

The Kentucky Commission on Community Volunteerism and Service

The Cabinet for Health and Family Services



T H E H E A R T L I N E

T A K I N G T H E P U L S E
COVERING VOLUNTEERISM AND SERVICE THROUGHOUT THE COMMONWEALTH

This Quarter: Governor's Volunteer Awards (cover) - Volunteer Soldiers (cover) - AmeriCorps Program Spotlight (cover) - Commissioner Spotlight (pg. 3) - Beanie Baby Project (pg. 3) - Martin Luther King, Jr. Day (pg. 4) - Hearts From Home (pg. 4) - New KCCVS Staff Member (pg. 5) - Disabilities Corner (pg. 11) - Safe Harbor Renovations (pg. 11)

Second/Third Quarter 2008 Edition

GOVERNOR'S VOLUNTEER AWARDS

First Lady Honors Volunteer Awards Winners

The Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services announced the winners of the 2007 Governor's Volunteer Awards. First Lady Jane Beshear presented the awards at an evening ceremony at the state Capitol in Frankfort on May 8.

A panel of judges with volunteer and community service backgrounds chose 17 winners in 15 categories. Four additional special awards also were presented.



"Volunteers add tremendous value to the lives they touch and the communities they serve," Mrs. Beshear said. "I want to thank you all for the difference you make and the example you set by carrying on one of Kentucky's most cherished traditions, lending a hand to a neighbor in need."

The Governor's Office launched the volunteer awards program in 1975. Since 1995, KCCVS has administered the program.

Garnett Fairchild of Prestonsburg and Robley Rex of Louisville received Lifetime Achievement Awards. Turn to pages 6-10 to see pictures and read descriptions of all the award recipients.

VOLUNTEER SOLDIERS



After the Feb. 5 tornado in the community of Cecilia in Hardin County, 10 soldiers and one civilian spouse from Ft. Knox volunteered to help with the clean up. The Hardin County Sheriff's office

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AMERICORPS PROGRAM SPOTLIGHT

SERV Corps



SERV Corps, the AmeriCorps program coordinated by Eastern Kentucky University, serves 15 Southeastern Kentucky counties where 30 AmeriCorps members connect schools and communi-

ties in meaningful literacy, drug education and volunteer programs.

Recruiting volunteers is the heart of SERV Corps and literacy is the heartbeat. During the first quarter of the service year, AmeriCorps members taught 845 at-risk reading students the five key components of reading using research-based reading programs. SERV Corps members also recruited

(continued on page 5)

THE HEART LINE E-NEWSLETTER

Important Update!



The Heart Line is going green! In order to save some trees and take advantage of more immediate and cost-effective technology, KCCVS will upgrade to an electronic newsletter. **To receive publication notices for each issue of The Heart Line, you must sign up for our e-mail distribution list.**

To sign up, send an e-mail to kccvs@ky.gov or call (800) 239-7404 and provide your name, organization (if applicable) and an e-mail address for publication notices.

Please let us know if you do not have an e-mail account and we will help you set up an account with a free e-mail provider. **If you do not have access to a computer and must receive information by postal mail, please notify us.**

We believe that expanding our e-mail distribution list will help further extend KCCVS' outreach and enhance the timeliness of our communications. You can make updates, additions, revisions or deletions to the KCCVS database or e-mail distribution list any time by contacting us.

Corporation for
**NATIONAL &
 COMMUNITY
 SERVICE** 



Throughout the newsletter are small bits for your enjoyment. Keep an eye out for them.



The happy dancing man is always accompanied by a "funny." Lighten your mood a little with a short joke.



The thinking man is followed by wise witty words from many sources. Allow him to engage your mind.



This icon is accompanied by a brain teaser. Go ahead, see if you can catch the solution.



This icon indicates that interesting statistics follow. It also begs the question: are all things number? From the philosophy of Pythagoras who said, "all things are number."

WHO WE ARE

KCCVS COMMISSIONERS

Wendy Stivers, Ph.D., Chair
 Douglas Adams, Vice Chair
 Phyllis Culp, Secretary

Aaron Anderkin	Emily Shelton
M. Susan Brammer	Anna G. Smith
Amy Burke	Victoria Thompson
Marlene Duffy	Jana Sturm
F. Patrick Hargadon	Steve Swim
Kenneth Knipper	Alan Taylor
Brandi Moore List	
DeAndre Mitchell	Betsy Wells, Ex-Officio
Kitty Pilger	

KCCVS STAFF

Eileen Cackowski – Director
 TJ Farren – AmeriCorps*VISTA
 Melissa Newton – Training Officer
 Shannon Ramsey – Media & Publications Specialist
 Andrea Sieloff, RSM – Program Officer
 Lanny Taulbee – Disabilities Coordinator
 Marzelle Wurtsmith – Financial Officer

KCCVS MISSION

To promote all Kentuckians working together to meet actual community needs in a way that fosters personal, family and community pride and an enduring ethic of volunteerism and service.

