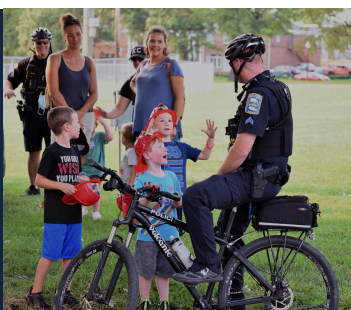


THE FHVC VOLUNTEER BULLETIN



9/11 Day of Remembrance

Family Event & Picnic

Sept 8th 3pm - 6pm
Wefald Pavilion; City Park

In honor of the 9/11 Day of Service and Remembrance, join Flint Hills Volunteer Center for an afternoon of family-friendly fun with emergency vehicles and child-friendly activities. Riley County Police Department will be serving a picnic dinner while food lasts starting at approximately 5pm.



Pre-registration has closed for the shoe distribution. Remaining shoes will be distributed to walk-up families (child must be present) starting at 5:30pm while supplies last.

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@flinthillsvolunteercenter



**Lori Bishop,
Executive
Director**

“Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud.” – Helen Dyer

Greetings Volunteers,

We survived the hot summer! I love the fall season with cooler weather, the beautiful fall leaves, football season, and hot chocolate!

It was so nice to see everyone as we celebrated 50 years with the RSVP program. There have been so many changes over the years, including our name. We began as the Riley County RSVP (retired and senior volunteer program), then we transitioned our name to the Flint Hills Volunteer Center as our sponsor agency, and we are now known as AmeriCorps Seniors RSVP. So many changes, but one thing never changed and that is volunteering is still prevalent among those 55 and older. In my 35 years as Director here in Riley County, we have never had less than 200 active volunteers. Volunteering is important to maintain health, mental health, and the need to help others less fortunate. It also helps older adults remain in their home so that they can stay independent and avoid nursing home care. From the bottom of my heart, thank you all for serving others. You never know what one simple gesture could mean for someone else. I have so many memories from the past 35 years of volunteers, impact volunteers made, personal stories of volunteers, friendships made, and knowing I have the best job in the world!

In 2002, family members of those killed and injured on 9/11 joined with first responders and others to create “9/11 Day” to annually and forever encourage all Americans to remember and pay tribute on the anniversary of the September 11, 2001, attacks through acts of service, including volunteerism, and to keep Americans’ promise to “Never Forget.”

We are delighted to host the 9/11 Day of Remembrance on September 8th, where first responders and volunteers will play an integral part of giving 400 children a pair of shoes.

I’m excited to add Abby Muth to our staff. Abby is our Volunteer Coordinator for volunteers 54 and younger. She is a K-State student and is doing a great job.

It’s back to school and we welcome back teachers, students, as well as our K-State University students. Have a great year!

Thank you for all you do in serving others!
Lori

Coordinator Update

This past August we had the privilege to host our annual appreciation dinner for our AmeriCorps Seniors volunteers while also celebrating 50 years of RSVP in our area. I have since been reflecting on how much this program has impacted me since my start in 2019. I was originally hired part-time to start a Junction City program. However, 2020 had other things in mind and I transitioned to a full-time role in the main office.

For the next year (and then some) I got to know many of our volunteers through check-in emails, brief hellos in the office behind masks, and getting my hands dirty alongside you at various projects. I have also been able to welcome many of you to the office as you either returned to volunteering once you felt safe or you joined us for the first time!

Now I get the opportunity to know each volunteer. I continue to put faces to the names that I read every month on volunteer timesheets and I learn about you- your families, your hobbies, and your experiences. Many of you also know me- my family, my new-found love for KState's Women's Basketball team, and the hobbies I have picked up through y'all as well (looking at you C.H.).

Thank you for being such a big part of these last 5 years. I look forward to many more hugs and happy hello's in our future.

-Karen

As many of you know, this is my first year with the Volunteer Center, and I am thrilled to have the opportunity to interact with and meet all the CSC students throughout the year.

I plan to visit each of the JAG-K groups at both the middle and high schools. During these meetings, I'll be introducing some after-school activities designed to encourage ongoing volunteering. For the CSC students, I'm organizing outreach programs with various organizations in Manhattan. These events will provide valuable connections and opportunities for students to engage with the community.

-Abby



**Karen Paulus,
Program Services
Coordinator**



**Abby Muth,
Volunteer
Coordinator**



AmeriCorps Seniors

199 AmeriCorps Seniors volunteers have reported 3,865 volunteer hours so far for June & July!

Featured in our pictures this month are highlights from our annual AmeriCorps Seniors volunteer appreciation dinner. We celebrated 50 years of the RSVP program in our community with a dinner, AmeriCorps Seniors trivia game, a presentation from Senator Usha Reddi recognizing the AmeriCorps Seniors Retired Seniors Volunteer Program for 50 Years of Service in Manhattan and Riley County, and volunteer favorite- door prizes!

Joining Senator Reddi and Board President Ronnie Grice in the third photo are 3 of our notable volunteers who were in attendance: Earl B., the oldest volunteer in attendance at 96 and a retired veteran, Gary L., who has served 12,847 life time hours to date and is also a retired veteran, and Velma O., our longest serving volunteer with 30 consecutive years.

