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



Quarterly Newsletter

Fall 2007

Volunteering Over the Holidays

The holidays—a time to overeat, see family and friends, and volunteer! Charitable giving jumps 50% during the holiday season and organizations depending on volunteers see a similar leap in donations of time. Many people volunteer during the holidays to get in their good deeds before the end of the year. As a New Year's Resolution, why not use the holidays as a time to start contributing your time and talents for the coming year? It can be difficult for volunteers not previously affiliated with an organization to find opportunities that match their skills and interests, so listed below are a few tips to help find the perfect holiday volunteering opportunity.

Start Early. Volunteer organizations can be flooded with volunteers during the holiday season. Many already have regular volunteers who still want to be involved during that time and are given first choice at activities. Try to plan early, especially if you are involved with a large group. Keep in mind some organizations have long standing commitments with some religious groups or other civic organizations for their own holiday volunteering activities. Call ahead a few weeks or even months and ask about opportunities.

Be Creative. If you can't find a volunteer opportunity that fits or is open, maybe consider creating your own. Take your family, a group you're involved in, or even just yourself and start brainstorming what you can do

(Continued on page 4)

Agency Profile:

Mission of Mercy

New Partnership with the Volunteer & Medical Reserve Corps

Founded in 1994, Mission of Mercy is a 501 (c) (3) nonsectarian charity whose mission is to restore dignity to the sick, poor, and homeless by providing free medical care and healing through love. This mission is accomplished through a mobile medical clinic program that utilizes active and retired licensed volunteer medical care professionals and non-professionals to provide free medical care, free dental care and free prescription medications to the uninsured, underinsured and to those who fall through the cracks of our nations' healthcare system. Mission of Mercy operates 17 clinic sites throughout Maryland, Pennsylvania, Arizona and Texas with 4 of them located in Frederick County, MD. Their clinic sites see an average of 70 patients per day, ranging from 60-120 per day. Because Mission of Mercy accepts no government support, it enables their patients to receive care without the degrading experience of having to prove their poverty. All healthcare services are provided free of charge regardless of race, color, creed, national origin or faith.

There are some unique advantages for health care providers who choose to volunteer for Mission of Mercy. While many of their volunteers have private malpractice insurance, Mission of Mercy has a malpractice insurance policy to cover volunteers that either do not have private malpractice insurance, like the recently retired, as well as for those whose policy only covers their employment, such as hospital or US Government employees. In addition to providing malpractice insurance, Mission of Mercy operates seven regularly scheduled clinic sites in Maryland and two in Pennsylvania, allowing volunteers the flexibility of choosing a clinic site that is convenient for them. Also, Mission of Mercy asks its volunteer doctors, nurses and pharmacists to commit to only one day of service each month. While it is not required, many volunteers often choose to work at the same clinic site each month, allowing for the development of a strong doctor/patient relationship and scheduling ease. While Mission of Mercy is always in need of health care providers of any specialty, their most current urgent is for bi-lingual nurses (preferably Spanish) and doctors to staff their prenatal clinic. To access Mission of Mercy's clinic schedule or for more information on how to get involved, please visit their website at www.aMissionofMercy.org.

Based out of the Office of the Surgeon General, the mission of the National Medical Reserve Corps program is to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers. The overarching goal of the program is to improve health awareness by working towards increasing disease prevention, eliminating health disparities, and improving public health preparedness. Individual MRC units accomplish this goal by organizing and utilizing volunteers who want to donate their time and expertise to prepare for and respond to emergencies and promote

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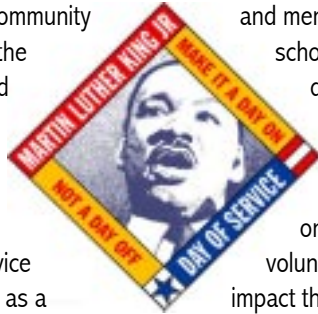


Martin Luther King, Jr. Day of Service

“A Day ON, Not a Day OFF”

During his lifetime, Dr. Martin Luther King, Jr. sought to forge common ground on which people from all walks of life could join together as equals to address important community issues. Service, he realized, was the great equalizer. Dr. King once said “Everybody can be great, because every-body can serve.”