DID YOU KNOW?

Brought to you by www.hookedonfacts.com

- You share your birthday with at least 9 million other people in the world.
- Warner Chappel Music owns the copyright to the song 'Happy Birthday'. They make over \$1 million in royalties every year from the commercial use of the song.
- Babies' eyes do not produce tears until the baby is approximately six to eight weeks old.
- The number of births that occur in India each year is higher than the entire population of Australia.
- A baby octopus is about the size of a flea at birth.
- Dolphins nap with one eye open.
- Infants spend more time dreaming than adults do. .
- Americans will spend more on cat food this year than baby food
- Cats cannot taste sweet things.
- Girls have more tastebuds than boys.

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Editor: Shannon Ramsey

COMMISSIONER SPOTLIGHT

F. Patrick Hargadon



Pat Hargadon was appointed to the commission in 2000. He served as commission chairman for three years and continues to be a great leader and advocate for KCCVS.

"It's inspiring to see the commitment and sincere efforts of so many caring people," he said about Kentucky AmeriCorps members and other commissioners.

Hargadon was raised and currently resides in the small community of Waddy in Shelby County. He attended the University of Louisville and is the agency manager at Kentucky Farm Bureau Insurance in Shelbyville where he has worked for the past 22 years.

He is married to the former Theresa Greenwell of Louisville and they have two children, 13-year-old Patrick and 9-year-old Kelsey. Hargadon loves to spend time with his family, something he says is far too rare given today's busy lifestyles and time demands.

With that attitude, it's only fitting that he hopes to be remembered as a good dad, husband and family man who also cared about his community. He believes in trying to leave things better than when he found them.

"Never give up," he said. "Trying harder will always produce success."

He credits his mom for his determination and positive outlook. Hargadon said she always told him he could do anything if he tried.

We're glad he tried. A fun-loving and sincere man, we are honored to have him on the commission. His faithfulness to the commission is an inspiration.

Volunteer Soldiers (continued from cover page)

and local Red Cross directed the volunteers to the hardest hit area in Cecilia where they went door to door offering their help to tornado victims.

The soldiers helped homeowners remove downed trees and debris from yards and hauled it to the curb to be picked up. Operations Sergeant Chris Coleman said the people they helped were very appreciative.



In recognition of their service, Coleman, Staff Sergeant Steven Milby, Sergeant Van Forbes, Sergeant William Blackburn, Specialist Kenneth Vaughn, Specialist Mario Hall, Specialist Michael Behlin, Specialist Wendy Watters,

Private First Class Shamika King, Private Lawrence

Vanchure and Melissa Vaughn all received certificates of appreciation on behalf of Governor Steve Beshear and the Kentucky Commission on Community Volunteerism and Service. CHFS Secretary Janie Miller also sent each soldier a personalized thank you note.

Not only do these men and women make sacrifices to serve their country, they also are willing to give their free time to serve their community.

On behalf of the KCCVS, we thank you and appreciate you.

KENTUCKY AMERICORPS BEANIE BABY PROJECT

During February and March, Kentucky AmeriCorps members made a difference by leading a Beanie Babies donation drive for U.S. servicemen and women overseas.



The bean-stuffed toys are a hot commodity among U.S. military in Iraq who give them to local children. The Beanie Babies go along way toward improving relations between U.S. military personnel and Iraqi children and their families.

Troops even deliver the toys to Iraqi schools located near U.S. military bases for teachers to use as academic achievement incentives for students.

A medic serving in Iraq wrote to us, "...the children love the Beanies and mothers and sisters always ask for one to take back to someone who could not come out to visit us at the clinic, or to one of their other children. Thanks for bringing joy to these children's lives".

AmeriCorps members led the way, collecting more than 1,650 Beanie Baby donations. In addition, AmeriCorps members and others opened their wallets and gave more than \$175 in cash donations to help with shipping costs. More than 340 of the toys were shipped to individual soldiers who made requests and the remainder were taken to Ft. Campbell and put on a transport plane to Iraq. The officer we worked with said he had received more than 300 e-mail requests for more Beanie Babies.



Eileen Cackowski, KCCVS executive director; Donna Brown, The Learning Corps assistant director; and I delivered the toys to Officer John Minton at Ft. Campbell.

Currently, more than two-thirds of the soldiers based at Ft. Campbell are deployed to Iraq. We hope to continue this partnership with the soldiers of Ft. Campbell in the future.

I would like to thank all the AmeriCorps program directors and members who went the extra mile to make this project a success. You can be sure that you put a smile on a child's face!

Submitted by Shannon Bailes, TLC program director

MARTIN LUTHER KING, JR. DAY

The King Day of Service Committee of the Central Kentucky Association of Volunteer Administrators has worked to establish "a day on, not a day off" approach to celebrating Dr. Martin Luther King's national birthday holiday. The approach to the celebration is in keeping with King's vision of diverse coalitions, breaking down barriers and making communities the best they can be.

