

THE FHVC VOLUNTEER BULLETIN



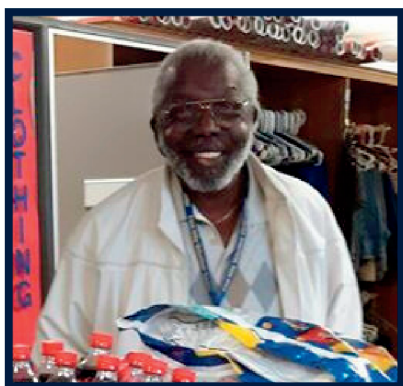
**AmeriCorps
Seniors**



Flint Hills

Volunteer Center

***Celebrating 50 Years
in the Flint Hills!***



AmeriCorps Week

March 10 - 16

National Volunteer Week

April 21 - 27

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@flinthillsvolunteercenter



**Lori Bishop,
Executive
Director**

*“The smallest act of
kindness is worth
more than the
grandest intention.”
– Oscar Wilde*

Greetings Volunteers,

My favorite time of year is coming – Spring! It begins with Daylight Savings Time on March 10th. Don't forget to move your clocks forward one hour. I'm looking forward to warmer weather and getting out and walking the neighborhood.

National Volunteer Week is April 21-27. As we recognize National Volunteer Week, I would like to extend my deep appreciation for everything you do. You make a difference in our communities. You might not know the impact you make in the life of someone, but we do!

I'm excited to recognize our AmeriCorps Seniors RSVP volunteers as we celebrate 50 years in the Manhattan area. So much has changed over the years, but one thing remains the same – our volunteers care about their community and serving others. We will be recognizing our volunteers with a special recognition banquet on August 8th. Stay tuned for more information. Don't forget to submit your volunteer hours to receive your invitation!

April is a special month for me. This year I am celebrating 39 years with the RSVP/Flint Hills Volunteer Center. It's hard to believe it's been so many years and the memories are very much imbedded in my life. I've met some great volunteers, shared the good times and the bad, laughed and cried with you, and I feel very blessed to be a part of a great organization.

Thank you to all our volunteers for your time and commitment to serving others.

Happy Spring!

Lori

**GROW GREEN
MATCH DAY**

**Save The Date:
April 22, 2024**

Flint Hills Volunteer Center will be participating in our second Grow Green Match Day on April 22, 2024. Last year we raised just over \$2,275 to help our signature programs.

Please consider donating to our office through the Greater Manhattan Community Foundations Grow Green Match Day this year. Stay tuned to our Facebook page for more information as it is announced.

growgreenmanhattan.com

facebook.com/flinthillsvolunteercenter

Coordinator Update

It has only been two months since our last newsletter, but it feels like it could have six after all of the snow and ice interrupting our January! Thank you to our amazing Neighbor 2 Neighbor volunteers who helped shovel snow for 24 local seniors. I know many didn't quite know what they were signing up for after several mild winters. The warmer weather in February was a lovely change and makes me excited for the Spring!

My favorite part of every January is collecting the volunteer hours from all of you to help us put together our Annual Report that showcases the amazing work you have done in the previous year. This year was no different- the numbers on our page 6 speak for themselves! Thanks to all of you for being an active part of our community and allowing me the opportunity to serve alongside you, highlight your work, and help find new and meaningful ways to make an impact. I look forward to more years celebrating the work that each of you do- no contribution is "too small" as we all play our part!

-Karen



Karen Paulus,
Program Services
Coordinator

Thank you to everyone who brought in donations for the blessing boxes drive! As we step into this new chapter together, I wanted to take a moment to express my deepest appreciation for your unwavering support and dedication to outreach projects and volunteering and the incredible impact you have made.

Your help and support has impacted the lives of those you have directly helped and uplifted the spirits of those who witness your unwavering generosity. Your actions are a reminder that in a world that sometimes feels divided, there are still individuals like you who are willing to go above and beyond to make it a better place.

Throughout the challenges of the past year, you continued to lend a helping hand, bringing hope to those in need. Whether it's your time, talents, or resources, your contributions have not only touched lives but also helped to strengthen communities and create lasting change. Let us lift others and create a ripple effect of positive change.

-Aillene



Aillene Aquino
Volunteer
Coordinator



AmeriCorps Seniors



175 AmeriCorps Seniors volunteers have reported 1,731 volunteer hours so far for November and December!

Featured in our pictures this month are our AmeriCorps Seniors volunteers at the February CiCo Park Harvesters mobile distribution. The warm, sunny weather made this a great day for both the volunteers and our community who came out to pick up much needed food. Volunteers are always needed at these mobile distributions- more information can be found on our Volunteer Opportunities page. No need to sign up ahead- show up and lend a helping hand!