The King Day of Service began in 1994, when Congress passed the King Holiday and Service Act, designating the King Holiday as a national day of volunteer service. Instead of a day off from work or school, Congress asked Americans of all backgrounds and ages to celebrate Dr. King’s legacy by turning community concerns into citizen action. The King Day of Service brings together people who might not ordinarily meet, breaks down barriers that have divided us in the past, leads to better understanding and ongoing relationships, and provides an opportunity to recruit new volunteers for ongoing volunteer work.



Participation in the King Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals, building homes, and reflecting on Dr. King’s life and teachings. Many of the projects started on King Day continue to engage volunteers beyond the holiday and impact the community year-round.

This year Volunteer Frederick will bring the King Day of Service to Frederick County. On the third Monday in January, you can join Volunteer Fredrick and tens of thousands of volunteers nationwide by celebrating Dr. King’s life and teachings through volunteer service in the Frederick community. As Coretta Scott King said “The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.”



Announcing the Youth Action Corps!

The Frederick County Youth Action Corps (YAC) is an initiative to promote youth service and leadership, and to make a difference in the community. YAC is a group of dedicated middle and high school youth who are committed to service in the county. The group works closely with Volunteer Frederick to help coordinate and participate in local service projects.

On the second and fourth Thursday of every month YAC meets in the VF office to identify community needs, then design and implement service learning projects to meet those needs. By participating in this process, youth volunteers develop skills such as mobilizing others for action, public speaking, leadership and communicating with the media.

This year YAC is serving on National Make a Difference Day (October 27th) at the Frederick County Animal Control Shelter. YAC members are also planning future projects for other seasons of service days including Family Volunteer Day, Martin Luther King, Jr. Day and Global Youth



Service Day. YAC will also be implementing smaller service projects throughout the school year.

If you or someone you know is interested in joining the Youth Action Corps, or volunteering at one of the seasons of service events, please contact April Brohawn (aprilb@volunteerfrederick.org) or Stacey White (staceyw@volunteerfrederick.org). The only requirement to join is an open and willing heart to serve!

Volunteer Profile:

Sandi Lee

Sandi Lee, a lifelong volunteer and holistic practitioner, moved to Frederick in 2002 and



began volunteering with Volunteer Frederick’s RSVP program and Volunteer & Medical Reserve Corps. As one of Volunteer Frederick’s most active volunteers, Sandi has volunteered over 1,565 hours at various organizations throughout Frederick County. Because volunteering is something Sandi has always integrated into her life, she likes how diverse the RSVP program is. “I get to do things on a regular basis that don’t change in their complexity”.

Spending time volunteering for programs like The Delaplaine Visual Arts Center, The Frederick County Rescue Mission, The Unity Church of Frederick and many more, has been very rewarding for Sandi. She recalls a particularly moving experience. “Last year there was a fire at the Taney Street Apartments. There were many displaced residents, many elderly and disabled. Together with other volunteers and The Department of Aging, we worked to take care of them, providing food, shelter and comfort for over a week before they were able to return to their apartments.” Sandi is an excellent example of how volunteering can truly enrich the lives of both volunteers and the people they serve.

**Save the Date:
April 26, 2008!**

The BIG Sweep

This county-wide beautification program and fundraiser for nonprofits raised \$47,000 last year. Start thinking about putting a team together to earn money for your nonprofit and beautify Frederick County roadsides. Contact us at (301) 663-5214 for information.

RSVP's 5th Anniversary & Recognition Breakfast

On September 28, 2007, over 200 Retired Senior Volunteer Program (RSVP) volunteers gathered at Dutch's Daughter Restaurant in Frederick for breakfast to celebrate the 5th Anniversary of Volunteer Frederick's RSVP program.

Alderman David "Kip" Koontz was present to deliver a proclamation on behalf of Mayor Jeff Holtzinger and the City of Frederick. Carol Haag, RSVP Project Manager, received the proclamation which declared September 28, 2007 RSVP Day in the City of Frederick.

