

THE FHVC VOLUNTEER BULLETIN



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Events Around Town

Friday May 27; 7:00pm

Heritage Park; Junction City, KS

Music in the Park

Saturday May 28; 6:00pm

Milford Lake; Milford, KS

Memorial Day Weekend Kickoff Party

Monday May 30; 10:00am-2:00pm

Midwest Dream Car Collection; Manhattan, KS

Special hours in recognition of Memorial Day

Monday May 30; 7:30pm

Larry Norvell Band Shell; Manhattan, KS

Manhattan Municipal Band



@flinthillsvolunteercenter



@flinthillsvc



**Lori Bishop,
Executive
Director**

*"Here's to all
volunteers, those
dedicated people
who believe in all
work and no pay"*

-Robert Orben

Greetings Volunteers,

Spring has finally arrived! And so has the grass fires and allergies. I'm hearing from many of you that are dealing with this and I'm in the same boat. Hang in there!

We ended our federal grant year on a very positive note. Many thanks to all of you AmeriCorps Seniors RSVP volunteers for all your hard work this past year. We had 295 active volunteers who provided 32,409 hours. That is super impressive and during a time of COVID restrictions. I truly appreciate all you have done for our communities. I'm excited that our Riley, Leonardville, and Randolph volunteers are back to meeting in-person and having some great lunches! I hope to come visit soon!

Our CSC (Connecting Students to Communities) students, and Fort Riley soldiers, have been off to an active start this year. I love watching our younger population become involved in their communities.

I also want to thank Karen and Emily for their hard work. April and May are really challenging months for us as we work on grant reports and other events. It takes a team to have success!

We had a great turnout for our AmeriCorps Seniors Volunteer Recognition Banquet on April 22nd. We had over 100 volunteers, guests, special guests, board members, and staff attending. It was a great way to celebrate 48 years in the flint hills region!

Many thanks to our VITA volunteers who were busy filing tax returns. From January 15 – April 1, volunteers have reported these amazing results: 633 Returns completed, Federal Refunds: \$1,197,580 and Average Adjusted Gross Income on Return: \$27,022. Special thanks to our 15 volunteers who provided this important service.

Happy Mother's Day and Father's Day to all of you!

Coordinator Update

It has been a wonderful past few months for me in the office- I've been able to meet several volunteers whom I've only known by name while also visiting with many whom I've worked alongside before and even some new volunteers! I don't stay at my desk very well, so it has been wonderful to see faces. As I mentioned while visiting in Riley the other day, I started working more closely with all of our AmeriCorps Seniors volunteers at the very start of the pandemic. I got to know everyone by name and with a masked face so it has been extra refreshing for me to finally put full faces with names!

I have also enjoyed connecting with several of you by phone and email as we closed out our grant year to learn about what you have been doing in the community lately. I look forward to many more connections and conversations- stop by or call any time- I'm thrilled to meet and chat with you all!

-Karen

I always enjoy observing the ways art and service intersect, and the past few months have provided me with quite a few examples. During our CSC loom weaving projects at both elementary and middle school levels, young artists worked alongside each other, offering one another guidance and encouragement. A group painting project here at the center gave college students a chance to flex their creative skills on a collaborative design that will be displayed along with the circular looms. The paper flowers we crafted to fill our May baskets at the Father-Daughter Dance represented a vivid bounty of Spring blooms—tulips, daisies, roses, and more! Our volunteers helped the girls create unique bouquets that will stand the test of time.

Thank you to everyone who has come out to help cultivate a lively and gracious community.

-Emily



**Karen Paulus,
Program Services
Coordinator**



**Emily Vieyra,
Volunteer
Coordinator**



AmeriCorps Seniors

AmeriCorps Week: March 12-18

Over 2 days during AmeriCorps Week, 17 AmeriCorps Seniors volunteers joined us to assemble 398 Project Sunshine basketball kits for several children's hospitals. Our kits were sent to Memorial Sloan Kettering in New York, NY; Integris Children's at Baptist Medical Center in Oklahoma City, OK; MIKID in Tucson, AZ; and the Greater Baltimore Medical Center in Towson, MD.

National Volunteer Week: April 17-23

We hosted Valor Honey on April 19th where AmeriCorps Seniors volunteers learned about the program and local honey production while helping put labels on freshly bottled honey.

