

THE FHVC VOLUNTEER BULLETIN



AmeriCorps Week

March 9 - 15

National Volunteer Week

April 20 - 26



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@flinthillsvolunteercenter



**Lori Bishop,
Executive
Director**

Greetings Volunteers,

My favorite time of year is coming – Spring! It begins with Daylight Savings Time on March 9th. Don't forget to move your clocks forward one hour. I'm looking forward to warmer weather and getting out and walking the neighborhood.

I hate to say this, but, 2025 has not gotten off to a good start. I fell January 8th on the ice and fractured my humerus bone by the shoulder. And, of course, it's my right arm so it has been difficult to do things independently. As if that weren't enough, I had COVID in January as well. Now, move on to February and I received Karen's resignation letter. Needless to say, chocolate has been my friend, ha!

I am in the process of interviewing for the new Program Services Coordinator and hope to have someone in that position by the end of March. Everything will continue and Abby and I will do our best to make sure we stay in touch with you all. I really need your support as we transition to a new employee and continue all the great things we have been, and will be, doing.

We will also have to say goodbye to our Volunteer Coordinator, Aillene Aquino, on March 31st as we will no longer have the Kansas City RSVP program.

April is a special month for me. I will celebrate 40 years as the RSVP Director! I began in Marshall County in 1985 and transferred to Riley County in 1989. I LOVE what I do and I love our volunteers and the people we serve. Thank you for making this such a rewarding experience for me!

National Volunteer Week is April 20-26. 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!

Thank you all again for volunteering and your patience as we make some changes.

Lori

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

—Heather French
Henry

Coordinator Update

Wow. By the time this newsletter is printed, mailed, and/or emailed to you I will no longer be in the office. After 6 years with Flint Hills Volunteer Center, it is hard to express just how much this position has helped me grow. I am incredibly thankful for every volunteer I have had the pleasure of interacting with since 2019. You are my reason for having stayed for so long. To say “goodbye” is not enough- I thank you for all the joy, confidence, and laughter that you have given me. I know my life would not be the same without the stories and memories that we share.

The good news is that I will still be in Manhattan! I have accepted an academic advisor position at Kansas State University within the College of Arts & Sciences. This transition takes me back to my roots within Higher Education Administration and I look forward to the continued growth that will come with this change.

I hope to still see you all around town and at KState events where my family and I will be cheering on our Wildcats- especially our favorites- the women’s basketball team and the baseball team! I will also continue in my role as a planning team member with the Manhattan Community Christmas Dinner each December. Please join me then as a volunteer or for the meal!

-Karen

First off, I wanted to take a moment to express my sincere appreciation for your unwavering support and dedication to our outreach projects and volunteer efforts. Your commitment to making a difference is inspiring. I am so incredibly grateful for your patience and encouragement as I navigate my first year in this role.

It has been an amazing experience working with the CSC program and getting the chance to engage with the students at the schools. Looking ahead, my goal for this year is to deepen the involvement of both the middle and the high school students with the community. I have already started by organizing craft days with the JAG-K program at Anthony Middle School. These students are extremely excited to help out and learn more about the impact they can make in our community.

-Abby



**Karen Paulus,
Program Services
Coordinator**



**Abby Muth,
Volunteer
Coordinator**



AmeriCorps Seniors

210 AmeriCorps Seniors volunteers have reported 4,563 volunteer hours for December & January!

Have a photo you'd like to share in a future issue? Please e-mail it to fhvcmhk@gmail.com!

[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

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:

Contact

fhvcmhk@gmail.com

(785) 776-7787



This month, we are thrilled to highlight our incredibly dedicated and compassionate students from Anthony Middle School's JAG-K program. These students have been instrumental in making this year's Valentines Day a truly magical experience. The students went above and beyond, generously volunteering their time and energy to spread joy in our community. Their efforts were especially felt by the residents at Via Christi Village in Manhattan, Kansas.

We are incredibly proud of the students from Anthony Middle School for their commitment to spreading holiday cheer and their unwavering kindness to our residents in Manhattan. Each student spent the afternoon making handmade crafts for the residents. Together we made suncatchers to put in their windows, heart shaped door hangers for decoration, and gave a thoughtful card to top it off. Their contributions helped make Valentines Day a heartwarming experience for everyone involved.

Upcoming Events & Ongoing Opportunities

CSC students will also have the opportunity to participate in our upcoming Easter Craft Day, an event designed to foster connections and allow them to engage more deeply with our community.

In addition to the Easter Craft Day, we are also using this time at the schools to gather valuable input from the students as we work to create a fun, enriching, and eventful summer camp that the students would enjoy and be eager to participate in. By incorporating their feedback and ideas, we are not only enhancing our current programs but also ensuring that future events will be tailored to the interests and preferences of the students, making them more engaging and meaningful.



Learn More:

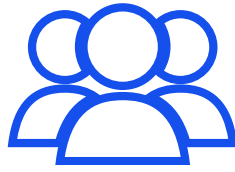
Abby Muth
Volunteer Coordinator
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2024 FHVC Service Snapshot



37,262

Hours
Served



925

Volunteers & Groups
Enrolled



85

Opportunities
Served



Neighbor to Neighbor

18 Volunteers
37 Neighbors helped
320 hours served



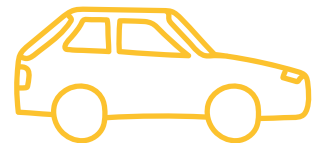
Food Distributions:

Harvesters, Pantries, &
Community Meals
248 Volunteers
15,656 hours served



Community-Supported

Thrift Stores
96 Volunteers
6,991 hours served



Medical Transportation

15 Volunteers
712 hours served
46 clients
343 rides
1,646 miles driven

Kansas Gives Back.

 In 2023, more than **903,000** residents volunteered through an organization.

 This volunteering contributed **\$1.6 billion** in economic value.

 More than **1.3 million** residents helped their neighbors informally.

#5
IN
FORMAL
VOLUNTEERING
AMONG STATES
2023



Volunteer Opportunities

March:

- 9th: Daylight Savings Time Starts: Spring Forward!
- 14h: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 18th: Harvesters; 9:30am, Cico Park
- 25th: Harvesters; 9:30am, Ogden Community Center
- 25th: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)
- TBD: Caregivers Newsletter; 8:30am, 401 Houston St

April:

- 11th: Harvesters; 3:30pm, Blue Valley Memorial UMC
- 15th: Harvesters; 9:30am, Cico Park
- 22nd: Harvesters; No Ogden Harvesters
- 22nd: Harvesters; 12:15pm, Downtown Manhattan (by Dillard's)
- TBD: Caregivers Newsletter; 8:30am, 401 Houston St

Upcoming Opportunities:

2nd Annual MAC and Cheese Festival: Saturday, March 29, 2025 at 08:30 am to 05:30 pm

Manhattan Arts Center, 1520 Poyntz Avenue

Opportunities include:

Assisting with educational activity booths, helping set up and take down for musicians, working at the beer garden, monitoring traffic flow, setting up and tearing down event spaces, keeping the festival area clean.

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:

March 13

April 10

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 123 new
volunteers &
groups who
have enrolled in
January &
February!*

Flint Hills Volunteer Center

322 Houston St Suite 104
Manhattan, KS 66502
(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!