Additionally, President of the Frederick County Commissioners, Jan Gardner presented a proclamation on behalf of the Frederick County Commissioners congratulating and recognizing Volunteer Frederick's RSVP program's contributions to the citizens of Frederick County.

Since 2002, RSVP volunteers have continued to address community needs in health and human services, education, the environment, arts and culture, and public safety. This year RSVP volunteers contributed over 67,000 hours valued at 2 million dollars to Frederick County. Frederick County's RSVP volunteers join over 480,000 RSVP volunteer, across the nation who have provided over 80 million hours of service.

Under the direction of Haag, Volunteer Frederick's RSVP program has sought appropriate placements for over 600 volunteers who are 55 and older since 2002. Currently, RSVP volunteers serve over 40 agencies. Notable awards given included the "RSVP Pioneer Award" which was presented to Alderman Alan Imhoff for his commitment to volunteerism. Alderman Imhoff was the first person in Frederick County to register with the RSVP program in 2002.

To address the needs of newly retired and transitioning older adults, RSVP has launched a Pro Bono Consultant Program. The program is a

resource to agencies interested in identifying their needs for professional expertise and matching volunteers to address those needs.

In recognition of the new program, Jim Cox, Karen Lewis Young and Gary Hill were awarded the first "Pro Bono Consulting Pioneer Awards."

Commissioners David Grey and Kai Hagen presented The President's Volunteer Service Awards and pins from the President's Council on Service and Civic Participation. Volunteers received awards based on hours of service: Gold-500+ hours, Silver Award -250-499 hours, Bronze Awards-101-249 hours. Certificates of Achievement were also awarded to those who served less than 100 hours.

To learn more about Volunteer Frederick's RSVP program and volunteer opportunities, or want to join RSVP free of charge, contact Carol Haag at 301- 663- 5214 x 1# or carolhaag@volunteerfrederick.org. Volunteer opportunities can also be found on our website at www.volunteerfrederick.org.



Commissioners David Grey and Kai Hagen Congratulate Eva Whibley for her contribution to the quality of life in Frederick County.

New AmeriCorps*VISTA Staff



David Puglia is the new AmeriCorps*VISTA Service Programs Coordinator. David's position involves coordinating the MLK Day of Service, working with Youth Services and assisting with programs like The Big Sweep and Summer Serve. Originally from Frederick, David graduated from the University of Maryland with a Bachelor's degree in Government and Politics.

Elizabeth Carter is taking a year off before graduate school to volunteer as an AmeriCorps*VISTA. Her position as Marketing and Special Events Coordinator involves developing and updating Volunteer Frederick's marketing plan, coordinating production of VF newsletters and coordinating and implementing special community service and fundraising events. Elizabeth recently graduated from James Madison University with a Bachelor's degree in Social Work.

Stepanie Schepp officially begins her VISTA year this November as the new Volunteer Mobilization

Coordinator. She will be working with Jamie Sonnenberg to revive VF's Emergency Volunteer programs.

Special thanks to all our VISTA staff for all their hard work and dedication to Volunteer Frederick!



VF VISTA staff: David Puglia, Stephanie Schepp, Jamie Sonnenberg, Elizabeth Carter and April Brohawn

(Continued from Page 1)

healthy living throughout the year. Because Mission of Mercy is dependent upon volunteers to provide services, this partnership between the Frederick County Volunteer & Medical Reserve Corps (V&MRC) and Mission of Mercy makes it a perfect match. This partnership will allow V&MRC members the opportunity to provide on-going medical support and services to those in need everyday, not just in times of emergency or disaster.

Through this partnership, both the Frederick County Volunteer & Medical Reserve Corps and Mission of Mercy can help make Frederick County a leader in the provision of medical volunteers who are willing to provide for the poor and needy of our country.

For information on how to join the Frederick County V & MRC, please contact Jamie Sonnenberg @ 301-663-5214 x 4 or visit www.VolunteerFrederick.org.

(Holiday Volunteering -- Continued from page 1)

to help out others during the season of giving. What can you do with a local retirement home's residents? How about grabbing co-workers and organizing a gift drive with the proceeds going towards Toys for Tots? Is there a family in the neighborhood that appears to be struggling financially that would appreciate a random act of kindness?

