John was an Army Infantryman during the Vietnam War. He served our country and continues that same love by volunteering in his community. John enjoys visiting with other veterans and has traveled to the Topeka VA Hospital where he can easily strike up a conversation. While he currently volunteers at several other local agencies, he really enjoys visiting with the residents at the Stoneybrook Assisted Living Facility. John was motivated to start visiting residents when he saw the opportunity because he was reminded of his mother, who was a Stoneybrook resident before she passed away. He understands and appreciates the value in visiting the residents and becoming their friend. His time with the Stoneybrook residents has given John a greater respect for elders and the lessons that can be learned from their wisdom. John says, "It makes me feel wonderful helping people".



"I'm a recruiter," says **Senior Corps RSVP Volunteer Jean Akin** when asked about her volunteer work and motivation. A native New Mexican, Jean first visited Kansas after marrying an Air Force man. She followed him back to Kansas and they ended up in Manhattan when he found a job with Kansas State University. Jean also found employment with the university, retiring from the Kansas State Student Union after 26 years. She has been volunteering with the Flint Hills Volunteer Center's Senior Corps RSVP program for 5 years and lights up when talking about her love for the Center and the volunteer work that she does each month.



Helping with the North-Central Flint Hills Area Agency on Aging mailings is one of her favorite volunteer activities, but she also enjoys visiting the nursing homes and assisting friends and neighbors with rides as needed. Jean encourages others to visit those in nursing homes as well, stating, "I can end up there one day and I want people to visit me." Jean often finds herself chatting with others and encouraging them to volunteer as well. Jean will tell you that her favorite part of volunteer work is getting to know new friends. She laughs about the time that she was at a volunteer project and found out that three of the other volunteers lived in her neighborhood and they'd never met each other.

One of the benefits of volunteering is that you get to say no, something that Jean does do every so often when she feels a need to rest. She stressed the value of getting out of the house and seeing other people because it uplifts her spirit and there is always the potential for a new friend or to meet a neighbor. She greatly appreciates the Flint Hills Volunteer Center and RSVP program for providing a variety of volunteer opportunities to the community that help her and others find things to do. People that know Jean well call her the "Go-Go Girl" as she always seems to be on the go. When asked for advice she would give to someone considering volunteering, Jean says "If you're tired of sitting at home and need something to do, get out and volunteer. Give back to your community. Get up and go while you have a chance," advises Jean.

Dated Volunteer Opportunities for May—June

Tuesday, July 2 –Caregivers. Volunteers needed, to insert, fold, seal and address the newsletters. 9 AM to 11:30 AM at 401 Houston Street

Thursday, July 11 -Cookie Brigade. You can drop off cookies anytime Wednesday through Thursday at 1 PM and we will package them to take to the Fort Riley USO on Thursday at 2 PM. We would love for you to join us!

Thursday, July 25 -Cookie Brigade. You can drop off cookies anytime Wednesday through Thursday at 1 PM and we will package them to take to the Fort Riley USO on Thursday at 2 PM. We would love for you to join us!

Saturday, August 3—Everybody Counts. Volunteers are needed to aid in various positions.

Tuesday, August 6 –Caregivers. Volunteers needed, to insert, fold, seal and address the newsletters. 9 AM to 11:30 AM at 401 Houston Street

Thursday, August 8 -Cookie Brigade. You can drop off cookies anytime Wednesday through Thursday at 1 PM and we will package them to take to the Fort Riley USO on Thursday at 2 PM. We would love for you to join us!

Thursday, August 22 -Cookie Brigade. You can drop off cookies anytime Wednesday through Thursday at 1 PM and we will package them to take to the Fort Riley USO on Thursday at 2 PM. We would love for you to join us!

VOLUNTEER OPPORTUNITIES

On - Going Volunteer Opportunities

Schools of Hope — Volunteers are needed to provide one-on-one mentoring to increase literacy. Volunteers work with a student one-on-one, becoming a part of their improvement, and helping to celebrate their success. Requirements include: one school year commitment to your student (Sept.-May), attend required orientation/training, tutor twice a week for 30 minute sessions, and the completion of a successful background check.

