

# The Heart Line: Taking the Pulse

Covering Volunteerism and Service Throughout Kentucky  
Special Edition, January 2010

## Welcome

In 1994, Congress passed the King Holiday and Service Act, designating Martin Luther King, Jr. Day as a national day of volunteer service. Instead of a day off from work or school, Congress asked all Americans to celebrate Dr. King's legacy by turning community concerns into citizen action.

This special edition of the Kentucky Commission on Community Volunteerism and Service (KCCVS) newsletter highlights service activities going on in Central Kentucky. However, the KCCVS encourages you to participate wherever you live!

## Martin Luther King, Jr. Day of Service

January 18, 2010



Join the Central Kentucky Association of Volunteer Administrators (CKAVA) for the 2010 King Day of Service on **January 18, 2010**. This year's theme, "Blood, Sweat, and Cheers," spotlights CKAVA's signature project while continuing to promote the community organizations opening their doors and planning service for hundreds of volunteers.

The "Blood" symbolizes the hope that Kentuckians will head to their local blood donor center during the week leading up to the King Day of Service and give blood. CKAVA also hopes to raise awareness of Sickle Cell Anemia and the need for African Americans to donate blood.

The "Sweat" will be realized when volunteers head out on Jan. 18, to give of their time and talents to help make their communities better.

CKAVA will be "Cheering" all the volunteers and the great things that were accomplished during the day at the evening celebration that will take place at the Government Center Ballroom on Main Street in Lexington.

## In this Edition

Martin Luther King, Jr.  
Day of Service

Governor's Volunteer Awards

2009 Tax Deductions

## 2009 Tax Deductions

*KCCVS Director Eileen Cackowski reminds you:*

When you prepare your 2009 taxes or have them prepared, be sure to look at Publication 526, available online at [www.irs.gov](http://www.irs.gov).

It contains all the rules and regulations for charitable giving and for volunteering. What can be deducted in the federal form, can be deducted in the Kentucky form. For example, volunteers may deduct such things as non reimbursed out of pocket expenses and mileage to and from a volunteer organization. Read the publication thoroughly to make sure you are applying the deductions correctly.

For more information about the 2010 King Day of Service or the CKAVA, please contact Melissa Newton at [MelissaC.Newton@ky.gov](mailto:MelissaC.Newton@ky.gov) or (800) 239-7404.

Find more information from the CKAVA Web site, including the link to register a service project at <http://ckava.onefireplace.com/Default.aspx?pageId=228699>.

Find a listing of volunteer opportunities in the Central Kentucky Region at <http://volunteer.united-e-way.org/uwbg/volunteer/>. (Search key words MLK Day)

Find more information about Martin Luther King, Jr. Day of Service on a national level at <http://www.mlkday.gov/>.

Find out about KCCVS participation in previous years at <http://chfs.ky.gov/dfrcv/kccvs/americorps/mlk.htm>.

"Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

- Dr. Martin Luther King, Jr.

#### Dates

Feb. 1  
National Freedom Day

Feb. 14  
Valentine's Day

Feb. 15  
Presidents' Day

Feb. 16  
Mardi Gras

## Governor's Volunteer Awards

Nomination Forms Coming Soon

Just a quick reminder that the nomination forms for the 2009 Governor's Awards for Outstanding Volunteer Service will be available by the end of January 2010.

The Governor's Volunteer Awards program celebrates the extraordinary volunteer efforts of Kentuckians all across the commonwealth. The 2009 nomination form and information will be posted on the KCCVS Web site, [www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov) and will be sent to our e-mail distribution list. A small quantity of hard copies can be printed if requested.

You can sign up for our distribution list by sending your name, organization (if applicable) and e-mail address to [kccvs@ky.gov](mailto:kccvs@ky.gov). Contact Shannon Ramsey at (800) 239-7404 if you have any questions.

#### Contact KCCVS

Kentucky Commission on  
Community Volunteerism  
and Service  
275 East Main Street  
Mail Stop 3W-E  
Frankfort, KY 40621  
(502) 564-7420  
(800) 239-7404  
Fax: (502) 564-7478

[kccvs@ky.gov](mailto:kccvs@ky.gov)  
[www.volunteerKY.ky.gov](http://www.volunteerKY.ky.gov)

*The Kentucky Commission on Community Volunteerism and Service (KCCVS) encourages all Kentuckians to work together to meet community needs and, thereby, foster personal, family and community pride and an enduring ethic of volunteerism and service. KCCVS administers Kentucky's AmeriCorps and related national services programs through the Cabinet for Health and Family Services.*