Be Flexible. When trying to volunteer over the holidays, keep in mind to be flexible and open to new ideas. If you are in a large group, you may need to be split up to accommodate different shifts and needs. You may want to work in a soup kitchen, but it is the gift wrapping booth that needs you more. Organizations, such as the Humane Society, not associated with the holidays still need help. If you don't have time during November or December, maybe consider holiday volunteering for New Year's or Easter.

Be sure to check out Volunteer Frederick.org or 1-800 VOLUNTEER for information on various volunteering opportunities during the holidays and the rest of the year. The holidays are a great place to continue or start volunteering! 🍷



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Many Thanks to NexImage and the Community Foundation of Frederick County for providing Volunteer Frederick's new printer/copier!

Adam Swaney of NexImage installing Volunteer Frederick's new office printer and copier

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Stacey White

Youth Service Director

April Brohawn

AmeriCorps VISTA, Youth Service

David Puglia

AmeriCorps VISTA, Service Programs Coordinator




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Visit our web site at:


www.VolunteerFrederick.org


HOLIDAY VOLUNTEER OPPORTUNITIES


 The **Literacy Council of Frederick County** is holding a holiday book drive for needy children. New books are needed for the children as holiday gifts and to encourage reading. Volunteer tutors are also needed to teach adults to read or write, and to teach English to non-English speaking adults. No experience is necessary. Training is provided and tutoring rooms are offered in the office of the Literacy Council at the C. Burr Artz Library. For more information, contact the office at 301-600-2066.

 The **Salvation Army** is looking for volunteers to fill empty stockings for over 1200 children this Christmas! Stockings will be provided to any group, office, organization, club or family (along with instructions as to age groups, type of toys, etc.) for stuffing. Also, volunteers are needed to man the famous red collection kettles around area locations. If you'd like to fill some stockings or participate in the kettle fundraiser, call them at 301-662-2311.


 The **Tivoli Society of the Weinberg Center** is seeking volunteers to help with their "Hooray for Hollywood" Gala to be held at the Weinberg Center on Monday, Dec. 31st. Volunteers are needed to act as servers, bartenders, bus persons, ticket takers and coat checkers. Interested in volunteering -- contact Ronnie Osterman at 301-682-6174.


 The **Glade Valley Community Services, Inc.** Holiday Toy Drive needs volunteers on December 10-13 to help sort toys and clothes, pack clothing, organize the toys by age, etc. All work will be done at the Walkersville Town Hall. For more information, contact Kristen Spear at 301-898-1920.

 The Annual Holiday Bazaar for **Frederick Memorial Hospital** needs crafters to make and donate their items for sale to raise funds for future auxiliary projects. To volunteer your skills and crafts, please contact Sharon Hannaby at 240-566-3567.

 The **Mental Health Association of Frederick County** is seeking to collect gifts again this year for 200 patients, all of which are adolescents under 18 years as part of their program "Operation Santa Claus". This is an ideal project for community groups. If interested, contact Cheryl Evans at 301-663-0011.

 Volunteers are needed at **St. Catherine's Nursing Center** to assist with set-up and clean-up, decorating, gift wrapping and many other varied activities for the Christmas Staff and Family Holiday Party. Two to four hour shifts are available. For more information or to volunteer, contact Mary Grist at 301-447-7000 or email her at mgrist@scncah.org.

 **Up County Family Center** in Emmitsburg is in need of volunteers to wrap gifts, help prepare holiday meals, play Santa Claus, and do clerical work. Many of the activities take place in the week just prior to Christmas. For more information, contact Rita Carroll at rcarroll@catholiccharities-md.org or call 301-447-2810.

 **Northampton Manor Nursing Home** is looking for volunteers on both Thanksgiving Day and Christmas day to run a movie afternoon from 2:30-5:00 p.m. Also, volunteers would be helpful to have throughout the day to fill in. Contact Tiffany Heberton at (301) 662-8700 or e-mail: theberton@magnoliangnt.com if you would be willing to volunteer.

