

THE FHVC VOLUNTEER BULLETIN

9/11 Day of
Remembrance
Sunday, September 10th
Manhattan City Park



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Lori Bishop,
Executive
Director

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" — Winnie the Pooh, Pooh's Grand Adventure

Greetings Volunteers,

As I write this, we are experiencing excessive heat warnings all week. Did you know, on August 19th, Manhattan, Kansas had the highest temperature, across the contiguous United States at 115 degrees! I like being number one...but... not this! Fall is just around the corner and is my favorite season.

This year we celebrate 49 years with the AmeriCorps Seniors RSVP program! So much has changed over the decades, but one thing has not and that is the importance of volunteering. Volunteering is great for your emotional and physical wellbeing. The people we serve depend on you for their quality of life. It's a win-win situation. Thanks to each and every one of you that are volunteering! It was nice to see so many people at our annual recognition banquet. Next year, we'll celebrate 50 years! I'm already thinking of ideas, ha!

Our 9/11 Day of Remembrance event will be held on Sunday, September 10th in City Park. It is a very somber event as community members join in placing 2,977 flags in a roped off area, representing those lives lost on September 11, 2001. Please join us for this event and a free BBQ with the Riley County Police Department. Look for more details in this newsletter.

As some of you have heard, I recently had thyroid surgery and it has left me with a new and challenging lifestyle. My voice is very hoarse, and it is not easy to speak on the phone or in-person with you. It will take time, and you know I'm bummed by that! Once my voice is back, I'll have the other thyroid removed and then radiation therapy. I'm trying to learn to be patient! I want to thank Karen and Aillene for keeping my spirits up and being such great team members! I also want to thank you for the cards, best wishes, and hugs! I'm going to talk a lot once I'm recovered so watch out!

Thank you for all you do in serving others!
Lori

Coordinator Update

Fall is around the corner and I am hoping this means we are in for some slightly cooler weather! Thank you to all of the volunteers who have continued to help as best you can through these heat waves to help keep our community running. Your efforts do not go unnoticed or unappreciated!

We recently had the opportunity to celebrate our AmeriCorps Seniors volunteers at our annual dinner. It was another lovely night of delicious food, testing our trivia skills, and even a rousing round of rock, paper, scissors to determine a final winner! Thank you for joining us, and we look forward to celebrating 50 years of the RSVP program in 2024. I am certain Lori will have plenty to say that day!

-Karen



Karen Paulus,
Program Services
Coordinator

It's hard to believe that we are already approaching the end of summer and with that, I am both excited and grateful that I am celebrating my first year back at FHVC!

I would like to express my heartfelt gratitude to our outstanding volunteers for their unwavering commitment and tireless dedication to making a difference in our community. Their enthusiasm to lend a helping hand is truly inspiring, and their efforts have not gone unnoticed. Thank you to our incredible volunteers who have generously given their time and energy to support these vital initiatives. Your willingness to contribute have been instrumental in our collective effort to create a positive change.

Although most people go on vacation during the summer, you did not hesitate to spare your time to volunteer. In times like these, it is through unity and compassion that we can build a stronger and more resilient community. Your contribution whether big or small, have had a profound impact on the lives of those who need it most. Together, we are exemplifying what it means to be a compassionate and supportive community.

-Aillene



Aillene Aquino
Volunteer
Coordinator



AmeriCorps Seniors

Featured in our pictures this month are our AmeriCorps Seniors volunteers Jean helping with crafts at the Flint Hills Discovery Center's Day of the Cowboy, Fred getting dinner ready at Kaw Valley Rodeo's Military Appreciate Night, and Lucia helping prepare one of 2,977 flags for our annual 9/11 Day of Remembrance event in September.

Upcoming Events & Ongoing Opportunities

Please contact Karen if any of these upcoming opportunities interest you!

Medical Transportation Drivers

Our office is in need of volunteers who can help drive local residents to medical appointments within Manhattan. The requests for rides are rapidly growing and your help to keep this program running smoothly is greatly appreciated! This is a flexible opportunity depending on your schedule, but you must have a safe driving record, insurance, and a reliable vehicle.

Friendship Meals

Volunteers who can commit to a regular route or who can serve as substitute drivers are needed. Driver volunteers should be available to run their route(s) from 10:30am-12pm. In addition to delivery drivers, the Manhattan Senior Center also needs volunteers who can serve the meal in the dining room Monday - Friday. Servers are needed from 11:30am-1pm each day.

9/11 Day of Remembrance

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 tasks this afternoon and evening as we remember the lives lost and pay tribute to our First Responders and Military.

We will also be hosting a special Cookie Brigade on Friday, September 9th as these cookies will be part of our dinner service and available for our guests to choose from on September 10th. Even if you are not a regular baker for our Cookie Brigade, please consider bringing a few dozen fresh baked cookies to the office by 1pm on Friday September 8th.



Learn More:

Karen Paulus

Program Services Coordinator

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The dedicated CSC team have been actively involved in several outreach projects throughout the community, making a tangible impact where it matters most. One particular initiative is their relentless efforts in delivering essential food supplies to the blessing boxes. By doing so, they helped ensure that those in need have access to much needed nutritious food.

