



Flint Hills Volunteer Center BULLETIN

Happy 4th of July!



Events Around Town

July 1st- July 5th

Heritage Park; Junction City, KS
Freedom Fest

Saturday, July 4th; All Day
Wamego, KS
Celebrate Freedom

Saturday, July 4th; 8am

City Pool; Manhattan, KS
Star Spangled Spectacular

Saturday, July 4th; 9am-3pm
Randolph Celebration 26th
Annual Car Show

Featured Inside:

A Word from Brent - 2

Coordinator Update- 3

*AmeriCorps Seniors
Update- 4*

CSC - 5

*Community
Connections - 6*

*Volunteer
Opportunities- 7*



@flinthillsvolunteercenter



**Brent Sigman,
Executive
Director**

*“Volunteers are
the only human
beings on the face
of the earth who
reflect this
nation’s
compassion,
unselfish caring,
patience, and just
plain loving one
another.”*

~ Erma Bombeck

Dear Volunteers and Community Partners,

It has been an incredibly busy and rewarding first month at the Flint Hills Volunteer Center! As I step into the Executive Director role, I am deeply thankful for the warm welcome and excited for the work ahead. It has been a privilege to meet with many of our community partners, learn more about the incredible work being done in our area, and explore how FHVC can continue supporting volunteer and community needs.

This past month, FHVC volunteers responded quickly following the recent severe weather by helping coordinate storm debris cleanup for local residents age 55 and older. Thanks to the hard work and kindness of our volunteers, we were able to help clear properties, improve safe access to homes, and bring peace of mind to our neighbors.

We also enjoyed connecting with the community at the Juneteenth Festival at Douglas Park and welcoming new faces to FHVC. Our recent Volunteer Open House was another wonderful opportunity to meet and visit with many of our outstanding volunteers. I look forward to meeting even more of you in the coming weeks and months.

As we continue to grow, we are working toward a new Volunteer Management System that will help make shift sign-ups, hour tracking, and volunteer profiles easier to manage. We are still finalizing agreements, but our hope is to launch the new system by the end of summer.

We also want to share that the Festival of Trees will be taking a brief intermission for the 2026 season. This will give us time to thoughtfully redesign and refresh the event while honoring its traditions, so we can bring it back better than ever.

I am excited for the future of FHVC and look forward to working alongside each of you as we continue growing our reach and supporting more neighbors throughout the Flint Hills region.

Thank you for your warm welcome and your continued dedication.

Brent Sigman

Coordinator Update

Hello Volunteers,

What a fun and busy couple of months it has been! I hope you have been following us on Facebook and keeping up with all of the community partnerships we have been building.

We are excited to continue working more closely with our community partners so we can better serve you, support your volunteer efforts, and help make a difference in our community. It has been very rewarding to spend time volunteering at our volunteer stations, learning more about the important work they do, and finding new ways we can better support both the stations and the volunteers who serve there.

It has also been wonderful working alongside Brent and Lynda and getting to know each other better as a team. All three of us are dedicated to serving you and our community, and we are excited for what is ahead.

Thank you for all you do!

Meghan



As I continue settling into my role as Volunteer Coordinator with the Flint Hills Volunteer Center, I am grateful for the opportunity to learn, grow, and serve our community. Over the past several weeks, I have gained experience with volunteer management systems, website updates, social media administration, transportation services within the RSVP program, and the day-to-day operations of a nonprofit organization. It has been an exciting learning experience, and I look forward to continuing my professional development.

Since my start date of March 30, 2026, I have enrolled 57 new volunteers and recorded 521 volunteer service hours while welcoming new participants through outreach and communication efforts. I have also assisted with community engagement initiatives, partnered with local organizations, and currently developing a program aimed at the next generation of community leaders.

Additionally, I have worked to improve office efficiency through file organization and document updates while supporting daily operations during this period of organizational growth.

Looking ahead, I am continuing to build relationships with current and prospective community partners, explore grant opportunities that support volunteerism, and review organizational forms and communications to ensure they remain current and effective. I am also working toward developing standard operating procedures that will strengthen organizational consistency and support future growth.

Thank you to our volunteers, community partners, and supporters for your encouragement and dedication. Together, we are building stronger connections and creating new opportunities to serve the Flint Hills region.



**Meghan Loverude,
Program Services
Coordinator**



**Lynda Roberts,
Volunteer
Coordinator**



AmeriCorps Seniors



AmeriCorps Seniors volunteers have reported an impressive 4,100 volunteer hours so far for April through part of June! We're also excited to welcome nine new members to our AmeriCorps Seniors RSVP family. If you know anyone 55 and over looking for ways to stay busy please encourage them to enroll with us!

Upcoming Events & Ongoing Opportunities

Please contact Meghan 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.

Neighbor 2 Neighbor

Please let us know if you are able to mow lawns and help others with yard care.

Salvation Army Volunteers Needed

The Salvation Army is in need of volunteers to assist with their Common Closet Tuesday through Friday from 10:30 AM to 2:30 PM. Volunteers will help support this important community resource, which provides clothing and other needed items to local individuals and families. Please note that this opportunity does require going up and down stairs.

They are also looking for volunteers to serve as receptionists during the same days and hours. This is a great way to help greet visitors, answer questions, and support daily operations.

