

Volunteer Center of Cedar Valley



16 Years
Serving the
Cedar Valley!

Volunteer Link

Mobilizing people and resources to solve community problems.

Make A Difference Day 2011

Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. This year, the Volunteer Center of Cedar Valley is celebrating Make A Difference Day the entire month of October.

The Volunteer Center of Cedar Valley is recruiting businesses and organizations to participate in a collection for Country View Care Facility. Participating businesses will encourage employees to bring in items in need between October 3rd and 21st. Collection bins will be provided to you. Contact the Volunteer Center of Cedar Valley if interested. Items in need include: board and card games, gloves and stocking hats, word search books, puzzles, AA batteries, body wash and pre-packaged snack items.

You can help so many by being part of Make a Difference Day! Volunteering in the workplace raises employee morale, provides team building opportunities and a sense of loyalty and pride for their company. The business that donates the greatest amount of items will receive the #1 Contributor plaque, a traveling award, to be displayed at your

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business for the year! To participate or to find out how to have your business become a partner in the Cedar Valley, contact Lauren Finke at the Volunteer Center of Cedar Valley at 272-2087.

Judges will select 10 projects for the national Make A Difference Day Awards. To be considered, fill out the official entry form AFTER you do your Make A Difference Day project. Be sure to submit your entry before the deadline.

The awards include \$10,000 donations to 10 projects from Newman's Own. Previous honorees who continue to excel will receive donations from the Gannett Foundation. Awards are announced annually in a special issue of USA WEEKEND published during Volunteer Week the April following Make A Difference Day.

Make A Difference Day is sponsored by USA Weekend and HandsOn Network.

Contact Lauren Finke if your business or organization is interested in participating. Call at 272-2087 or contact her at Lauren_Finke@vccv.org.



**MAKE A
DIFFERENCE DAY**
NATIONAL DAY OF DOING GOOD



Meet the VCCV Staff



Lauren Finke is the Executive Director of the VCCV. She and her husband Joe, live in Cedar Falls with their canine family, Clover and Violet.



Jean Seeland is the Program Coordinator for the VCCV. As a recent retiree from Waterloo Community Schools, Jean is an outstanding addition.



Anne Nass is the Communications Coordinator for the VCCV. Anne and husband Tom live in Waterloo with children, Andrew and Gabbi.

In the Spotlight - Alternatives Pregnancy Center



Alternatives helps women explore positive alternatives to abortion and to share Christ's love and forgiveness as we strive to meet the physical, emotional and spiritual needs of our clients.

Alternatives utilizes volunteers in a number of roles: Abstinence Educators, Volunteers to coordinate Baby Showers/ Donation Drives, Church Liaisons, Client Advocates, Help with Donations, Miscellaneous Jobs, Post-Abortion Counseling, Receptionists, RN or LPN are needed, Spanish Interpreters, and Special Events Volunteers.

Volunteers age 18 and over are needed for most volunteer positions.

Contact the VCCV at 272-2087 for more information.



In the Spotlight - Hawkeye Chapter of the American Red Cross

The mission of the Hawkeye Chapter of the American Red Cross is to provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies. The Red Cross is a non-government agency, 96% staffed by volunteers that responds to emergencies in the community with shelter, food, and emotional

support for people affected by disaster. The Hawkeye Chapter Red Cross serves Black Hawk, Bremer, Butler, Chickasaw, Fayette, and Grundy County in eastern Iowa.

Volunteers are needed to serve as Disaster Action Team Members, Event Committee Members, Office/Computer

Volunteers, and Parade Walkers.

While most volunteer opportunities need volunteers age 18 and over, there are positions for volunteers age 16 and over.



NONPROFIT LEADERSHIP ALLIANCE
Certified to Change the World



Supportive Agencies and Organizations

Heart of Darkness Fundraiser

The Volunteer Center of Cedar Valley is working with the Heart of Darkness Haunted House to raise funds for the VCCV.

The Volunteer Center of Cedar Valley will be providing 8-12 volunteers nightly when the attraction is open during the month of October. Volunteers are needed at the Heart of Darkness Halloween Complex. Volunteers are needed to serve as actors, parking attendants, ticket sellers and takers, and security. Dates needing volunteers: October 1, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23, 27, 28, 29, 30, 31. Times are 7:00 – 10:00 on Thursday and Sundays and 7:00 – 12:00 midnight on Friday and Saturdays. All make-up and costumes are provided for actors. The Heart of Darkness is at Heartland Farms, 5111 Osage Road, Waterloo. Volunteers age 16 and over are welcome!

