

# THE FHVC VOLUNTEER BULLETIN



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

January 17, 2026

2pm at Manhattan Arts Center  
1520 Poyntz Ave



@flinthillsvolunteercenter



**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! A new year can bring change. This year will be one of change. I will be retiring in April when I'll be celebrating 41 years as an RSVP Director.

I began my career as the Marshall County RSVP (Retired Senior Volunteer Program) Director in 1985. In 1989, I was offered the position as the Riley County RSVP Director in Manhattan. For those of you who don't know what RSVP is, it is a volunteer program for adults aged 55 and older.

There have been a lot of changes during these 41 years. The name of our federal sponsor has changed three times and now it is currently AmeriCorps Seniors. In 2014, we rebranded to become the Flint Hills Volunteer Center with Riley County RSVP being the largest program under its umbrella.

I've had a great career. I've met so many people. We've laughed, we've cried, we've shared stories, and became friends. My mother taught me at a very young age the importance of helping others. I've seen the needs of our community and how volunteers are an integral part of getting things done. My mission in life has been to make sure our seniors are taken care of.

I want to thank all of you for making my life so meaningful. I am blessed to have had a job where I could help others in some way. I'm looking forward to seeing what this new change will bring. I'm sure I'll see you out and about. Hugs are always welcome!

More information will be shared in a couple of months on my replacement.

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.

I wish to extend my sincere thanks to all our volunteers for your dedication to serving the people of our communities.

Lori

## Coordinator Update

Happy New Year! I can't believe I'm saying that where did 2025 go? As I look back on the year, I feel truly blessed and humbled to work at the Flint Hills Volunteer Center and to be part of work that truly makes a difference.

Our holiday season wrapped up beautifully with two successful fundraisers, Home for the Holidays and Santa City. I also enjoyed a wonderful Christmas break, spending time traveling, visiting family, and making memories. After a little rest and recharge, I'm excited for 2026 and all the possibilities the new year will bring.

-Meghan



**Meghan Loverude,**  
**Program Services**  
**Coordinator**

Happy New Year! I can hardly believe we're already stepping into 2026! So much has happened this year, and all of our volunteers have played such a big part in so many impacts! 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 would also like to express my sincere gratitude for your encouragement 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.

-Hannah



**Hannah May,**  
**Volunteer**  
**Coordinator**





# AmeriCorps Seniors

159 AmeriCorps Seniors volunteers have reported 3,096 volunteer hours for October & November!

Featured in our pictures this month are highlights from our Home for the Holidays fundraiser held on November 21, 2025. Flint Hills Volunteer Center raised \$46,297 to go towards are RSVP of Riley County Program.

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

## Upcoming Events & Ongoing Opportunities

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

The Senior Center has a great opportunity for our AmeriCorps Seniors (ages 55+) who can volunteer to delivery food, meal prep or serve food in the dining room. If you are interested please contact Meghan at fhvcmhk@gmail.com.

### **Ascension Via Christi Hospital**

Via Christi is always looking for dedicated volunteers to support various departments throughout the hospital. If you are interested in volunteering with Via Christi please email Meghan at fhvcmhk@gmail.com.

### **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: 4:45pm-7:15pm  
Tuesday & Sunday : 1:45pm-4:15pm

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:**

**Meghan Loverude**

*Program Services Coordinator*

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(785) 776-7787



This month, we are excited to highlight our incredible CSC volunteers who helped out in developing and participating in our Santa City event.

We are incredibly proud of the students from our CSC program 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. Between brainstorming ideas for gift packages, putting together goodie bags, and dressing up as elves to assist kids in choosing gifts for their loved ones during Santa City, our volunteers did an incredible job making sure everything looked festive and that everyone involved in the event felt some great Christmas cheer!

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 creativity, helping hands, lots of laughter, and memorable moments.



### Upcoming Events & Ongoing Opportunities

As January starts up the next semester of school for so many of our volunteers, I will be continuing to visit and coordinate monthly volunteering opportunities for both our volunteers in the public schools and private schools, but also in our local homeschool atmospheres as well.



## Learn More:

*Hannah May*  
Volunteer Coordinator  
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(785) 776-7787



## How to Spot a Scam

Scammers are constantly finding new ways to trick people but if you know the warning signs, you can avoid becoming a victim.

### 5 Signs of a Scam

If you spot any of these tactics, stop and walk away. You're probably being scammed.

#### 1. They contacted you

When you contact a business, you know who's on the other end of the line. But when someone contacts you first, you can't be certain they're telling the truth. You don't know if they are whom they say they are. And remember, email addresses and caller ID information can be faked.

#### 2. They dangle bait—usually money

Let's face it: People simply don't give away large sums of money easily. If someone dangles bait in front of you—a big prize, a shopping spree, an easy loan-for nothing, they're probably lying.

#### 3. They ask for your personal information

Anytime anyone asks for your personal information—bank accounts, social security number, etc.—you should be on alert. Don't give it away quickly or easily, especially to someone you don't know. You may become a victim of identity theft.

#### 4. You're required to pay upfront

If someone offers you a prize, debt relief, or employment—but first you have to pay an upfront fee to get it—you're probably being scammed.

#### 5. They ask you to wire money or send gift cards

If you're about to wire money or send gift cards to someone in order to receive a prize, or pay off a debt collector that contacts you...**STOP!** This may be a scammer trying to take your money.



# Volunteer Opportunities

## January:

5th: Office Reopens

19th: Martin Luther King Jr. Day- Office Closed

9th: Harvesters; 3:30pm, Blue Valley Memorial UMC

20th: Harvesters; 9:00am, Cico Park

27th: Harvesters; 9:30am, Ogden Community Center

27th: Harvesters; 11:30pm, Downtown Manhattan (by Dillard's)

## February:

16th: Presidents' Day- Office Closed

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

17th: Harvesters; 9:00am, Cico Park

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

24th: Harvesters; 11:30pm, Downtown Manhattan (by Dillard's)

## 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. OVF's must be able to enforce Center of Hope Ministries rules, work a laptop, and utilize the simple programs. Training is provided.

Wonder Workshop: The Wonder Workshop Children's Museum is looking for enthusiastic volunteers to help inspire curiosity, creativity, and learning! There are opportunities to work directly with youth, assist behind the scenes, or serve on a committee supporting community engagement and fundraising. If you are interested please email Meghan.

## Cookie Brigade:

January 8th (2nd Thursday)

February 12th

Cookies should be freshly baked within 24 hours of delivery to our office at 100 Manhattan Town Center, Suite 160 (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 75 new  
volunteers &  
groups who  
have enrolled in  
November &  
December!*

# Flint Hills Volunteer Center

100 Manhattan Town Center  
Suite 160  
Manhattan, KS 66502  
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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 RSVP of Riley County 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!