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 high need of volunteers who can help drive local residents to medical appointments within Manhattan. Our rider list and requests for help are growing, but we need you to help this program remain successful! 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.

Riley County Historical Society & Museum

Tuesday - Friday 8:30am - 5pm
Saturday & Sunday 2-5pm

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.



Learn More:

Karen Paulus

Program Services Coordinator

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(785) 776-7787



Maddy, Savannah, and Nicholas are featured in our pictures this month, who all attended and helped with our welcome social. The welcome social was meant for CSC students to get together and become familiar with each other. We also decided to make tote bags out of t-shirts to donate.

In the middle photo, we have our CSC Volunteer, and Manhattan High School Senior Representative, Dakotah Garcia (National American Miss Kansas Teen 2024).

Upcoming Events & Ongoing Opportunities

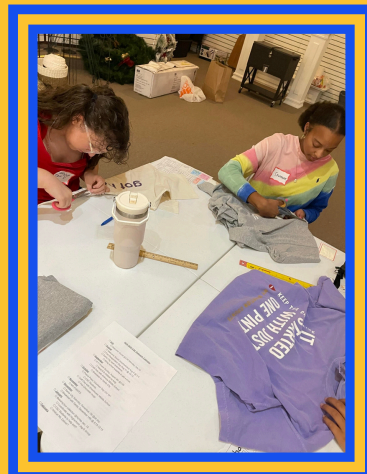
In September, our focus will shift to the 9/11 event, where a few volunteers will assist. Later in the month, I will host a craft day at Anthony Middle School, allowing students to participate in creative activities.

During October, we have an outreach event planned for October 18th, where CSC students will volunteer at Prairie Paws Animal Shelter on a school holiday. This will be complemented by an after-school craft day at Eisenhower Middle School closer to the end of the month.



At Santa City, children ages 4-10 embark on a magical shopping adventure designed just for them. Upon arrival, parents are guided to a waiting area outside the main shopping zone. The elves help the kids explore various gift stations, where items range from \$0.50 to \$10. Once the gifts are selected and wrapped, the elves handle the checkout process. After shopping, children leave with their gifts, excited to share their selections with their families.

Items we will be collecting: headbands, self-care items, animal toys, crochet items (hats, mittens, and scarves), and decorative tea towels.



Learn More:

Abby Muth
Volunteer Coordinator
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Protect Yourself: Current Medicare Scams



Medicare Doesn't Make Cold Calls

If someone calls you out of the blue claiming to represent Medicare or a company that works with Medicare, hang up. “Medicare doesn't call people unexpectedly” and ask for your Medicare number or financial information,” according to Bridget Small, a consumer education specialist with the Federal Trade Commission.

Even if it looks like the call is coming from a Medicare office, don't be fooled. Scammers can fake the number that shows up on your caller ID.

False Billing for Diabetes

False billing for diabetes treatment has been seen on Medicare summary notices of people who don't have diabetes and didn't receive a related device. This is one example of how crooks charge Medicare for services not provided. To guard against this, check monthly Medicare statements carefully and report any false charges.

“Free” & Inferior Products

Free products are another common Medicare scam. However, the product you receive—if you get anything at all—is usually cheap and inferior. Only share your Medicare number with your healthcare providers, and not with someone offering “free” products or services.

Genetic Testing

Lastly, free genetic testing is once again a trending Medicare scam. This often happens at health fairs where a scammer will offer a free genetic test that only requires a cheek swab and your Medicare number. Medicare rarely covers genetic testing, and this is just a ploy to get your Medicare number.



Volunteer Opportunities

September:

- 2nd: Office Closed for Labor Day
- 8th: 9/11 Day of Remembrance Family Event; 3-6pm, Wefald Pavilion
- 10th: Caregivers Newsletter; 8:30am, 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)

October:

- 8th: Caregivers Newsletter; 8:30am, 401 Houston St
- 11th: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 22nd: Harvesters; 9:30am, Cico Park
- 29th: Harvesters; 9:30am, Ogden Community Center
- 29th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

Upcoming 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. Please let our office know if you contact FHBB and need help getting a follow up.

Peace-Full Pantry: Volunteers are needed for all shifts to help families and individuals visiting the pantry. Shifts are Sunday 2-4pm, Monday 5-7, Tuesday 3-5pm, and Thursday 5-7pm.

Valor Honey: Volunteers are always needed year round to assist with a variety of honey and bee oriented tasks: either outside with the hives or inside the warehouse with the supplies and honey itself. While the work can be hot & heavy, it is much needed. No experience necessary- training and equipment provided as required.

Via Christi Hospital: Volunteers with an interest or experience in retail are needed to help keep the gift shop open!

Cookie Brigade:

September 6th- *special date!* These cookies will be a part of our 9/11 Day of Remembrance Family Event.

October 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. Cookies will go directly to units at Fort Riley or to local community service agencies.



*Welcome to
our 40 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
fhvcmhk@gmail.com
flinthillsvolunteercenter.com

Our communities depend on great volunteers like you!