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*Inspiring, strengthening, and
supporting volunteerism in
Frederick County*



Quarterly Newsletter

Summer 2006

Summer Serve 2006: Youth serving the community

On July 5, 2006, the 9th annual SummerServe program will begin. SummerServe is a six-week "camp" where youth, ages 11 through 17, volunteer their time in diverse service projects. This year youth volunteers will participate in a variety of volunteer activities ranging from cooking lunches for families at Up-County Family Center to bathing and grooming horses at the Great Strides Therapeutic Riding Program.

One project that is especially exciting will be offered in partnership with one of our partner agencies—the Frederick County Head Start program.



Tim Richardson takes a break from painting a SummerServe mural. This will be the second time volunteers have painted a mural for the Head Start program.

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Agency Profile:

Frederick County Head Start

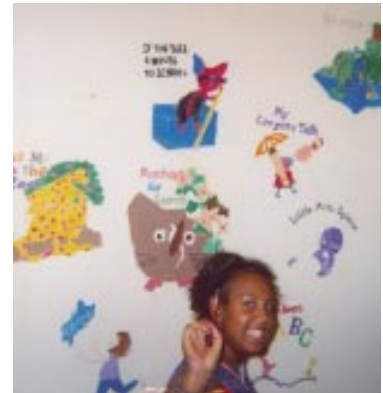
Since 1965, Head Start has helped prepare pre-school children from low income families for school. This federally-funded program not only provides classes for pre-school children aged 3-5, but also supports their families. Participants in the program have access to health screenings and referrals, nutrition advice, training classes and, if necessary, can get help enrolling in GED programs and other adult education opportunities. In Frederick County, children and families in the program can attend classes and programs at one of fifteen centers located throughout the county.

There are a variety of opportunities available to volunteers at Head Start. Before beginning, all potential volunteers must attend an orientation which will be held on the first Thursday and third Saturday of most months (fewer orientation sessions are held during the summer). During the orientation, volunteers learn about the vision, mission and goals of Head Start and get a overview of their programs.

People who enjoy working with young children can help out in the classroom at one of fifteen Frederick County sites. Classroom Aides assist teachers with daily activities, which may include lessons, art projects or even field trips. Each class serves 15 – 20 children, aged 3, 4 or 5. Most centers are open in the mornings, though three are open all day throughout the school year. In addition, childcare volunteers are needed during monthly discussion groups for parents. Staff members are always present in the classroom and childcare sessions to assist volunteers and hours are flexible.

Volunteers with clerical skills are needed to assist at Head Start's Frederick office. Office volunteers may field telephone calls, type, make photocopies and perform other office tasks. Computer skills are a plus, but not necessary. Volunteer days and hours are flexible, though the office is only open during 8-5 on weekdays.

Each year, usually in August, Frederick County Head Start holds their "Healthy Days" event. At Healthy Days, children enrolled in the program can get their vision, hearing, height and weight checked, and can visit a dental clinic. Volunteers can help at



Youth volunteers create a mural every year for headstart programs.

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BIG Results from 5th Annual BIG Sweep



Volunteers from Apple United Church of Christ gather supplies to start their clean-up.

The heavy rains didn't dampen the enthusiasm and determination of the nearly 1200 volunteers who showed up for the 5th annual Big Sweep on April 22nd. "It was inspiring to see everyone show up despite the downpours," said Lisa Orr, executive director of Volunteer Frederick. "Time and again, when asked if the rain would delay their clean-up, team leaders said, 'No way, we're going out anyway!'"

Frederick county roadsides and parks were cleared of 13 tons of trash, 2.4 tons of recyclable items and 669 tires weighing nearly 12 tons. In all, there were 70 community organizations that

used the Big Sweep's walk-a-thon approach to raise nearly \$50,000 for their respective causes. The three organizations that raised the most funds were Hood College student (\$4,534), Brunswick Food Bank (\$3,166), and the Senior Recreation Council (\$2,795).

Representatives from the State Farm Foundation and Youth Service America, who are

sponsors of National and Global Youth Service Day, were there to cheer the volunteers at the Big Sweep breakfast. Also present

were Delegates Rick Weldon and Patrick Hogan, Commissioners

Thompson, Gardner, and Alderwoman Marcia Hall.

For the last two years, The BIG Sweep has been an official partner with the Alice Ferguson Foundation's Potomac River Watershed Clean-Up (PRWC). The PRWC covers the entire watershed region. With

6,121 volunteers from Maryland, Virginia, West Virginia, Pennsylvania, and Washington, DC participating in clean up efforts a lot of good is being done. Frederick County's BIG Sweep contributed and impressive 32 percent of the PRWC's total volunteers; 12 percent of total tonnage, 32

percent of total tires, and 15 percent of salvaged recyclables.

