

THE FHVC VOLUNTEER BULLETIN



4TH OF July

Events Around Town

Saturday, June 25; 5pm

Havensville, KS

Independence Day Celebration

June 30 - July 4th

Milford Lake; Milford, KS

Sundown Salute

June 30 - July 4th

Heritage Park; Junction City, KS

Freedom Fest

Saturday, July 2; All Day

Randolph, KS

Independence Day Celebration

Monday July 4th; All Day

Wamego Sports Complex; Wamego, KS

Celebrate Freedom & Boomtown

Monday July 4th; 6:30pm

Larry Norvell Band Shell; Manhattan, KS

Manhattan Municipal Band Concert #6



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@flinthillsvolunteercenter



@flinthillsvc



**Lori Bishop,
Executive
Director**

*“Ask not what
your country can
do for you—ask
what you can do
for your country.”*

*– John F.
Kennedy*

Greetings Volunteers,

In the last newsletter I spoke about the grass fires and allergies. And then came the tornado! I'm so grateful that no one was injured. I'm also grateful to all of you who stepped up and helped clear debris.

I do want to take a moment and share with you some news. Effective July 1st, we will be adding Wyandotte, Johnson, and Jackson counties to our service area. We were asked to be the caretaker of the RSVP grant there so that those volunteers could continue serving and not close the program. I will be hiring someone to oversee the RSVP program there. There will be no changes to our operation here. You all do amazing things and I'm looking forward to the final months of this year to see what you all can accomplish!

I have been so excited to host a series of podcasts regarding suicide awareness. Many have shared their stories so far, and from feedback I've received, we are helping people to be more understanding and to watch for those warning signs.

This newsletter covers the months of July and August. It's been hot and it's going to continue to be hot. I strongly encourage you to stay hydrated and safe while out volunteering. And don't forget the sunscreen!

I am beyond thrilled to offer an opportunity for those 55 and older with the Samaritan's Feet International. We will be providing free anti-slip shoes to those who need them. I'm also excited that our former AmeriCorps Seniors Director, Deborah Cox-Roush, is now the Manager of the Samaritan's Feet Senior Program. She will be here on August 5th to help with the giveaway. Look for more details, and how you can register, in this newsletter.

Have a great summer!

Coordinator Update

I blinked and another few months have come and gone! I always know we're nearing the end of the month when I start getting an uptick in phone calls and emails from you all to report the wonderful work that you've been doing. Over the past few days I have caught up on volunteer hours and I always love to see what you all are doing- helping neighbors with yard work, taking someone who no longer drives to an appointment or to run an errand, helping the community remain fed, and the list goes on.

At times it may feel like there is no time to rest, but now is our chance! As the heat continues to roll in, take a few extra moments of rest and make sure you're drinking plenty of water. The pools have opened again and there always seems to be a crowd of all ages looking for the opportunity to cool off. The new recreation centers in town are also a great spot to cool down on these hot days.

Looking for a way to volunteer out of the sun? I have ideas! Reach out and I'm happy to help.

-Karen

I recently celebrated a milestone—one year as Volunteer Coordinator at Flint Hills Volunteer Center. I'm excited to announce that my first encore will be rock painting! Due to the success and enjoyment of last year's 9/11 Day of Remembrance Rock Hunt, we have begun to gather design ideas and we are now scheduling groups to help us commemorate the bravery of the first responders, military personnel, and civilian heroes at the Honoring the Heroes Family Event in Manhattan City Park.

The Rock Hunt takes many hours to accomplish, and we would love for you to join us! All skill levels are welcome, from simply coating the rocks in a single color, to painting logos and lettering, and everything in between!

If you can help in any way, please let Emily know at fhvc.csc@gmail.com or (785) 776-7787.



**Karen Paulus,
Program Services
Coordinator**



**Emily Vieyra,
Volunteer
Coordinator**



AmeriCorps Seniors



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.

Kaw Valley Rodeo: Military Appreciation Night Dinner

Volunteers are needed in the morning to help unload cases of drinks while other volunteers are needed in the evening to help serve the dinner to Military service members and their families.

Samaritan's Feet: August 5th

Volunteers are needed on this day to help with shoe fittings and to ensure a smooth event; however, this is also a great opportunity for you or someone you know to receive a **free pair of shoes** that are specially designed to help prevent slips and falls! Please see the volunteer information on page 6 and the included flyer to learn about how to help and/ or how to receive a free pair of shoes.

You can also reach out to Karen to sign up for either!

