

Volunteer Center of Cedar Valley



16 Years
Serving the
Cedar Valley!

Volunteer Link

Mobilizing people and resources to solve community problems.

Iowa is Ranked Second in the Nation for Volunteers

The Corporation for National and Community Service recently announced new statistical findings for volunteers. For the second consecutive time, Iowa is ranked second in the nation for volunteers.

2010 data shows that 867,412 Iowa residents volunteered 80.3 million hours of service through or for a nonprofit or community organization. Service also takes place informally when people work with neighbors to address or fix a community issue. 10.2 percent of Iowa residents volunteered informally, totaling approximately 239,663 individuals. In Iowa, more than 19,000 people participate in national service each year through 790 national service projects and programs. This year, the Corporation for National and Community Service (CNCS) will commit more than \$18,400,000 to support the national service initiatives (Senior Corps, AmeriCorps, Learn and Serve America, and other programs) in Iowa.

Locally, (statistics for Waterloo also include Cedar Falls) the Waterloo-Cedar Falls area had 56,300 volunteers. 37.6% of residents volunteer - ranking them **11th** within the 75 Mid-size cities for 6.2 million hours of service. Waterloo-Cedar Falls volunteer 41.3 hours per resident - ranking them **23rd** within the 75 Mid-size cities for \$132.3 million of

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service contributed.

The Volunteer Center of Cedar Valley places thousands of volunteers at 72 member agencies. "These statistics demonstrate what we at the VCCV see every day, our residents are generous with their volunteer time." said Lauren Finke, Executive Director.

The Volunteer Center of Cedar Valley is committed to mobilize people and resources to solve community problems. There are currently over 185 active volunteer needs from 72 Member Agencies. The VCCV welcomes all nonprofits to become members free of charge. More importantly, the VCCV welcomes new volunteers. Contact the Volunteer Center of Cedar Valley at 272-2087 or visit www.vccv.org to get involved.



International Literacy Day

Thursday, September 8 is International Literacy Day. According to the United Nations Declaration of Human Rights, all children have a right to a free primary education and therefore a right to be literate.

The organization **First Book** states that the ratio for age appropriate books in middle income neighborhoods is 13 books to one child. In low income neighborhoods the ratio is 1

book to 300 children.

International Literacy Day provides an excellent opportunity to motivate children to read and to participate in service learning projects. Some suggestions for activities include: read to younger children in your school, hold a Read-A-Thon to raise money to buy new books, encourage students to bring gently used but outgrown books to school and donate the books to

places like the House of Hope, Peoples Health Clinic, Boys and Girls Club, and/or the YWCA.

The ideas are only hampered by our creativity and time. The VCCV is willing to assist any school who wishes to observe International Literacy Day with a service learning project. Please contact Jean at the Volunteer Center of Cedar Valley at 272-2087 or by email Jean_Seeland@vccv.org.

In the Spotlight - Wheaton Franciscan Healthcare



Wheaton Franciscan Healthcare is committed to living out

the healing ministry of the Judeo-Christian tradition by providing exceptional and compassionate healthcare services that promotes the dignity and well being of the people we serve.

Covenant's Care-A-Van Service provides free transportation to patients

using Covenant Medical Center services. Care-A-Van gives patients a ride to Wheaton Franciscan Healthcare and returns them safely to their home. The volunteer driver will drive a Wheaton van and is provided with a cell phone to allow two-way communication with the Medical Center.

Courteous men and women, age 21 and older with a valid driver's license

and demonstrated safe driving record are needed. A health assessment is required.

Contact the VCCV at 272-2087 for more information.



In the Spotlight - Allen Hospice

Allen Hospice promotes quality of life during its final stages by providing compassionate care, dignity and support for every patient and Family.

Allen Hospice volunteers who choose to work in direct care may spend time reading to and visiting with patients or providing respite care to allow family caregivers a break. Support

work may include helping with mailings and other special projects.

Allen Hospice will provide all individuals interested in volunteering with hospice patients and their families. Allen Hospice provides physical, emotional and spiritual care for end-of-life patients in their place of residence, including their homes, assisted living

facilities, nursing homes or in a hospital.

Allen Hospice requires a 14 hour training program.