This is a flexible opportunity based on your schedule, and volunteers do not need to commit to the full shift. Any amount of time you are able to give is appreciated.

If you are interested, please contact Susan Evans at Susan.Evans@usc.salvationarmy.org.

“We make a living by what we get, but we make a life by what we give.”

~ Winston Churchill

Learn More:

Meghan Loverude

Program Services Coordinator

fhvcmhk@gmail.com

(785) 776-7787

Be the DIFFERENCE!

★ YOUTH VOLUNTEERING IN MANHATTAN, KANSAS

Did you know that you don't have to wait until you're an adult to make a big impact in your community? Right here in Manhattan and throughout the Flint Hills, young people are making a difference every day through volunteering!



Small actions today. Big impact tomorrow.

VOLUNTEER OPPORTUNITIES FOR YOUTH



HELP THE ENVIRONMENT 🌿

- Participate in park cleanups
- Plant trees and flowers
- Help maintain community gardens
- Support local conservation projects



SUPPORT ANIMALS 🐾

- Collect supplies for animal shelters
- Organize donation drives
- Create toys or blankets for shelter animals
- Assist with special events



HELP YOUR NEIGHBORS 💖

- Read to younger children
- Create care packages for seniors
- Write thank-you cards for veterans
- Help with food and supply drives



ASSIST AT COMMUNITY EVENTS 🎉

- Welcome guests
- Help with setup and cleanup
- Lead games and activities
- Support nonprofit fundraisers and festivals



★ WHY VOLUNTEER?

- 🌱 Help others and make our community better
- 👥 Meet new friends and have fun
- 💡 Learn new skills and discover your passions
- 🏆 Looks great on college, job, and scholarship applications!

VOLUNTEERING IS A SUPERPOWER! ✨



Every hour you give can brighten someone's day, solve a problem, and inspire others.

You have the power to change the world!

GET YOUR FRIENDS INVOLVED! 💖



Volunteering is even more fun when you do it together! Invite friends, classmates, teammates, or family members to join you.

Together, we build stronger communities!



READY TO MAKE AN IMPACT?

The Flint Hills Volunteer Center is always looking for energetic and compassionate young people who want to make a difference.



Whether you have one hour a month or several hours a week, your help matters!



Your community needs you—and your next volunteer adventure could be just around the corner!

LET'S CONNECT!

Scan the QR code to find current volunteer opportunities and learn more about how YOU can make a difference!



FHVC STAFF ON THE GO!

Area Agency on Aging



Juneteenth Celebration



4-H Garage Sale



Riley Co. Historical Society



- CONNECTING WITH OUR COMMUNITY -

Every visit gives us the chance to learn more about our local partners, serve alongside volunteers, and highlight the many ways people can give back in the Flint Hills area.

OUR VOLUNTEER ADVENTURES INCLUDE:

- ✓ Partner Visits
- ✓ Hands-on volunteering
- ✓ Community outreach
- ✓ Meeting amazing volunteers
- ✓ Sharing local opportunities
- ✓ Having fun while giving back

Follow us on Facebook for our next "Guess Where We Are" post!
Want to get involved? Contact the Flint Hills Volunteer Center!



@flinthillsvolunteercenter

Upcoming Dates & Volunteer Opportunities

July

- July 3: Office Closed for Independence Day
- July 9: Cookie Brigade
- July 10–11: No Stone Unturned TLC Golf & Gala Charity Weekend
- July 25: Family Game Day, 12:00–3:00 PM, Manhattan Public Library

August

- August 1: Everybody Counts, 9:00 AM, Douglass Recreation Complex
- August 13: AmeriCorps Seniors RSVP Volunteer Appreciation Dinner
- August 13: Cookie Brigade

Volunteers Needed: No Stone Unturned TLC

No Stone Unturned TLC is looking for volunteers to help with their 18th Annual Wildcats for No Stone Golf & Gala Charity Weekend. This fundraiser supports children and families by helping provide access to therapy services and resources.

Location: Manhattan Country Club, 1531 N. 10th St., Manhattan, KS 66502

Volunteer Shifts:

- Friday, July 10: Golf shifts from 9:00 AM–1:00 PM and 12:45–4:00 PM
- Friday, July 10: Gala shift from 5:30–9:00 PM
- Saturday, July 11: Golf shifts from 9:30 AM–1:00 PM and 12:45–4:00 PM

Volunteer benefits include catered lunch, beverages, parking, cold towels, and hydration packets.

To volunteer, email Kylie Frieling at kfrieling@nostoneuntuned.org.

Family Game Day Volunteers Needed

The Manhattan Kardboard Convention Association is looking for volunteers for Family Game Day on Saturday, July 25, from 12:00–3:00 PM at the Manhattan Public Library.

Volunteers will play board games with families and help create a fun, welcoming environment. Games and teachers will be provided. This event helps families learn modern, family-friendly board games and leads up to the fall convention on October 3–4 at the K-State Union.

To volunteer, email Jurdene Coleman at jurdene@mhkardboardcon.com.



*Welcome to
our 39 new
volunteers
who have
enrolled in
May & June!*

Flint Hills Volunteer Center

100 Manhattan Town Center, Suite 160

Manhattan, KS 66502

(785) 776-7787

fhvcmhk@gmail.com



AmeriCorps Seniors, 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 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

www.flinthillsvolunteercenter.com

Our communities depend on great volunteers like you!