



Volunteer Center of Cedar Valley

January 26, 2012

FOR IMMEDIATE RELEASE

- The National Remember Our Troops Campaign needs people to sew the "Foxhole Pillows" from home that are sent to deployed troops and hospitalized heroes. Volunteers age 14 and over are welcome.
- The Northeast Iowa Food Bank is looking for volunteers to serve as Daily Volunteer Drivers. Volunteers are needed to both pick up and deliver food for the Northeast Iowa Food Bank. Volunteer drivers must have a clean driving record. Volunteers age 25 and over are welcome.
- Newel Post Adult Day & Respite Services is looking for volunteers to play piano for residents. Volunteers age 16 and over are welcome.
- The Northeast Iowa Center for Independent Living needs individuals to serve as volunteer health insurance counselors. Volunteers age 18 and over are welcome.

Volunteer Buzz: In 2010, the national volunteer rate was 26.3 percent, with 62.8 million volunteers donating approximately 8.1 billion hours of service.

Call or visit the Volunteer Center of Cedar Valley at 272-2087 or access www.vccv.org for a complete listing of volunteer opportunities in the Cedar Valley!