The committee again this year called on the Lexington residents to volunteer to meet unmet local needs through service projects designed to strengthen communities, empower individuals and bridge barriers.

A variety of activities was planned, including service project development, volunteer recruitment, business/for-profit recruitment, media relations and youth and senior involvement.

Outcomes of the committee's work include:

- Print, radio and television coverage of King Day of Service activities
- Twelve King holiday service projects in which more than 120 volunteers logged more than 267 hours in activities ranging from cleaning at the Hope Center, presenting oral history at Christ Church Apartments and leading a PB&J drive for the Transylvania PB&J Club to helping at the Carnegie Center open house and participating in a mural project with citizensCREATE!
- Using the Points of Light volunteer value calculator, their service represents nearly \$5,000 worth of assistance to organizations and individuals around the Bluegrass region



One project at the Home At Last Animal Sanctuary in Salvisa is a model of community collaboration. Volunteers helped raise \$250 to pay delivery costs of donated building supplies and performed the labor to

construct housing for abused, neglected and abandoned animals. Among the volunteers on the project was the entire Transylvania University baseball team. Sanctuary manager Margie Gill said the project was invaluable to the facility and the animals it serves.

Committee member Karen Anderson said, "I really like the idea of using the King Holiday as a day on, and not a day off. It speaks to the heart of Dr. King's mission that changing a culture starts with the individual impact each of us makes."

The association plans to continue promoting the day on, not a day off approach to celebrating Dr. King's birthday for years to come.

Submitted by Melissa Newton, King Day of Service Committee member

HEARTS FROM HOME



For the fourth year, members of The Learning Corps AmeriCorps program have made a significant show of support for our troops overseas. In January, members began working with students at the 23 schools where

they serve to make Valentine cards for deployed military personnel. This year, more than 5,300 Valentine cards were sent to 80 soldiers and their units in Afghanistan and Iraq and to some soldiers who recently returned stateside or were preparing to ship out. The total is about 2,300 more cards than the students sent last Valentine's Day.

In addition to making Valentine cards, students at Oak Hill Elementary School in Pulaski County donated 101 pounds of candy, 472 tubes of lip balm and 22 packs of tissues and collected a \$250 cash donation to help pay postage costs. About 360 soldiers received these items.

At South Hancock Elementary school in Hancock County, students donated hard candy, lip balm and tissues, along with Valentines, to five soldiers.

Students at Slaughters Elementary in Webster County made Valentines for veterans at the local veteran's hospital.

The following e-mail response came from a soldier in Afghanistan who received a package:

To everyone involved,

I just wanted to drop a quick line to let you know that I received the package that you sent. I want to thank each and everyone that had a part in it, from the kiddos at school to the director of TLC. Thank you. Your support is greatly appreciated by each of us here. Thanks again!

Another soldier stationed in Iraq wrote:

Thanks a million for the valentine's care package. You all don't know what it means for the soldiers here to receive a piece of mail from home. We live on a company patrol base. Believe me it is nothing like my home town of Harrodsburg. We do not have a lot of the comforts that the larger bases in Iraq have. So every single piece of mail that comes in here is greatly appreciated. The box you all sent I spread the contents across my 40-man platoon so that everyone was able to get a little something. Sorry to keep this brief but I must be running. But, thank you all very much and know that support from people like you all make this job here so much easier.



It is our hope that while this conflict continues, the TLC AmeriCorps program and the students we serve will continue to provide some cheer to those who valiantly serve our country. HOORAH!

Submitted by Shannon Bailes, The Learning Corps program director

SERV Corps Spotlight (continued from cover page)

1,096 school volunteers to serve in numerous capacities.

In the SERV Corps Book Buddies program, mentoring and literacy go hand in hand. SERV Corps members Anita Burdine and Tammy McKee implemented the Book Buddies program at Shopville Elementary School in Pulaski County where fifth graders of all reading levels read to first graders. This gives the fifth graders, especially fifth grade at-risk students, the opportunity to be leaders reading to and mentoring their first-grade Book Buddies.



SERV Corps member Shannon Barron tutoring a student.

Empowering youth to resist the epidemic of drug abuse and negative peer pressure is another important component of the SERV Corps program. Members taught 1,940 second- through fifth-grade students the entire 10-lesson Too Good for Drugs curricula in 28 elementary

schools during the first quarter. They continue to teach additional students during the second quarter. SERV Corps members established and coordinate 28 UNITE Clubs to help students develop skills to resist peer pressure and build strong relationships with other drug-free students. Traci Collins, a SERV Corps member at Mt. Vernon Elementary School in Rockcastle County, established her school's UNITE Club which was named UNITE Club of the Year for its outstanding accomplishments. Nora McFarland, a SERV Corps member at Liberty Elementary School in Casey County, coordinated her school's UNITE Club participation in an anti-drug poster contest. The top 12 best posters were published in a calendar the UNITE Club sold to raise money for anti-drug abuse projects.