 **Big Brothers Big Sisters** is looking for adult and student volunteers to help with their "Gift Wrap at the Mall" program in collaboration with Boscov's Department Store from November 26th to December 24th from 10am to 10pm each day in two hour shifts. Adults, high school volunteers and employees of local businesses are welcome to take part. Also, service learning volunteers from middle and high schools are wanted to organize special events for children, marketing and fundraising activities and other events. If interested, contact Sushil Bhattacharjee at (301) 694-9455 or email bbbs@crosslink.net.

Health-Related Volunteer Opportunities



Mission of Mercy www.amissionofmercy is seeking volunteers to work in a variety of areas. Help is needed with their gala in November including students willing to park cars from 4 p.m. till midnight, volunteers to solicit sponsors for the ad book, ticket sale volunteers and volunteers to help with the auction between 4 p.m. and midnight. Clerical help is also needed in the Mission of Mercy office – someone to help with special mailing projects, help organize materials and auction items for special projects and to help with solicitations. Additionally, Spanish interpreters are urgently needed twice a month (on Mondays) to work at the Frederick Church. Workers are also needed to help with their 5K Run/Walk in May of 2008 – committee members are needed as well as “day of” event workers, sponsors, race participants and team organization. For more information, contact Jennifer White, Office Manager, at 301-682-5683 or email jwhite@amissionofmercy.org



The **Brethren Service Center** (www.brethren.org/genbd/BDM/MRindex.html), Material Resources, in New Windsor, MD has an urgent need for volunteers to work with Hygiene Kits. These kits are sent to be used by families and/or individuals faced with natural disasters, violence or grinding poverty. Kits are checked for quality control. Volunteer opportunities are available for groups or individuals over 18 and are available Monday through Friday between 8 a.m. and 4 p.m. Volunteers giving six hours or more of their time are provided with a free lunch in the dining hall. For volunteers working less than six hours, a discount is given for their lunch. Maximum group size is 15 persons. To volunteer, contact Connie Bohn at 410-635-8700 or email cbohn_gb@brethren.org.



Caring hearts are needed! **Hospice of Frederick County** (www.hospiceoffrederickco.com) seeks a variety of different volunteers – Direct Service volunteers often provide companionship for the patient, respite for caregivers, and assist with household tasks or errands. HosPets volunteers and their registered therapy animals provide a different type of companionship and comfort to the patients. Skilled practitioners may volunteer to provide

services like massage, acupuncture, or Reiki. Bereavement volunteers provide caring support to family and friends after the death of a loved one. There are also volunteers who prefer working behind the scenes doing administrative tasks, assisting with special events, fundraising, community outreach and education. To learn more about volunteer opportunities with Hospice, attend a Hospice 101 class. Registration is required – contact Jen Dickson, Volunteer Coordinator, at 240-566-3038 or email her at jdickson@fmh.org.



Volunteers are needed at **Partners in Care** to help older and disabled adults remain independent in their own homes by providing transportation, in-home assistance, handyman repairs, friendly visiting and other services. Volunteers choose the tasks and schedules they prefer. Partners In Care operates on a service-exchange model in which all members are encouraged to both give and receive services. Drivers may receive reimbursement for mileage driven. If you'd like to participate in the program, contact Emily Kilby, Coordinator, at the Department of Aging, 301-600-6008 or email her at ekilby@fredco-md.net.



Various volunteer opportunities are available with **The Scott Key Center**. Volunteers are wanted to assist in a variety of activities including assisting with vocational training, assisting with art projects and on supported employment crews as well as with recreation and leisure skills and special projects. The Scott Key Center provides vocational service programs for developmentally disabled adults. This is an on-going opportunity with flexible hours to fit your schedule between 9:00 and 3:00 Monday through Thursday. If you would like to learn more, contact Jean Doyle, Vocational Services Coordinator, at 301-600-1600 or via email at jdoyle@fredco-md.net.



United Cerebral Palsy is looking for activity assistants to help individuals with arts and crafts and to read stories. If you have time to share, please contact Wendy Price, Day Program Director, at 301-663-8700, ext. 235.