

# THE FHVC VOLUNTEER BULLETIN



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## **Manhattan Martin Luther King Jr. Memorial Committee: Community Celebration**

January 18, 2025

2pm at Manhattan Arts Center  
1520 Poyntz Ave

Speaker: Curtis Pitts



@flintheillsvolunteercenter



**Lori Bishop,  
Executive  
Director**

*“Everybody can be great because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.” – Martin Luther King, Jr.*

Greetings Volunteers,

Happy New Year! 2024 was such an amazing and successful year for us and I am looking forward to what 2025 will bring!

My favorite thing about 2024 was to begin the year celebrating 50 years with our AmeriCorps Seniors RSVP program and ending the year by celebrating the 100th birthday of our RSVP volunteer, Sybil Roberts. Can it get any better than that??

The success of our Flint Hills Volunteer Center is due to funding from the AmeriCorps Seniors program, Riley County Council on Aging, Greater Manhattan Community Foundation, Kansas Volunteer Commission, and a mini grant from the College Avenue United Methodist Youth Group. Our success is also reflected in my great staff and our Board of Directors. They are all so supportive and hands-on!

I’m so excited to welcome 2025 so we can continue to keep a strong network of volunteers in our communities. I am also looking forward to introducing you to our new team of board members.

We have taken some budget cuts so I’m hoping you will support some of our requests for donations. You will learn more about the Greater Manhattan Community Foundation’s Grow Green Match Day in April, and some upcoming ideas we have! To all of you who made a donation to our program in 2024, thank you so much!

We pause to reflect on the life and work of Martin Luther King, Jr. He was the most important voice of the American Civil Rights movement, which worked for equal rights for all. This year, we celebrate 30 years of MLK Day of Service and its impact as more Americans embrace the idea that citizenship involves taking an active role in improving communities. Volunteer on this day and continue to make an impact in our communities by helping others.

I’m truly blessed to be a part of a great organization. I love going out to a restaurant, grocery store, or business and seeing our volunteers. I love getting a hug from you and seeing your beautiful smile. It truly makes me so happy!

Lori

## Coordinator Update

Happy 2025! The years seem to be coming at faster as I get older. This month I celebrate 6 years with Flint Hills Volunteer Center and come times I still feel like I'm new. Our holiday season wrapped up nicely with two successful fundraisers- Home for the Holidays and Santa City- that left me feeling both fulfilled and tired. I am thankful for the time we had to rest!

I made sure to not rest too much though- I opted to pick up some volunteer shifts of my own with delivering Friendship Meals and organizing the Manhattan Community Christmas Dinner again. My child also made sure I didn't sit for too long on any given day so I'm a little relieved to be back in the office to start another great year with you all!

-Karen



**Karen Paulus,**  
**Program Services**  
**Coordinator**

Happy New Year! I can hardly believe we're already stepping into 2025! As we begin this new year, I want to take a moment to express my sincere gratitude and admiration for every one of you. Your dedication to volunteering is truly inspiring and serves as a reminder of the impact we can have when we actively work to make a difference.

Your dedication and generosity have shown us that the true source of happiness comes from serving others. Through your acts of giving, you've not only brought joy and support to those around you, but you've also enriched your own life with meaningful experiences and personal growth. Your actions reflect the spirit of compassion, empathy, and unity that uplifts and unites our community.

I also want to express my sincere thanks for your patience and understanding as I navigate my first year at the volunteer center. The experience has been incredibly rewarding, and it's all thanks to the dedication and support of our amazing volunteers!

I hope this New Year brings you fulfillment, joy, and countless opportunities to continue making a positive impact in the lives of others. Thank you for all that you do—you are helping to create real change, and for that, I am incredibly thankful.

-Abby



**Abby Muth,**  
**Volunteer**  
**Coordinator**



# AmeriCorps Seniors

189 AmeriCorps Seniors volunteers have reported 3,410 volunteer hours for October & November!

Featured in our pictures this month are highlights from our Home for the Holidays fundraiser held on November 22, 2024. Flint Hills Volunteer Center raised \$48,643 to go towards our programs!

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

## Upcoming Events & Ongoing Opportunities

### **Caregivers Mailing**

Typically on the 2nd Tuesday, call to confirm NCFH Area Agency on Aging; 401 Houston St

Volunteers are needed to help fold, label, and send this monthly newsletter. The newsletter is mailed to more than 1,800 households and relies on volunteers to prepare it for each mailing. Many hands make light work!

### **Friendship Meals (High Need!)**

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.

### **Medical Transportation Drivers**

Our office is in 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.

### **Peace-Full Pantry**

Monday & Thursday: 2-4pm  
Tuesday & Sunday : 5-7pm

Volunteers are greatly needed to help with at least one shift each month to help visitors shop the pantry for food and household items. Help with unloading deliveries and keeping the pantry shelves stocked is also needed.