SERV Corps members connect their schools and communities in a wide variety of projects. Member Leigh Moberly enlisted the help of Model Laboratory School students and EKV Delta Zeta sorority members who collected 850 cans of beef stew for Make a Difference Day. Leigh and her school also collaborated with Starbucks Coffee Company to collect used books for Lexington's International Book Club, which sends books to children and adults in developing countries. The 350 Model Lab School students collected more than 1,500 books for this project.

Lourenda Lark, a member at Camp Dick Robinson Elementary School in Garrard County, conducted a school-wide recycling project and Rachel Falin, at Brodhead Elementary School in Rockcastle County, coordinated her school's UNITE Club Toys for Tots campaign for the holidays.

Debra Jones, a member at Manchester Elementary School in Clay County, established and is implementing a unique diversity project to connect students at Manchester



Pen Pal Club

Elementary and West Springfield Elementary School in Fairfax, Virginia as e-mail pen pals. The Kentucky students are learning about diversity from their Virginia peers. More than 20 languages and seven religions are represented by the student

body at Springfield Elementary. Each month, students at both schools research specific topics about their communities and, with guidance from teachers, exchange e-mail letters and PowerPoint presentations about what they've learned.

SERV Corps mobilizes, engages and impacts the 15 school districts it serves and ensures a brighter future for Kentucky's youth. Hats off to SERV Corps!

Submitted by Nancy Thames, SERV Corps program director

NEW KCCVS STAFF MEMBER

TJ Farren joins the KCCVS team



After 21 years of military service, seven years with non-profit agencies, three years of government service, two years in the private sector and decades of community- and faith-based volunteer service, TJ Farren is returning to Appalachia as a KCCVS AmeriCorps*VISTA member to serve an area her family has called home for more than 300 years.

TJ is a U.S. Air Force veteran where she achieved the rank of first sergeant. Following active duty deployment, she spent the next decade at the Pentagon in direct support of the air chief, joint chief of staff and the Air Force Congressional legislative office.

TJ also is an ordained minister and deacon at the Christian Independent Church and missionary Churches of Christ. She has served as the chaplain, teacher and coach at the All Church Home for Children and Wilkinson Center in Dallas.

But, her favorite life-long endeavor is her continued relationship with her family.

"My family always taught service before self... and I grew up with an understanding that volunteering... is a... call to love our neighbor to the best of our ability," she said. "This year I have been given the opportunity to combine my life experience and training to serve the children, the disabled and the people in despair across the state."

TJ's objectives at KCCVS are threefold: to foster disaster preparedness partnerships between local, state and federal agencies, non-profits organizations and the faith-based community; to raise awareness of the needs and abilities of the disabled as fully engaged citizens; and to pool resources and volunteer service to advance the general welfare of Kentucky communities.

2007 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

BUSINESS GROUP AWARD

Borders and Borders, PLC



Nominated by Rob Locke, Habitat for Humanity of Metro Louisville executive director

Borders and Borders law firm of Louisville works with Habitat for Humanity of Metro Louisville helping to make home ownership an affordable possibility for more people and families. The firm was a key player in creating Louisville's chapter of the self-sustaining home ownership program in 1985 and provides free legal services for every Habitat home sale in Louisville. From July 1, 2006 to Dec. 31, 2007, Borders and Borders donated almost 300 hours of legal service valued at \$15,000. Staff at the firm also donated their time and skills to help acquire a land donation valued at \$417,000. Members of the firm also provide important training to new homeowners after closing through their participation in Habitat's homeowner education program.

CHALLENGE ADULT AWARD

Chuck Thompson



Nominated by State Representative Fred Nesler

In 1998, diabetes-related complications left 45-year old Chuck Thompson of Paducah with a disability and unable to continue his career in quality control. Facing financial challenges paying for his medications, Chuck searched for sources of free and low-cost prescription drugs. After much research, he discovered 1,200 programs offered by more than 300 pharmaceutical companies – but there was no centralized list of all these plans in one place. Chuck developed a database of medications and drug assistance programs and, with the help of a friend, Chuck established HEART USA, a non-profit organization that provides information about free and low-cost prescription programs. Since August 2003, HEART USA has helped nearly 1,500 people obtain more than \$6 million in free prescription medicine.

CHALLENGE YOUTH AWARD

Rebecca Croucher



Nominated by Paula Long Strunk, The Terrace Nursing and Rehabilitation Facility administrator

Thirteen-year-old Rebecca Croucher of Berea suffers from anxiety that was once so severe it was difficult for her to attend school and enjoy many activities other children her age take for granted. Three years ago, shy Rebecca

went to work with her mother at The Terrace long-term care facility for the annual Family Day celebration. That singular event changed Rebecca's life and the lives of the residents at the Terrace – all for the better. Rebecca began coming to the care facility more and, before long, she was a regular fixture there, planning and conducting special events and spending one-on-one time with the residents who have come to love her. From July 1, 2006 to Dec. 31, 2007, Rebecca volunteered more than 800 hours at the facility. She has blossomed into a vibrant, accomplished and caring young lady who remains a valuable volunteer at The Terrace.