NONPROFIT LEADERSHIP ALLIANCE
Certified to Change the World



Supportive Agencies and Organizations

Young Leaders in Action Conference

An integral part of the Young Leaders in Action Conference is the opportunity for the youth to participate in service learning projects. The Volunteer Center of Cedar Valley is responsible for securing the projects. We would love to have our agencies give us some work for the students to accomplish. Examples of past projects include: making May baskets for residents at Country View, assembling 10K race packets, labeling raincoats for Honor Flight, and assembling food bags for the Northeast Iowa Food Bank. We have a captive audience of young people who are energetic and excited about helping. Give us some of your work and allow us to help. The YLA conference is October 25 at UNI. Please contact Jean Seeland, 272-2087 or email Jean_Seeland@vccv.org.

Do Something Clubs Need Activities

The 'Do Something Club' is dedicated to giving youth the tools and support to bring their unique vision to life. "Do Something" works with young people to shape beliefs and behaviors about participation before negative attitudes and cynicism develop.

The "Do Something Club" will be starting in September and is in need of hands on activities.

'Do Something Club' is looking for projects. Each participating agency will provide supplies for the projects that youth will work on. Materials will be picked up and taken to the participating program sites. DSC can sort, package, create, stamp, group, and organize. With each project youth are educated about the agency and its purpose in the community. Agency fliers for participants are encouraged so they can share their work with teachers and parents.

Questions may be directed to Jean Seeland, Program Director at 272-2087 or Jean_Seeland@vccv.org.



Make A Difference Day 2011



**Volunteer Center
of Cedar Valley**

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.

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



\$250 Mini-Grants Available - Deadline: 4 p.m. September 19, 2011

GenerationOn **Make Your Mark Week** (formerly Kids Care Week) is celebrated during the third week of October, this year October 16-22, 2011. The week inspires and mobilizes kids to use their energy, ingenuity and compassion to "make their mark on the world" through hands-on service to help others in their local and global communities. During the week, young people focus on issues that matter most to them by doing small acts or service projects that add up to making a big difference. Make Your Mark Week ends on Make a Difference Day, the largest national day of service.

Thanks to our founding partner, Hasbro, generationOn will award 200 mini-grants in the amount of \$250 each to support service projects that enable youth to "make their mark" on one of the following issues: Animals, the Environment, Homelessness, Hunger and Literacy. We're looking for projects that engage youth (ages 5 - 18) to make a positive impact on the Make Your Mark Week issues in local and global communities. For more information and a grant application go to generationOn.org, call generationOn toll free 1-866-269-0510 or email info@generationon.org.



9/11 Day of Service

Remember.

**Local Volunteers are Encouraged to
Join the 9/11 National Day of Service
and Remembrance Initiative**

**Opportunities are Available for All
to Get Involved**



Through the nationwide 9/11 Day of Service and Remembrance initiative, the Volunteer Center of Cedar Valley is joining hundreds of other organizations around the country that are planning to commemorate Sept. 11 with community-based service programs.

The Volunteer Center of Cedar Valley is partnering with the Cedar Valley Arboretum and Botanic Gardens to provide a family-friendly volunteer activity in remembrance of the Sept. 11 attacks. Volunteers will plant trees and shrubs as well as take part in beautification of the gardens at the Cedar Valley Arboretum in Waterloo. The event will be held from 2:00 – 4:00 p.m. on Sunday, Sept. 11. Volunteers of all ages are invited to participate and preregistration is requested.

“The Volunteer Center is excited to see this day become a powerful motivator for engagement in our community as we strive to make the Cedar Valley a great place to live,” said Lauren Finke, Director of the Volunteer Center.

To register for the Volunteer Center’s 9/11 Day of Service activity, contact the VCCV by calling (319) 272-2082 or emailing information@vccv.org.

Individuals interested in commemorating Sept. 11 through service and volunteerism can also visit www.911day.org, the official site of the 9/11 Day of Service and Remembrance initiative, and explore and support charitable causes of interest, find volunteer opportunities and post personal good deeds.

Growing Kind Kids

Rather than lectures, try fostering compassion with these research-based parenting strategies:

- Even when they are little, encourage your children to discuss their feelings and problems with you. View any strong emotion as an opportunity for intimacy and teaching, and help your children find words to name the feelings they are experiencing.
- Emphasize that strong feelings, although understandable, are never an excuse for unkind behavior. It's critical to set firm limits on behavior as you explore strategies to solve problems together.
- Model caring. Your kids are watching how you treat them as well as other people. Always acknowledge your children's feelings as important and show respect for their viewpoint.
- Research suggests that parents who use reasoning in their discipline are more likely to grow kind kids. Rather than simply forbidding a certain behavior, explain your moral objections to it.
- Most important, let children know the extremely high value you place on treating others with kindness.