Cookie Brigade — Typically the 1st & 3rd Thursday of each month— 1 PM at the Flint Hills Volunteer Center. 2601 Anderson Ave. Suite 200

Caregiver Mailings— Every 1st Tuesday of each month (except on a Holiday) — 9 Am-12 PM; 401 Houston St., Manhattan

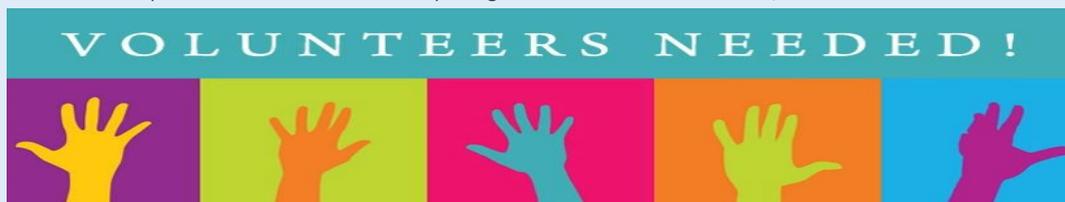
Youth Volunteer Corps — Seeking more volunteers to be Team Leaders. Team Leaders are assigned a group of kids (ages 11-18) to work on special projects. Please contact the office for more information.

Transportation Driver Volunteers needed — We are in need of more transportation volunteers to take seniors to their medical appointments. Volunteers are able to work around their own schedules.

Outreach Volunteer—The Flint Hills Volunteer Center is seeking volunteers to help implement our new community initiatives: Suicide Prevention and Elder Justice. We are looking for volunteers to help at suicide prevention training classes and learn the curriculum for Yellow Ribbon Suicide Prevention and Money Smart for Older Adults to teach trainings within the community.

Friendship Meal Delivery— Drivers are needed. Please contact us if you're available to help.

Disaster Response—If you are willing to help in the event of an emergency here in Riley County and the surrounding area, please let us know. This is not a significant commitment and you are not locked into anything. If volunteers are needed, we will reach out!



Please remember to ALWAYS wear your nametag or volunteer shirt when you're out on a volunteer assignment! If you do not have a name tag, please contact me and I can have one ready for you! Also, when volunteering for an organization especially ones that are on the weekly volunteer opportunities, please ALWAYS make a reference and say you are part of the Flint Hills Volunteer Center. We don't have much marketing around the area and that would help us promote the Volunteer Center tremendously!

Contact Amanda @ 776-7787 or info@flinthillsvolunteercenter.com if you're interested in any of these opportunities!

CALENDAR OF EVENTS

JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Caregivers	3	4  Office Closed	5 Office Closed	6
7	8	9	10	11 Cookie Brigade	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Office Hours: 8:30—4 Cookie Brigade	26 Office Hours: 8:30—4	27
28	29	30	31			

AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4	5	6 Caregivers	7	8 Cookie Brigade	9	10
11	12	13	14	15	16 RSVP Banquet	17
18	19	20	21	22 Cookie Brigade	23	24
25	26	27	28	29	30	31

FLINT HILLS VOLUNTEER CENTER

2601 Anderson Avenue Ste 200
Manhattan, KS 66502
Phone: 785-776-7787
Fax: 785-776-8653



Corporation for National and Community Service, Kansas Volunteer Commission, YES! Fund , Konza United Way,
Riley County Council on Aging, Greater Manhattan Community Foundation, Kansas State Pi Beta Phi, Caroline Peine Foundation

Please help us raise \$30,000 to support over 600 volunteers. Your support is appreciated!

- **Gift in Honor/Memory** of a loved-one (*to support on-going projects*)
- General contribution (recruiting/placing individuals in positions that impact the community)
- Schools of Hope (recruiting/placing volunteer tutors)
- Youth Volunteer Corps (recruiting youth 11-18 years old)

My gift to the Flint Hills Volunteer Center is enclosed:

___\$50 ___\$100 ___\$200 ___\$500 Other amount \$_____

Name _____

Address _____

City, State, & Zip _____

Phone _____ Email (if applicable) _____

****In Honor/Memory of:** _____

Make check payable to Flint Hills Volunteer Center and return to:

2601 Anderson Avenue Suite 200. Manhattan, KS 66502