DIRECTOR OF VOLUNTEERS AWARD

Sister Kathleen Weigand, OSB



Nominated by Joyce Mitchell, St. Vincent Mission, Inc. social services coordinator

Sister Kathleen Weigand is the executive director of St. Vincent Mission, Inc., of David in Floyd County. Among the mission's important work is a program that welcomes people from all over the world to Appalachian Kentucky to help make repairs to homes for low-income individuals and families. Under Sister Kathleen's leadership, the mission's home repair program has grown significantly – from two groups visiting each year to 26 groups scheduled this year. Last year, 401 volunteers served more than 14,500 hours at 51 home sites and made repairs valued at more than \$218,000. Sister Kathleen also oversees an emergency assistance program that helps people with their utility and medical bills; scholarship programs; an annual Christmas program for low-income families; the David Appalachian Crafts program; and a second-hand store.

FAITH-BASED GROUP AWARD

Kentucky Changers



Nominated by Penny Thompson, Monticello-Wayne County Chamber of Commerce

Kentucky Changers, based in Wayne County, is a hands-on, youth-oriented mission organization sponsored by the Kentucky Baptist Convention. The group helps make exterior home repairs for those in need. Kentucky Changers volunteers help with roofing and gutters, scraping and painting, door, window and porch repairs and other general carpentry jobs. In 2007, more than 850 volunteers made repairs to 65 homes in Russellville, Lawrenceburg and Louisville. In June, 325 participants from 20 churches completed repairs at 31 sites in Maysville. The following month, another 275 participants from another 20 churches completed 20 home repair jobs in Monticello.

2007 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

FAITH-BASED INDIVIDUAL AWARD

Deborah Luedke



Nominated by April Dickens, Sts. Joseph and Paul Catholic Church

Debbie Luedke of Owensboro began volunteering three hours a week as an office assistant at Sts. Joseph and Paul Catholic Church. Her service has increased to more than 20 hours a week and

expanded from office work to helping needy families, managing some of the church's finances and tracking sacramental records. Debbie coordinates a program that helps ensure the safety of children in the parish by making sure all parish volunteers who work with children have background checks and safe environment training. She helps with the refugee ministry and other outreach efforts such as the annual block party for neighbors of the church. Debbie also serves on the parish Pastoral Council and Education and Spiritual Life Committee.

IMPACT ADULT AWARD

Marilyn McLendon



Nominated by Jennifer Clark, Kentucky Humane Society volunteer manager

Marilyn McLendon of Louisville is a foster parent with the Kentucky Humane Society who has volunteered nearly 7,000 hours of her time caring for furry creatures in need since February 2004. As a foster parent,

Marilyn opens her home and heart to special needs animals awaiting adoption. From July 1, 2006 to Dec. 31, 2007, Marilyn volunteered more than 5,000 hours and helped save the lives of hundreds of animals. Marilyn also gives back by serving as an adoption matchmaker, special events worker, fundraiser, clerical assistant and foster volunteer leader.

IMPACT YOUTH AWARD

Alexandra Jenkins



Nominated by Brenda Southwick, Trigg County Public Schools community education director

Alex Jenkins of Cadiz in Trigg County serves her community and its residents through leadership and participation in programs and

organizations dedicated to meeting vital human needs. Her community service includes: president of the Service Learning Youth after-school tutoring and mentoring program; volunteer primary school tutor; co-chair of Red Ribbon Week anti-drug campaign and participant in youth anti-smoking campaigns; big sister with Big Brothers/Big

Sisters; lead planner, organizer and host of the first Trigg County Day of Service in April 2007; and member of the Kentucky Child Now Youth Advisory Council. In addition to these service activities, Jenkins' peers have elected her to represent the entire school district student body on the Cadiz City Council.

INNOVATION ADULT AWARD

Amy Garon Benovitz



Nominated by Farrah Ferriell, Volunteers of America of Kentucky

Amy Garon Benovitz of Louisville serves with the state Volunteers of America Family Emergency Shelter and Transitional Housing program.

From July 1, 2006 to Dec. 31, 2007,

Amy volunteered 160 hours providing everyday necessities like clothing and infant care supplies to help 108 families. Amy coordinated Family Night at the Ballgame for families served by Volunteers of America of Kentucky to enjoy Louisville River Bats baseball games. Amy collaborated with Rabbi David Ariel of The Temple to organize the Merry Mitzvah project, giving Jewish volunteers the opportunity to help a variety of organizations make the holidays brighter, warmer, happier and more peaceful and safe for area families.