The BIG Sweep has doubled in size and impact since it first was launched with 500 volunteers in 2002. In the course of the last five years, the event has mobilized nearly 4,700 volunteers who have cleaned up more than 80 tons of trash and recyclables, as well as 2,590 tires. Donors who sponsored the volunteers' clean-up efforts have collectively contributed approximately \$190,000 to dozens of local community organizations.

"So many partners and sponsors make this event possible," said Jeanne Mahoney, Volunteer Frederick's BIG Sweep Coordinator. "We've had terrific partnerships with Frederick County's and the City of Frederick's Public Works Departments and the County's Division of Solid waste for five years. Without their willingness to allocate tipping fee funds and staff to haul in the trash, recycling, and bulky items like appliances that volunteers collect and leave



along the roadsides, The BIG Sweep simply would not be possible. We are so grateful for their support."

Life Mapping: On the Road to Discovery



Bonnie Hagerman, founder of Care Wear Volunteers counts 2400 volunteers in the national network of volunteers who knit, crochet, and sew handmade baby items for local hospitals.

Many retirees, ages 50 and up, were able to find ways to connect with the community by attending a Life Mapping learning day designed to help them assess retirement plans and engage in self-discovery.

Attendees were able to explore activities such as employment and entrepreneurship, recreation and leisure, wellness, lifelong learning, and community service by talking to the many local and national organizational representatives at the event. Every organization was able to demonstrate how each person could contribute to the success of the organization while achieving self-fulfillment and creating a rewarding and healthy future all at the same time. Keynote presenter Dr. Bob Rosenberg discussed the importance of exploring a variety of life options keeping in mind that 35 to 50 additional hours will be available following retirement.

This event was sponsored by Volunteer Frederick's, Retired and Senior Volunteer Program (RSVP), MOST Magazine and the Frederick Community College Institute for Learning in Retirement. Life Mapping was also endorsed by the Frederick County Commission on Aging, United Way of Frederick County, and Edenton Retirement Community. ◊



Guest speaker Bob Rosenberg hugs his cousin, RSVP volunteer Sandi Lee, following his presentation and book signing ("Giving from Your Heart: A Guide for Volunteering") RSVP Director, Carol Haag coordinated the event.



AARP representatives Alma Mae Miller and Bob Wannemacher were on hand to explain the benefits of membership in AARP's Frederick County Chapter.



Elderhostel Ambassador Virginia Adams introduced new retirees to the joys of learning and travel through Elderhostel.

Health Department Hosts Anthrax Preparedness Drill



On June 14th the Frederick County Health Department partnered with Volunteer Frederick's Volunteer and Medical Reserve Corps and RSVP Programs to run a *Quick Dispensing Center* drill at Brook Hill United Methodist Church.

In preparation for an anthrax emergency, over 60 local citizen volunteers learned how to assist in the dispensing of needed medications for affected victims. During the drill, volunteers practiced operating the center, dispensing medicines and acted as victims needing medications. Attendees also learned when and why a quick dispensing center is needed, how to set it up, how to assist citizens in a self screening process, and how to select the best medications for families.

The Health Department tested its non-medical clinic dispensing model, its "Just in Time" training for clinic volunteers and the rate of clinic flow; all of which will inform their further development of emergency responses for Frederick County. Through a Cities Readiness grant from the Centers for Disease Control, similar drills are being tested in Montgomery County as well. Based on local results, a national clinic model will be developed. ◊

Outstanding Youth Volunteers Recognized

As a wrap-up to National Volunteer Week celebrations, Volunteer Frederick hosted the annual Frederick County Youth Volunteer Recognition Ceremony. Fifty six outstanding youth volunteers were nominated by 15 nonprofit organizations for their dedication and service.

Youth volunteers that were recognized at the ceremony received a President's Volunteer Service Award—a prestigious national honor offered in recognition of sustained volunteer service. Established in 2003, the President's Volunteer Service Award gives Presidential recognition to individuals, families, and groups who have demonstrated a sustained commitment to volunteer service each year. The award shares this achievement as a way to inspire others to contribute to their communities through volunteer service and to make service a central part of their lives.

One of this year's nominees was Dean Wright, a creative young man who has volunteered approximately 1,000 hours per year to the Maryland Ensemble Theatre (MET). Known as a "techie," he spent many hours creating a video that will become an advertisement for the MET. He also lent his technical skills and expertise to theater productions such as the MET's "The Pavilion" and Landless Theater's "Gilligan's Island, the Musical."