Contact the VCCV at 272-2087 for more information or register at <http://volunteer.truist.com/vccv/volunteer/home/>



UNI Volunteer Tuesdays

The University of Northern Iowa's Student Leadership Center has partnered with the Volunteer Center of Cedar Valley to promote Volunteer Tuesdays! Each Tuesday in the month of October, 40 students take the "Volunteer Bus" to a variety of sites throughout the Cedar Valley to volunteer.

The "Volunteer Bus" departs campus two times each Tuesday at 2:00 p.m. and 5:00 p.m. Each student receives beverages and snacks and a t-shirt. Registration will begin September 27 for the following opportunities:

Tuesday, October 4

Homecoming Campus & College Hill
Clean-up Hill

Tuesday, October 11

Afternoon group: Ridgeway Place

Activities include conversing with residents while participating in activities such as crafts and games with residents of this assisted living facility.

Evening group: Hawkeye Valley Area Agency on Aging

Students will assist with painting a training room and additional space in senior center.

Tuesday, October 18

Northeast Iowa Food Bank

Students will assist with packing weekend food sacks for the backpack program.

Tuesday, October 25

Grout Museum District

Students will assist with outdoor maintenance of the property, putting together large mailings and other materials for the Grout Museum District.

Simply fill out the RSVP at <http://www.uni.edu/siac/online-forms/slc-volunteer-tuesdays/index.shtml> to secure your spot. You will receive a confirmation via e-mail.

These planned volunteer outings for students have been so successful the Volunteer Center of Cedar Valley is recruiting sites for the month of November. If your organization is interested in participating, please contact Lauren Finke at 272-2087 or Lauren.Finke@vccv.org.



9/11 Day of Service

Remember.

Local Volunteers Honored 9/11 by Volunteering at the Cedar Valley Arboretum and Botanic Gardens



On September 11th, the Volunteer Center of Cedar Valley hosted a special volunteer event at the Arboretum to honor the 10th anniversary of the September 11th terrorist attacks.

Over 30 members of the Cedar Valley participated to complete important projects throughout the grounds.

Gardens were weeded, perennials were cut back and shrubs were pruned, and trash collected – perfect timing with the Fall Festival the next weekend!

Many of the volunteers also cleaned, sanded and stained the outdoor furniture found in the Enabling Gardens and throughout the grounds.



UNI Volunteer Fair



The Volunteer Center of Cedar Valley held the annual University of Northern Iowa Volunteer Fair on Thursday, September 1 in Maucker Union's Old Central Ballroom at the University of Northern Iowa.

Over 50 organizations participated in sharing information and recruiting students to volunteer. This year, the VCCV referred 700 students to a variety of volunteer needs throughout our community.



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Certified to Change the World



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**Mobilizing people and
resources to solve
community problems.**

**Volunteer Center of Cedar
Valley Staff**

Lauren Finke
Executive Director

Jean Seeland
Program Coordinator

Anne Nass
Communications Coordinator

Our Mission

The mission of the VCCV is to promote and support effective volunteerism; to serve as the resource and coordination center for volunteers and a catalyst in building coalitions and community partnerships.

Follow us on Twitter at
[VCCV1Volunteer](https://twitter.com/VCCV1Volunteer)

On Facebook—group,
[http://www.facebook.com/
group.php?gid=7951689098!](http://www.facebook.com/group.php?gid=7951689098)

Facebook page, [http://
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Volunteer-Center-of-Cedar-
Valley/133389940005502#!/
pages/Volunteer-Center-of-
Cedar-Valley/133389940005502](http://www.facebook.com/pages/Volunteer-Center-of-Cedar-Valley/133389940005502#!/pages/Volunteer-Center-of-Cedar-Valley/133389940005502)

Read our Blog at [http://
volunteercenterofcedarvalley.
blogspot.com/!](http://volunteercenterofcedarvalley.blogspot.com/)

Volunteer Opportunities

One Time Opportunity
Board Member Drive
October 1 - October 15
Big Brothers Big Sisters

Heart of Darkness
October 1, 7, 8, 9, 13, 14, 15, 16,
20, 21, 22, 23, 27, 28, 29, 30, 31
Volunteer Center of Cedar Valley