INNOVATION YOUTH AWARD

Glenn L. Means III



Nominated by Donna Wilson, Montgomery County High School guidance counselor

Glenn Means III of Mt. Sterling is the founder of HOPS (Helping Older People Smile), a program that pairs high school students and nursing

home residents with similar interests and backgrounds. Students regularly visit their HOPS partners and the pairs share meals and activities. Close bonds form between students and nursing home residents that benefit everyone involved and bridge multiple generation gaps. Glenn also is the president of a youth volunteer recruiting and training organization and has clocked thousands of hours of service to others while maintaining a 4.0 grade point average.



"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

– Arthur Ashe, American tennis champion (1943-1993)

2007 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

NATIONAL SERVICE GROUP AWARD

Audubon Area Senior Companion Program



Nominated by Robyn Mattingly, Senior Service Corps director, Audubon Area Community Services, Inc.

The Audubon Area Senior Companion program

provides volunteer opportunities for people 60 and older in Daviess, Hancock, McLean, Ohio, Henderson, Union and Webster counties. Volunteers offer one-on-one support to other seniors with physical and other health challenges. Senior companions help clients maintain the highest possible level of quality independent living. The vital service they offer helps seniors avoid premature placement in nursing homes and other long-term care facilities. During the 2007 program year, 110 senior companions served more than 91,000 hours helping seniors with activities of daily life so they could remain in their homes safely and comfortably. Several senior companions trained in disaster relief also provided disaster recovery and victim assistance after the Owensboro tornado in October 2007.

NATIONAL SERVICE INDIVIDUAL AWARD

Marian Dunville



Nominated by Cathy Campbell, Audubon Area Senior Companion program manager

Marian Dunville of Owensboro has been a senior companion volunteer with the Audubon Area Senior Service Corps for four years. In 2007 alone, she gave 1,100 hours of her time to serve area seniors in need. She forms meaningful bonds with seniors she cares for and their families, many of whom come to regard her as a member of the family. Marian also is a valuable volunteer recruiter who has ignited a powerful word-of-mouth campaign on behalf of the Senior Service Corps. With loyalty, integrity and a sense of purpose, Marian has overcome personal challenges to continue serving seniors in her community.

NON-PROFIT GROUP AWARD (TIE)

Lewisburg North Logan Historical Commission



Nominated by Lewisburg Mayor Kenneth Whitson

When the Logan County Public Library closed its doors in August 2006, the Lewisburg North Logan Historical Commission

seized the opportunity to fill the need caused by the loss of its library. The historical commission teamed up with other

community members to make sure there was a library in Lewisburg, coordinating donations and volunteers to refurbish the original library building and stock it with books. The new library is called Lewisburg's Books to Go and is open three days a week, staffed entirely by volunteers. Not only has the library re-opened, but it also now offers free high-speed Internet access, a service upgrade made possible by the efforts of the historical commission.

NON-PROFIT GROUP AWARD (TIE)

St. Anthony's Hospice Volunteers



Nominated by Darrell Monroe, St. Anthony's Hospice volunteer coordinator

Established in 1982, St. Anthony's Hospice provides emotional, spiritual and physical support to people with terminal health conditions in Henderson, Union and Webster counties. Volunteers are the heart of hospice, providing help in diverse and vital ways. Some of St. Anthony's Hospice volunteers have been with the organization since the early 1980s. Volunteers help with office work, clean medical equipment, organize supplies, create patient files, and perform a host of other tasks. They also provide caring, compassionate direct patient care and offer emotional and grief support to families and loved ones of their patients. The St. Anthony's Hospice volunteers gave more than 2,400 hours of service in the year 2007.

VOLUNTEER SUPPORT AWARD

Volunteers in Action



Nominated by Anne Grubbs, Bowling Green-Warren County Community Education

Volunteers in Action of Bowling Green and Warren County is a group of diverse agencies and organizations that rely on the dedication and commitment of community volunteers to provide needed services in the community. Because volunteers make such a difference in communities where they serve, for 20 years, Volunteers in Action has devoted time and resources to increase community awareness of volunteerism and helped provide education and support to volunteer managers and workshops for non-profit organizations. VIA inaugurated a formal volunteer recognition program in 1990 that continues today, with the support of the community, to honor area volunteers for their service. VIA also promotes activities in the community including Make A Difference Day, Family Volunteer Day and National Volunteer Week.



"There are those who give with joy, and joy is their reward."