Moreover, the students have gone above and beyond by contributing their time and energy to organize and sort items at the Riley Thrift Shop. The CSC Ambassadors also had a table at the Manhattan High School Back to School event to recruit and tell other students about the program.

Additionally, they have dedicated their creative skills by crafting items for Santa City. I am also thrilled that we have formed a partnership with Girls on the Run Team. The students have assisted in organizing the activity packets for this year's program, and we are proud to announce that this collaboration will continue annually.

To add to these remarkable contributions, the dedicated volunteers have also made a positive impact by actively participating at the Kaw Valley Rodeo set up and at the Everybody Counts event where they provided assistance in setting up and tearing down, while also entertaining the kids with temporary tattoos.

Volunteer groups, including Omega Delta Phi, have helped clean and organize the basement at Manhattan Emergency Shelter, demonstrating their commitment to improving our community. It is also truly heartwarming to witness the Kansas State Physician Assistant Program in serving brunch at Be Able Community. The support provided by these students has been invaluable in enhancing the services offered at the center. The group will also be volunteering at Manhattan Free Clinic next month to help move donated machines from Stormont. Looking towards the future, the A Battery, 1-5 FA will be volunteering at Fresh Start later this month, followed by their participation at Hope Therapeutic Ranch in early October. We are confident that their dedication and passion will make a significant impact on these initiatives.



Learn More:

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9/11 Day of Remembrance

Sunday, September 10, 2023

Manhattan City Park

Honoring our Heroes Family Event

3:00pm - 5:00pm

The 9/11 terrorist attacks killed 2,977 people and injured thousands more at the World Trade Center, the Pentagon, and in Somerset County, Pennsylvania. To honor those lives lost, we invite our community to help place a flag for each of those lives lost on September 11, 2001.

In addition to the flag display, we will be hosting family-friendly activities, music, the Wall of Gratitude, First Responder vehicles, & more.

Special Remarks by Lt Governor David Toland.

9/11 Remembrance Picnic & Ceremony

5:00pm

Picnic hosted by the Riley County Police Department

Special Remarks will be made by Jessica Dorsey, Kansas Volunteer Center Executive Director; Atalaya Sergi, AmeriCorps Seniors Director; Col Brandon Smith, 1st Infantry Division Chief of Staff; and Lt Gen (Retired) Perry Wiggins, Executive Director of the Governor's Military Council.

Presenting Sponsor



Commemorative Sponsors



Patriot Sponsors



Volunteer Opportunites

September:

4th: Labor Day; Office Closed

8th: Harvesters; 3:30pm, Blue Valley Memorial UMC

10th: 9/11 Day of Remembrance; 3pm, City Park

12th: Caregivers Newsletter; 9am, 401 Houston St

19th: Harvesters; 9:30am, Cico Park

26th: Harvesters; 9:30am, Ogden Community Center

26th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

October:

3rd: Caregivers Newsletter; 9am, 401 Houston St

13th: Harvesters; 3:30pm, Blue Valley Memorial UMC

17th: Harvesters; 9:30am, Cico Park

24th: Harvesters; 9:30am, Ogden Community Center

24th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

Ongoing Opportunities:

Riley County Historical Society & Museum: Volunteers who are interested in Riley County history or would like to know more are encouraged to consider the Riley County Historical Society. Volunteers can help as a docent or with operations such as in the collections, archives, or preservations committee. Researchers, front office help, and special event volunteers are also needed. Volunteers can help Tuesday - Friday 8:30-5pm or Saturday - Sunday 2-5pm.

Peace-Full Pantry: The pantry is expanding their hours and volunteers are especially needed who can help on the occasional Monday 5-7pm, but also those who can help on delivery days or during other shifts on Tuesday, Thursday, or Sunday.

Encore Shop: The thrift store is in need of a few volunteers who can help Monday, Wednesday, or Fridays from 1-4pm. Tasks include sorting donations, handling sales, and helping costumers.

Cookie Brigade:

September 8* & 21

October 5 & 19

*Friday September 8th treats will be packaged for our annual 9/11 Day of Remembrance event held on Sunday September 10th.

Cookies should be freshly baked within 24 hours of delivery to our 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 25 new
volunteers &
groups who
have enrolled in
July & August!*

Flint Hills Volunteer Center

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

The Flint Hills Volunteer Center is driven by its mission of connecting volunteers to the needs of our community. As our community grows rapidly, the issues we face continue to increase in providing resources for unmet basic human needs.

AmeriCorps Seniors (formerly RSVP) is one of the largest volunteer networks in the nation for people 55 and over. Volunteers use the skills and talents they've learned over the years, or they develop new ones while serving in a variety of volunteer activities within our community.

Volunteers are needed every day for a variety of opportunities in Riley, Geary, & Pottawatomie counties. If you are not currently enrolled with our program and would like to learn more about how to help, please contact us for more information.

785-776-7787
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flinthillsvolunteercenter.com

Our communities depend on great volunteers like you!