## **Learn More:**

**Karen Paulus**

*Program Services Coordinator*

*fhvcmhk@gmail.com*

*(785) 776-7787*



This month, we are excited to highlight our incredible CSC volunteers and the dedicated students from Eisenhower Middle School, who have been instrumental in making this year's Santa City event a truly magical experience. These students generously volunteered their time and energy, assisting with both the Santa City craft days and the event itself.

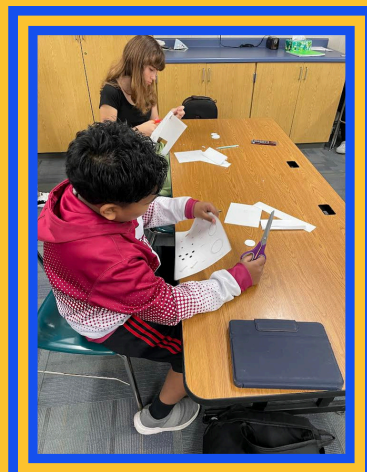
We are incredibly proud of the students from Eisenhower Middle School for their commitment to spreading holiday cheer and their unwavering support of this community event. Their contributions helped make Santa City a heartwarming experience for everyone involved.

The Santa City event was designed as a special opportunity for CSC students to come together and collaborate on creating a festive, joyful atmosphere for children and their families. Through their hard work and creativity, the volunteers helped transform Santa City into a vibrant holiday wonderland filled with crafts, activities, and memorable moments.



### Upcoming Events & Ongoing Opportunities

CSC students will also have the opportunity to participate in outreach events that will help them connect with and engage more deeply with our community.



## Learn More:

*Abby Muth*  
Volunteer Coordinator  
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(785) 776-7787

## Government Imposter Scams

In these senior scam, fraudsters contact older people claiming to be representatives from a well-known government agency. This could include Medicare, the Internal Revenue Service (IRS), or the Social Security Administration (SSA).

Fraudsters may use caller ID spoofing to make the call seem genuine. And once you're on the line, they may parrot your Social Security number (SSN) to further legitimize the call.

**Government imposter scams have different risks. Here are a few examples:**

### **Medicare Scams**

Scammers claiming to be Medicare representatives call their victims to “verify” their Medicare number. If you oblige, they'll use it to steal your health benefits (i.e., medical identity theft). Or, they might claim that the victim needs to pay a fee to receive a new card or special treatments and ask for their credit card numbers.

### **IRS Scams**

During tax season, scammers will call elderly people claiming to be from the IRS and saying there's an issue with their return. They'll collect information to “secure” your tax file, but in reality, they'll use it to file phony tax refunds and commit identity theft.

### **Social Security Scams**

In this scam, the imposter claims your SSN has been suspended due to an alleged crime. In order to reinstate it, they will demand payment usually in the form of gift cards.

### **FBI or Law Enforcement Scams**

Scammers will even call claiming that there is a warrant out for the victim's arrest. If they don't pay a fee or relinquish their financial information, they could go to jail.

### **Covid Scams**

Fraudsters take advantage of the fear and uncertainty of the pandemic to trick seniors into giving up sensitive data — such as bank accounts or health insurance information.

Remember, these agencies will almost never reach out to you over the phone — especially if it's something as grave as a crime. If they do call, hang up and call the agency's official phone number.

### **Warning signs of government imposter scams:**

- You get an unsolicited call from someone claiming to be from a government agency.
- The caller uses threatening language and wants you to pay them using gift cards or wire transfers.
- The caller asks for your sensitive information, like your SSN, Medicare number, or credit card.



# Volunteer Opportunities

## January:

2nd: Office Reopens

20th: Martin Luther King Jr. Day- Office Closed

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)

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

## February:

17th: Presidents' Day- Office Closed

14th: Harvesters; 3:30pm, Blue Valley Memorial UMC

18th: Harvesters; 9:30am, Cico Park

25th: Harvesters; No Ogden Harvesters

25th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)

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

## Upcoming Opportunities:

Center of Hope Ministries: Volunteers (19 & older) are needed to help serve as Overnight Facilitators (OVF) who can commit to 3-4 hour evening/night shifts to sit with guests and make sure all have a safe and warm place to sleep at night. OVs must be able to enforce Center of Hope Ministries rules, work a laptop, and utilize the simple programs. Training is provided.

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.

## Cookie Brigade:

January 16 (3rd Thursday)

February 13

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 are delivered to units at Fort Riley or local community service agencies.



*Welcome to  
our 55 new  
volunteers &  
groups who  
have enrolled in  
November &  
December!*

# Flint Hills Volunteer Center

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(785) 776-7787  
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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!