— Kahlil Gibran, Lebanese-American writer (1883-1931)

2007 GOVERNOR'S VOLUNTEER AWARD RECIPIENTS

LIFETIME ACHIEVEMENT AWARD (TIE)

Garnett Fairchild



Nominated by Melissa Vance,
Highlands Regional Medical Center
director of community development

Garnett Fairchild of Floyd County has devoted more than 36 years of her life to helping and serving others as a volunteer. She was the first official volunteer with the Highlands Regional Medical Center in Prestonsburg in January 1973. Since

then and through 2006, she gave more than 13,000 hours of time to the medical center. She helped establish an auxiliary group, currently with more than 45 active members, who raise money and donations of goods and services including medical equipment, wheelchairs and video equipment for the pediatric unit. Garnett also works in the gift shop, decorates for the holidays, helps out with guest services and founded the Reach for Recovery program which offers extra comfort to patients. Garnett is a former president of the Floyd County Homemakers Council and has served as president of the Northeast Area Homemakers Council. She has served on the board of directors for Hospice of Big Sandy, participates in the annual Relay for Life and has been recognized by the University of Kentucky Markey Cancer Center for her dedication to the fight against cancer. Garnett is an active member and current treasurer of her local AARP chapter, has served on the board of directors for the Jenny Wiley Theatre and was instrumental in the UK Cooperative Extension's production of a DVD of first-person cancer survivor stories that has been broadcast locally and screened at a number of area churches and civic group meetings. Garnett currently is vice president of the board of directors for the Samuel May House Living History Museum and she is a 45-year member of the Prestonsburg Woman's Club, where she has held every elected office.

LIFETIME ACHIEVEMENT AWARD (TIE)

Robley H. Rex



Nominated by Marian Gosling,
Community Action Partnership of
Metro Louisville volunteer coordinator

Robley Rex of Louisville is a 25-year member of the Retired and Senior Volunteer Program and considered a champion among volunteers for his many years of service to the Veterans Administration Medical Center in Louisville. A United States Army veteran, Robley began his volunteer service to his fellow service members at the national landmark Nichols General Army Hospital in southern Jefferson County. In more than 70 years of volunteer service, he has given more than 13,000 hours of his time and helped an estimated 60,000 patients at the Louisville VA hospital. For decades, Rex was often the only advocate for veterans and their families in southwest Jefferson County. With his talent for details, Rex managed to cut through red tape to help veterans and their widows or children access medical services or survivor benefits. A team of drivers helps him get to the homes of veterans and their families when crisis situations arise and the drivers help him get to the VA Medical Center for his scheduled duties in the Escort Office. Rex also has served with food commodities disbursement at the Newburg Community Center. He is the founder of the VFW Okolona Post where he has served as chaplain and commander and was honored by having a building addition at the post named after him. His service and volunteer leadership have inspired other veterans to find ways they can help their communities. Rex continues to visit and encourage fellow vets at the VA hospital while receiving his own medical care. He serves on the VA Volunteer Services Committee and attends meetings regularly. A multiple award winner for service on and off the battlefield, Robley is beloved for his quick wit, magical smile and unfailing kindness. Robley Rex is Kentucky's only surviving WWI-era veteran, a sergeant first-class who served his country in active duty from 1919 to 1922. He celebrated his 107th birthday May 2.



According to the Franklin County Chapter of the American Red Cross, in 2006:

- 930,000 Kentucky volunteers dedicated 104.1 million hours of service.
- Kentucky had the third-highest average volunteer rate and the highest volunteer rate for young adults in the South.
- In the region, Kentucky had the second highest college student volunteer rate and the fourth highest Baby Boomer volunteer rate.

- American Red Cross, January 2008 newsletter



From www.discoveryschool.com/brainboosters

What's the Matter?

The three sentences below sound like they make sense, but there's something wrong with each one of them. Read each sentence and tell what's the matter.

1. This book fills a badly needed gap in your education.
2. Don't go near the water until you've learned how to swim.
3. If you get this message, call me right away; otherwise, don't bother.

Answers on back page

2007 SPECIAL AWARDS

Each year, KCCVS sponsors two competitive Make A Difference Day food drives to fight hunger and supply area food banks. One food drive is a competition among Kentucky AmeriCorps programs and the other pits Cabinet for Health and Family Services Department for Community Based Services regional offices against one another in a contest to collect the most food.

The Traveling Awards are presented to and remain with the winning program and regional office for one year, then, they travel to the next year's winning program and region. If a program or regional office sweeps the competition three years in a row, the award becomes its to keep permanently and a new award is presented to the winner the following year.

MAKE A DIFFERENCE DAY TRAVELING AWARD: DCBS REGION

Two Rivers Service Region



For the second consecutive year, the Two Rivers DCBS Service Region has earned the Traveling Award, this year for collecting nearly 22,000 ounces of canned food. That total represents almost half the total ounces collected by all other participating regional offices combined and

almost double the total ounces collected by the regional runner-up. Thanks to the efforts of the Two Rivers regional staff, area food banks were able to feed more than 2,700 Kentuckians.

MAKE A DIFFERENCE DAY TRAVELING AWARD: AMERICORPS PROGRAM

The Learning Corps



The Learning Corps AmeriCorps program based in Owensboro collected almost 300,000 ounces of canned food – more than nine tons! The total ounces of food collected by The Learning

Corps is more than half the total collected by all other participating AmeriCorps programs combined and is almost triple the total ounces collected by the runner-up program. Thanks to the efforts of only 16 TLC members, area food banks were able to feed more than 37,000 Kentuckians. Their efforts also earned them a Daily Point of Light Award from the Points of Light Foundation. This also is The Learning Corps' second consecutive Make A Difference Day food drive competition title.