Everybody Counts: August 6th

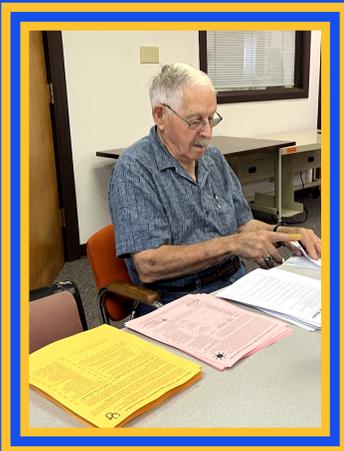
We will soon be reaching out to see who can help us with staffing tables and information booths for the annual Everybody Counts event at the Douglass Recreation Complex. Volunteers will be needed a variety of tasks including set up, registration tables, information tables, Crossing Guard, and more!

Day of Remembrance: September 11th

We will be hosting the Honoring Our Heroes family event and the 9/11 Remembrance Ceremony at the Larry Norvell Band Shell and Wefald Pavilion in City Park this year on Sunday, September 11th. Volunteers will be needed for a variety of tasks this afternoon and evening as we remember the lives lost and pay tribute to our First Responders and Military. More details will be forthcoming!

Festival of Trees: November 18th

Watch for details in our next newsletter about how you can help make our annual Festival of Trees fundraiser a success in 2022!



Learn More:

Karen Paulus

Program Services Coordinator

fhvcmhk@gmail.com

(785) 776-7787



We have been glad to assist with volunteer coordination of the First Infantry Division's Victory Wellness Days as part of the Big Red One Year of Family.

We recently sent several amazing volunteer teams from Fort Riley into the surrounding community. Some groups cleaned up native wetland areas and linear trails in Junction City, Ogden, and Manhattan. Others weeded and mulched community gardens for another season of growing, and one group of 55 volunteers even built a disc golf course! Together, they have logged 444 volunteer hours.

Make sure to come see us at Everybody Counts, the annual grassroots event that presents a network of community services, including health screenings, information, food, games, and more!

We will continue our weaving activities at our CSC booth. Weaving develops fine motor skills, improves concentration, enhances recognition of patterns and sequencing, and promotes relaxation and mindfulness.

All ages are welcome and can benefit from spending some time at our loom! At our booth, we will explore Nature Weaving, where we will use a variety of leaves, branches, and stems to create collaborative artwork. Health research suggests that spending time in nature boosts cognitive, physical, and emotional well being.



Learn More:

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

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

Volunteers Needed!

Shoes For Seniors

Help give shoes & hope to Seniors in our community.

Friday August 5th

9am - 3pm

Pottorf Hall; Manhattan, KS



<https://samaritansfeet.org/Manhattan85>

Help us serve Seniors in our community with a specially designed pair of shoes and a message of hope!

Community volunteers will help fit Seniors with a new pair of shoes and provide encouragement and a message of hope. Seniors will receive a Hope Tote drawstring bag containing their new shoes & socks, a hygiene kit, and two encouraging messages.

To volunteer, contact the Flint Hills Volunteer Center (fhvcmhk@gmail.com or 785-776-7787), scan the QR code, or visit:

<https://samaritansfeet.org/Manhattan85>



**FRIDAY, AUGUST 5, 2022
10:00AM - 2:00PM
POTTORF HALL
1710 AVERY AVE.
MANHATTAN, KS 66503**

NEW SHOES FOR SENIORS: FLINT HILLS VOLUNTEER CENTER

Individuals may receive a new pair of shoes, specially designed with Seniors' needs in mind. Recipients will get a Hope Tote drawstring bag with new anti-slip shoes, socks, two encouraging messages, and a hygiene kit, along with a message of hope from our volunteers.

Pre-registration is required to receive shoes. To register for this event, please register [HERE](#) or scan the QR Code.

We can't wait to serve you!



SAMARITAN'S FEET

Volunteer Opportunites

July:

- 7th: Caregivers Newsletter; 9am, 401 Houston St
- 13th: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 17th: Harvesters; 9:30am, Cico Park
- 21st: Kaw Valley Rodeo: Military Appreciation Night Dinner
- 24th: Harvesters; 9:30am, Ogden Community Center
- 24th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

August:

- 5th: Shoes For Seniors with Samaritan's Feet
- 6th: Everybody Counts
- 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:

McCain Volunteer Ushers: 2022-2023 Season

Volunteers at McCain are responsible for making sure that audience members have a good experience. As a volunteer usher, you may be asked to take tickets using our scanners or tearing tickets, show people to their seats, or hand out programs. In certain situations, you may need to solve issues. We also ask that our volunteer ushers help us enforce house policies. Volunteer training sessions will be held at the beginning of each semester.

Cookie Brigade:

- July 7 & 21
- August 4* & 18

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.

*August 4th cookies will be saved in the office to serve during the Samaritan's Feet event on August 5th. Please feel free to bake a little extra or a non-cookie item that can still be packaged.



*Welcome to
our 44 new
volunteers &
groups who
have enrolled in
May & June!*

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