Usher
October 6-9,13-16, 20-23, 27-30
Strayer Wood Theater

Halloween Hikes
October 12-14
Hartman Reserve Nature Center

Ticket Sales & Takers
October 15
Cedar Valley Derby Divas

Parade Walkers
October 15
American Red Cross

**Walk and Roll for a Drug-Free
Community 5K**
October 29
Pathways Behavioral Services

Halloween Patrol
October 31
Cedar Valley Volunteer
Emergency Club

Long Term
Parent Connection
Family & Children's Council

Museum Store Assistant
Grout Museum District

Under the Harvest Moon
Hartman Reserve Nature Center

Volunteer Transit Driver
Hawkeye Valley Area Agency on
Aging

Volunteer Receptionist
Iowa Legal Aid

**Food Assistance Outreach
Presenter**
Iowa State University Extension
Black Hawk County

Letters & Cards of Support
Iowa's Bravest

**Join the VCCV as a Business
Partner**

At the Volunteer Center of Cedar Valley, we believe corporate initiatives that give back to the communities in which they operate and where their employees work and live, are reinforced by their alignment with an excellent volunteer and philanthropy program.

The Volunteer Center of Cedar Valley is the primary resource for workplace-based volunteering and for engaging more companies and employees effectively in volunteer service. We help businesses develop and manage effective employee volunteer programs that meet company priorities, address employee interests and meet real community needs. Throughout the Cedar Valley, we are working with our corporate partners to improve lives and create positive change in local communities.



WATERLOO



Member Agencies

Allen Hospice
Allen Hospital
Alternatives Pregnancy Center
American Red Cross — Hawkeye Chapter
Aspire Therapeutic Riding Program
Back to School Project
Big Brothers Big Sisters
Birthright
Black Hawk County Conservation Board
Boys and Girls Club
Boy Scouts of America
Care Initiatives Hospice
Catholic Worker House
Cedar Bend Humane Society
Cedar Falls Historical Society
Cedar Falls Senior Center
Cedar Falls Tourism and Visitors Bureau
Cedar Valley Arboretum & Botanic Gardens
Cedar Valley Derby Divas
Cedar Valley Hospice
Cedar Valley United Way
Cedar Valley Volunteer Emergency Club
Cetnaesti Krajiski Teferic
Country View
Department of Human Services
Exceptional Persons, Inc.
Family & Children's Council
Gallagher-Bludorn Performing Arts Center
Girl Scouts of Eastern Iowa and Western Illinois
Grout Museum District
Hartman Reserve Nature Center
Hawkeye Valley Area Agency on Aging
Iowa Legal Aid Society
Iowa State University Extension — Black Hawk Co.
Iowa's Bravest

Iowa Irish Fest
Jesse Cosby Neighborhood Center
KBBG-FM 88.1
Lutheran Services of Iowa: Waterloo
Make-A-Wish Foundation of Iowa
Mallard Point Retirement
NewAldaya Lifescapes
Newel Post Adult Day & Respite Services
North Star Community Services
Northeast Iowa Center for Independent Living
Northeast Iowa Food Bank
Operation Threshold
Parkview Nursing & Rehabilitation Center
Pathways Behavioral Services
People's Community Health Clinic
Pet Pals
Quakerdale
Ridgeway Place Assisted Living
RSVP
Salvation Army
Silos & Smokestacks
Strayer-Wood Theater
The Job Foundation
Together for Youth
VA Voluntary Service
Volunteer Center of Cedar Valley
Waterloo Center for the Arts
Waterloo Community Schools
Waterloo Community Schools Foundation
Waterloo Convention & Visitors Bureau
Waterloo Jaycees
Waterloo Leisure Services
Waterloo Senior Center
Waverly Senior Center
Western Home Communities
Wheaton Franciscan Healthcare
YMCA
YWCA

Connect With the Elderly

This is a great time of year for families to volunteer to help the elderly in our community. Some suggestions for a family volunteer project include:

- Adopt a "grandfriend" and write a letter
- Visit a nursing home
- Rake leaves, clean gutters or wash windows for a senior citizen
- Sing and/or play musical instruments at a nursing home
- Help senior citizens in your neighborhood install smoke alarms
- Offer to pick up groceries for senior citizens
- Enjoy the nice fall weather on a walk with an elderly person in your neighborhood
- Listen to senior citizens tell of their lives
- Teach a senior citizen how to use a computer