Have a photo you'd like to share in a future issue? Email it to Karen!

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.

Ascension Via Christi Hospital

Volunteers who are interested in helping patients and their families are needed! At this time, volunteers may be required to have a current flu shot and COVID19 vaccinations.

*Mask requirements are dependent on the COVID19 case level in both Riley and Pottawatomie counties and are subject to change.



Learn More:

Karen Paulus

Program Services Coordinator

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The CSC students have not only been involved in local initiatives but have also significantly contributed in other areas. Anthony Middle School, Eisenhower Middle School, and KO Boxing have been helping us collect items for the Blessing Boxes. Once everything is collected, the students will sort them and another group will distribute them to the blessing boxes.

1-18 Infantry Division, First Brigade, and Sigma Chi Fraternity selflessly volunteered at the Home of the Flint Hills, offering their time to visit and play board games with the residents.

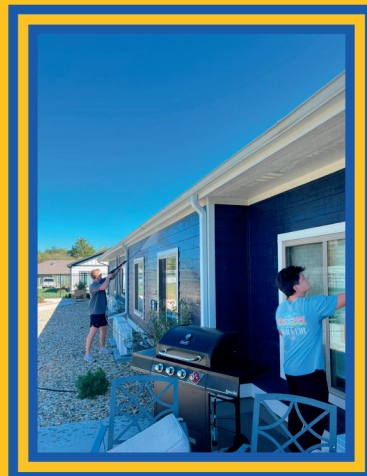
The Big Lakes teams regularly donate their valuable time to Harvesters and the Peaceful Pantry, ensuring that no one goes hungry. They also enjoy helping with our Cookie Brigade and the North Central Flint Hills Area Agency on Aging Caregivers newsletter each month.

Moreover, as we approach the end of the month, the 82nd Engineer Battalion, Second Brigade will also be lending a helping hand at Camp Tomah Shinga, by organizing the kitchen and cleaning the camping area.

I am immensely proud of our team for their dedication and commitment to making a positive impact on the lives of others. By selflessly giving their time and energy, they play an integral role in creating a better community for all.



A volunteer from Big Lakes carefully applying labels to our bags for Cookie Brigade.



Learn More:

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

2023 FHVC Service Snapshot



477

Active Volunteers
& Groups



37,850

Hours
Served



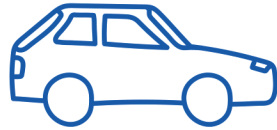
73

Opportunities
Served



Food Distributions:

256 Volunteers
14,799 hours served



Medical Transportation

12 Volunteers
694 hours served
38 clients
341 rides
2,283 miles driven



Community-Supported
Thrift Stores

89 Volunteers
7,483 hours served



Cookie Brigade

24 Volunteers
347 hours served
5,553 cookies donated

NATIONAL SERVICE IN

KANSAS



300

local service sites



3,700

AmeriCorps Seniors and
AmeriCorps members



\$9.5

million AmeriCorps
and local funding



\$30.7

million AmeriCorps
scholarships earned
since 1994

Volunteer Opportunities

March:

10th: Daylight Savings: Spring Forward 1 Hour!

12th: Caregivers Newsletter; 8:30am, 401 Houston St

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

11th-15th: Spring Break for KSU & local schools

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

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

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

31st: Easter Sunday

April:

TBD: Caregivers Newsletter; 8:30am, 401 Houston St

12th: Harvesters; 3:30pm, Blue Valley Memorial UMC

16th: Harvesters; 9:30am, Cico Park

23rd: Harvesters; 9:30am, Ogden Community Center

23rd Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

Ongoing Opportunities:

Flint Hills Breadbasket: Volunteers are needed Monday - Friday in a variety of shifts and positions. Help is especially needed in the Market every morning from 9-11:30am, but afternoon and behind-the-scenes opportunities are also available.

Be Able: The Shower/ Laundry facility is now open and volunteers are needed Monday through Friday 10am-12pm to help maintain the building. Volunteers will do light cleaning of showers after use, help neighbors run washing/ dryer machines and assist neighbors with clothing distribution as needed.

Purple PAWS: Volunteers are need for a variety of roles at their headquarters (Kitten Creek Rd; Keats), including helping with handyman repairs (winterize facility, install solar lights, repairing doors, and assembling kennels), walking the dogs, and organizing donated supplies. An orientation/ training is provided as needed. Volunteers can help Monday-Friday during the day or weekend afternoons.

Cookie Brigade:

March 14th

April 11th

We have shifted to once a month on the second Thursday! Cookies will go directly to units at Fort Riley or to local community service agencies. 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 39 new
volunteers &
groups who
have enrolled in
January &
February!*

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
fhvcmhk@gmail.com
flinthillsvolunteercenter.com

Our communities depend on great volunteers like you!