Start now, then, repeat, repeat, repeat. All important lessons take many years to learn.

Volunteer Center of
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**Mobilizing people and
resources to solve
community problems.**

**Volunteer Center of Cedar
Valley Staff**

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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://
www.facebook.com/pages/
Volunteer-Center-of-Cedar-
Valley/133389940005502#!/
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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.bl
ogspot.com/!](http://volunteercenterofcedarvalley.blogspot.com/)

Volunteer Opportunities

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

Park to Park 1/2 Marathon
September 10
Family & Children's Council

Fall Harvest Festival
September 18
Cedar Valley Arboretum &
Botanic Gardens

Glow for the Red Cross Party
on the Golf Course
September 23
American Red Cross

Wheels and Heels for Life
September 24
Alternatives Pregnancy Center

Long Term

Sports & Athletic Enthusiast
Boys & Girls Club

Hospice Volunteer
Care Initiatives Hospice

Cook/Help the Cook
Catholic Worker House

Grant Writer
Cedar Falls Historical Society

Hospitality Specialist
Cedar Falls Tourism & Visitors
Bureau

Roller Derby Bout Volunteer
Cedar Valley Derby Divas

Koala Volunteer
Cedar Valley Hospice

Community Volunteer
Cedar Valley Volunteer
Emergency Club

Appointment Companion
Country View

Clerical Assistant
Department of Human Services

**CHOICES Program Lunch
Server**
Exceptional Persons, Inc.

**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.



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-Bluedorn 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

Volunteer Tuesdays at UNI

Every Tuesday, the Student Leadership Center in cooperation with the Volunteer Center of Cedar Valley, have organized opportunities for students to get into the local communities and give back. Each week, a different community agency will be served so students can experience the flavor of some of the agencies in the Cedar Falls/Waterloo area that need our help.

All you have to do is sign up for the day(s) and time that work for you and your schedule. The Student Leadership Center will provide transportation, beverages and snacks and free t-shirt

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. If you have any questions, please contact the Student Leadership Center at 273-7422.



VOLUNTEERING IN AMERICA 2011 VOLUNTEERS ARE RESOLUTE IN THEIR COMMITMENT to the NATION

— serving almost —
8.1 BILLION HOURS

ABOUT THE SAME AS IF
EVERY SINGLE PERSON IN THE UNITED STATES VOLUNTEERED an entire day without sleeping

WHICH TRANSLATES TO
\$173 billion

VOLUNTEER RATE by age group

Age Group	2008	2009	2010
MILLENNIALS (18-29)	28.5%	28.5%	28.5%
GENERATION X (30-39)	28.5%	28.5%	28.5%
BOY BOOMERS (40-49)	28.5%	28.5%	28.5%
OLDER ADULTS (50+)	28.5%	28.5%	28.5%

Now more than ever
VOLUNTEERS ARE AN INDISPENSABLE ANCHOR OF EVERY COMMUNITY'S INFRASTRUCTURE

More than 100 MILLION AMERICANS ACROSS THE COUNTRY HAVE RECOGNIZED THE IMPACT OF SERVICE IN THEIR CITIES

How do the states rank?

What are volunteers doing?

Activity	Percentage
Helping with the needs of their neighbors by collecting, organizing, distributing, or selling food	22.9%
Helping with the needs of their neighbors by providing transportation	22.2%
Helping children succeed in school and preparing for the future by tutoring and teaching	16.2%
Other	38.7%

MILLENNIALS (18-29)
GENERATION X (30-39)
BOY BOOMERS (40-49)
OLDER ADULTS (50+)

WHILE ORGANIZATIONS ACROSS THE COUNTRY **ARE STRUGGLING** TO PROVIDE MORE SERVICES WITH FEWER RESOURCES VOLUNTEERS ARE MAKING A REAL AND LASTING IMPACT

To learn how your community stands up, visit VolunteeringInAmerica.gov

— TO FIND —
VOLUNTEER OPPORTUNITIES IN YOUR AREA
visit
SERVE.GOV

Committee for NATIONAL & COMMUNITY SERVICE