The annual AmeriCorps Seniors Volunteer Appreciation Dinner was hosted on April 22nd where we were able to connect with a number of our active volunteers to celebrate their wonderful work.

Elder Justice Speaker: April 25th

On April 25th, the Assistant Attorney General, Brandon Hottman, joined us at the Riley County Senior Services' Center for a talk about common frauds, scams, how to avoid them, and how to report them.

Upcoming Events & Opportunities

We have several upcoming events in Manhattan where volunteers will be needed to help either sit at an information table for Flint Hills Volunteer Center or to help the event run smoothly. More information and details about these events will be forthcoming in emails or phone calls.

However, if you're interested in learning more or getting on a volunteer list now, please contact Karen.

**Region 6 Baseball Championship:
May 16th-21st**

Juneteenth: June 18th

Samaritan's Feet: August 5th

Everybody Counts: August 6th

Day of Remembrance: September 11th

Mother Son Dance: October 9th

Festival of Trees: November 18th



*Project Sunshine Volunteers
March 17, 2022*

Learn More:

Karen Paulus

Program Services Coordinator

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(785) 776-7787



Spring has been a time for learning and sharing new skills! Connecting Students to Communities (CSC) has made special visits to area elementary and middle schools to teach weaving on recycled cardboard looms. During these after-school workshops, artmaking and service opportunities were in perfect alignment! Students were able to share examples of weaving from their own lives before step-by-step loom instruction began. One or two students in every group warped the loom perfectly on the first attempt, and then reached out to help others who were having difficulty. It is empowering to be able to share our knowledge with others, and it is exciting to form something completely new out of recycled materials.

Some of the weavers didn't want to stop working, and others chose to continue working at home. Many artists decided to donate their artistic creations to a collaborative display for the enjoyment of others in the community.

Our outdoor painting project for National Volunteer Week was rained out this year, so we chose a smaller-scale project that we could work on inside. Our creative efforts will be displayed in window spaces at the mall.

CSC also hosted a school supply drive in honor of National Teacher Appreciation Week! Stocking the classroom is one way we can all help empower their mission and lessen economic shortages that exist in the system.



Learn More:

Emily Vieyra
Volunteer Coordinator
fhvc.csc@gmail.com
(785) 776-7787

<https://www.flinthillsvolunteercenter.com/csc/>



Age my way!



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.



While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.



Volunteer Opportunities

May:

- 13th: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 16th-21st: Region 6 Baseball Championship at KState
- 17th: Harvesters; 9:30am, Cico Park
- 24th: Harvesters; 9:30am, Ogden Community Center
- 24th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

June:

- 7th: Caregivers Newsletter; 9am, 401 Houston St
- 10th: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 21st: Harvesters; 9:30am, Cico Park
- 28th: Harvesters; 9:30am, Ogden Community Center
- 28th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

Ongoing Opportunities:

Habitat for Humanity ReStore is in need of volunteers Thursday through Saturday between the hours of 10-4pm to assist with store operations.

CASA: Child Exchange & Visitation Center is seeking volunteer observers for supervised visits which allow children to have contact with a non-residential parent within a safe and neutral environment. Training is provided for all volunteers.

Cookie Brigade:

May 12 & 26
June 9 & 23

Cookies should be freshly baked within 24 hours of delivery to our new office at 322 Houston Street, Suite 104 (Thursday by 1pm or the Wednesday before).
Volunteers will package the cookies at the office before delivery.



*Welcome to
our 63 new
volunteers &
groups who
have enrolled in
March & April!*

Flint Hills Volunteer Center

322 Houston St Suite 104

Manhattan, KS 66502

(785) 776-7787

fhvcmhk@gmail.com



AmeriCorps Seniors, Kansas Volunteer Commission, YES! Fund, Riley County Council on Aging, Greater Manhattan Community Foundation

Please help us raise \$30,000 to support our programs. Your support is appreciated!

- Gift in Honor / Memory of a loved one (to support on-going projects)

Name: _____

- General Contribution (recruiting/ placing individuals to impact the community)

- Contribution towards new initiatives: Suicide Prevention, Elder Justice, Opioid Abuse

My gift to the Flint Hills Volunteer Center is enclosed:

__ \$50 __ \$100 __ \$200 __ \$500 Other Amount \$ _____

Name: _____

Address: _____

City, State, & Zip: _____

Phone: _____ Email: _____

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

322 Houston St Suite 104 Manhattan, KS 66502