Joining Volunteer Frederick to honor these outstanding volunteers were several public officials including Delegate Rick Weldon, Jr., Commissioner Mike Cady, Mayor Jeff Holtzinger, Alderman Alan Imhoff, and FCPS Service Learning Coordinator, Jim Ferrant. For more information about the annual Youth Volunteer Recognition Ceremony, or to nominate a volunteer for next year's celebration, email youthservice@volunteerfrederick.org.



Frederick County Commissioner Mike Cady presents a President's Volunteer Service Award to Adrian Murphy who volunteers his time at the Schifferstadt Architectural Museum.

Head Start

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Healthy Days by setting up and breaking down event exhibits, helping parents find clinic sites, and - if they have a medical background - assisting with the height, weight and vision screens.

An internship at Head Start is a good option for high school and college students who are interested in education. Staff members will work with students to plan an internship around their interests. For instance, interns who have worked with special needs students helped out in classrooms and with administrative tasks.

If you would like to get started volunteering at Head Start, contact Tonya Offord at tofford@fredco-md.net or 301-694-1024. Regular volunteer orientations start up in August, but there will be a special summer orientation on July 3rd, from 9:00 a.m. – 11:00 a.m.

Summer Serve

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Six youth volunteers will design and paint a mural at the Head Start center with the theme "Reading is Magic!" By painting this mural, youth volunteers will be supporting Head Start's mission of preparing young children for school—a lifelong love of reading is something that will benefit Head Start students throughout their school careers.

Since SummerServe was started in 1998, 486 young people, ages 11-17 have contributed 24,932 hours of service to Frederick County. Due to increasing demand, Volunteer Frederick has expanded the summer youth volunteer opportunities to include SummerServe Express. The Express program is comprised of three two-week sessions to accommodate families' busy schedules. For more

information about SummerServe and SummerServe Express go to www.volunteerfrederick.org/youth_services.html or call Rebecca Pack at (301) 663-5214 ext. 2#.



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John Connors, Creative Director for Robin Jones Consulting, recently volunteered to create a unique twist on the Frederick spires skyline to benefit Volunteer Frederick. As part of the Spires Spyline Project, a community art project created by the Frederick Festival of the Arts, 20 artists and organizations submitted wildly different renditions of the three-dimensional structures which were displayed during the Festival of the Arts. It will ultimately be auctioned off with 50 percent of the proceeds benefiting Volunteer Frederick. Pictured with John is Lisa Orr, Volunteer Frederick's Executive Director.

Thanks Sponsors!

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**Visit our web site at:
 www.VolunteerFrederick.org**

Volunteer with a Partner Agency!

Over twenty local organizations partner with Volunteer Frederick in our Partner Agency program. By working closely with these agencies, we hope to help them better help the populations they serve. Pick a cause that you care about, and explore the agencies that are listed in that category. Contact information and websites are listed for each agency, and you can also learn more at Volunteer Frederick's website:

www.volunteerfrederick.org.

❖ ANIMALS

Volunteers can work directly with animals at the agencies listed below by assisting at pet adoptions and clinics, helping rehab injured animals or working to humanely reduce the feral cat population. Help is also needed "behind the scenes" to support agency programs through fundraising and outreach.

Frederick County Humane Society

Contact Jenn Baxter

301-694-8300 / jbaxter22@hotmail.com

www.fchs.org

Last Chance Wildlife Rescue

Contact Diana Conger

301-271-4816 / cnile7@aol.com

www.lastchancewildlife.org

Pet-4-Pets

Contact Debra Norton

866-520-8305 / catrescuewoman@yahoo.com

www.pet-4-pets.rescuegroups.com

Tranquility Farm Equestrian Education and Renewal Center

Contact Gail Transeau

301-271-3400

www.tranquilityfarmequestrian.com

❖ ARTS

Support the arts in Frederick County by getting involved with the Frederick Arts Council, or help the Fredericktowne Players with a theatrical production - all sorts of skills are needed - you don't need to be an actor.

Frederick Arts Council

Contact the office staff

301-662-4190

www.frederickartscouncil.org

Fredericktowne Players

Contact Jeanne Lloyd

301-694-6659 / jmlloyd@adelphia.net

www.fredericktowneplayers.org

❖ EDUCATION/LITERACY

Volunteer Frederick partners with several agencies providing education services. If you enjoy working with young children (3-5), contact Head Start to assist in a classroom, or volunteer with the English Language Learner program at an after-school homework club for non-native English speakers. You can help adult college students through the Frederick Community College Tutoring Program, or help adults - both native and non-native English speakers - learn to read by volunteering at the Literacy Council.

Frederick Community College Tutorial Services

Contact Julie Shattuck

301-846-2523 / jshattuck@frederick.edu

Frederick County Head Start

Contact Tonya Offord

301-694-1024 / tofford@fredco-md.net

www.co.frederick.md.us/Head-Start

Frederick County Public Schools - English Language Learner (ELL) Program

Contact Joanne Harrington

240-236-8766 / joanne.harrington@fcps.org

Literacy Council of Frederick County

Contact the office staff

301-694-2066 / lcfc@fcpl.org

❖ ENVIRONMENT

If you are concerned about the environment, consider volunteering at one of these agencies. All offer opportunities to work outdoors, (e.g. gardening and maintaining trails), but other skills are needed as well.

Community Commons

Contact the office staff

301-662-3000 / info@communitycommons.org

www.communitycommons.org

Thorpewood

Contact Cindy Radulovich

301-271-2823 / cinrad63@yahoo.com

www.thorpewood.org

Windstar Wildlife Institute

Contact Tom Patrick

301-293-3351 / wildlife@windstar.org

www.windstar.org

Volunteer with a Partner Agency!

❖ HISTORICAL

History lovers can learn about Frederick County history by volunteering with Frederick County Landmarks or The Children's Museum of Rose Hill Manor Park. You can be trained as a docent, work in a gift shop, or assist at a festival.

The Children's Museum of Rose Hill Manor Park

Contact Nancy Sweet
301-694-1648 / nldsweet@yahoo.com
www.rosehillmuseum.com

Frederick County Landmarks Foundation

Contact Joanne Ivancic
301-668-6088 / fredcolandmarks@aol.com
FrederickCountyLandmarksFoundation.org

❖ HUMAN SERVICES

Human Service agencies provide assistance to Frederick County's most vulnerable citizens. Volunteers can serve meals in the Frederick Rescue Mission's soup kitchen, or deliver meals to homebound seniors with the Meals on Wheels program. Hope Alive and the Religious Coalition for Emergency Human Needs' Alan P. Linton Shelter need volunteers to help the homeless. The Frederick County Mental Health Association needs volunteers for a variety of programs: Court Appointed Special Advocates are trained to help children entering the foster care system, while Hotline volunteers take calls from people in crisis. Volunteers with the Telephone Reassurance Program regularly check in with homebound Frederick County residents and offer assistance as necessary, and Kids-on-the-Block volunteers put on puppet shows to teach youth about a variety of important topics.

Frederick Rescue Mission

Contact Helen Kim
301-695-6633 x 102 / hkim@therescuemission.org
therescuemission.org

Hope Alive

Contact the office staff
301-668-HOPE / info@hopealiveministries.org
www.hopealiveministries.org

Frederick County Meals on Wheels

Contact Sabrina Massett
301-631-3524 / smassett@fredco-md.net

Frederick County Mental Health Association Programs

www.fcmha.org

MHA - Court Appointed Special Advocates

Contact Jennifer Fuss
301-663-0011 x 118 / jfuss@fcmha.org

MHA - Hotline

Contact Natalie Bowers
301-663-0011 / hotline@fcmha.org

MHA - Kids on the Block

Contact Beth Santa Maria
301-663-0011 x 19 / bsantamaria@fcmha.org

MHA - Telephone Reassurance

Contact Linda Myers
301-663-0011 / lmyers@fcmha.org

Religious Coalition for Emergency Human Needs

Contact Brian Scott
301-631-2670

Religious Coalition - Alan P. Linton Shelter

Contact Milt Higgins
240-629-6501 / funeperson@yahoo.com

❖ SOCIAL ISSUES

The Center for Peace and New Horizons's Support Network work on projects that promote peace, while MissionServ International organizes groups of volunteers to work on anti-poverty projects in Brazil - volunteers can travel to Brazil or help out in the Frederick County area.

Center for Peace

Contact Guy Djoken
301-682-9880 / contact@unescocenterforpeace.org
www.unescocenterforpeace.org

MissionServ International

Contact Dirci Marquart
301-662-5200 / dirci@missionserv.org
www.missionserv.org

New Horizons Support Network Inc.

Contact Anastasia Rosen-Jones
240-409-5347 / zonesofpeacenh@aol.com



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301-663-5214 / info@volunteerfrederick.org