KENTUCKY AMBASSADOR AWARD

Robert H. Merriam



Nominated by H. Andrew Ward, OD, Advantage Vision Care

Inspired by the work of a group that traveled the world providing eyeglasses to people with vision problems, Bob Merriam of Owensboro organized his own vision mission beginning in 1979. Bob's work and compassion have touched and improved the lives of thousands of people in Central and South America and Mexico. Since 1983, Bob has made 69 mission visits to 11 different countries. He has personally organized and led 25 missions to remote locations in Honduras, Ecuador, Peru, Jamaica and Mexico. He has collected, cleaned and distributed more than 60,000 pairs of eyeglasses, giving the gift of better vision to people who otherwise would go without.

SPECIAL CITATION

Michala Riggle



Inspired by her brother's success with an experimental treatment for autism, Michala Riggle of Louisville founded Beading to Beat Autism to raise money for autism research. Eleven-year-old Michala raises money selling beaded bracelets at arts and crafts shows and community events. Since June of 2007, she has raised more than \$161,000 to help find new and better treatments for autism, while making the world a prettier, more fashionable place. Michala's campaign, Beading to Beat Autism, has been recognized with a \$100,000 grant from the Ephram and Wilma Shaw Roseman Foundation. In December, Michala was named Kentuckian of the Year by Kentucky Monthly Magazine. She also has appeared as a guest on the Ellen DeGeneres Show and her story was featured on ABC's Good Morning America.



From www.corsinet.com/braincandy

The fire dog

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing what the dog's duties might be.

"They use him to keep crowds back," said one youngster.

"No," said another, "he's just for good luck."

A third child concluded. "No silly, they use the dogs to find the fire hydrant!"



DISABILITIES CORNER

Person-First Language

People with disabilities make up the largest minority group in the United States, consisting of all ages, genders, religions, ethnicities and socioeconomic indicators. However, the language sensitivity we generally extend to racial and gender minorities, for instance, hasn't as consistently or widely extended to people with disabilities.

Historically, terminology for people with disabilities was coined by the medical profession, giving greater language significance to the disability type than individuals with disabilities. People with disabilities traditionally have been labeled by disability group, disease or assistive devices they use – the blind, the deaf, diabetics, amputees, walkers, wheelchairs or crutch users.

More and more, however, the emphasis and terminology are changing to give more language emphasis to individuals instead of medical conditions.

Language is being used more often to accentuate the positive when referring to people with disabilities, which is leading to more positive public attitudes. Person-first language encourages positive attitudes, emphasizing the person first, then the disability and has only recently become familiar and popularly used.

So much traditional and historical language regarding people with disabilities derives from times and social attitudes that are inappropriate and unacceptable today. For instance, the word handicapped come from the term cap in hand, implying that one must beg for his living and is dependent on society. Instead of "handicapped," the people-first language standard is "people with disabilities."

In another example, the word crippled is from the Old English for "to creep" and the adjective form was used to imply inferiority. Instead of "crippled," say a person "has a disability."

Say "a person who has" a particular disability instead of "a person afflicted with," "suffers from," or is "a victim of."

Say "uses a wheelchair" instead of "confined to a wheelchair," since, far from being a confining device, wheelchairs allow mobility and access.

Say "has a congenital disability" instead of "has a birth defect" because people with disabilities are not defective.

Say "a person who is deaf" or "a person who does not speak" instead of "deaf-mute," "deaf" and "dumb" because people who are deaf often can speak and they are not dumb.

Say "person with mental illness" instead of "mental," "crazy," "psycho," "insane" or "nut case" which are all offensive and negative stereotypes.

These are just a few examples of person-first language. It may seem frivolous or unimportant to many, but negative

language heard repeatedly can affect the self-esteem, sense of purpose and even the independence of a person with a disability. Acknowledging the positive instead of dwelling on the negative creates an environment for acceptance, improvement and opens up possibilities for even greater accomplishments.

Life is all about attitude. Keep it positive!

Submitted by Lanny Taulbee, KCCVS Disabilities Coordinator

SAFE HARBOR RENOVATIONS



Renovations to the old tuberculosis hospital in Ashland began in March to provide new, safe and secure state of the art supportive housing for women and children served by Safe Harbor

emergency shelter and advocacy center.

Safe Harbor of Northeast Kentucky provides free, confidential and caring support services to all victims of domestic violence and sexual assault in Boyd, Greenup, Carter, Lawrence and Elliott counties. The non-profit organization is funded in part through the Cabinet for Families and Children and the United Way.

Renovations will include 34 generous one-, two-, and three-bedroom units developed by AU Associates Inc in Lexington, which specializes in historic building rehabilitation and preservation.

The timing of the TB hospital renovation coincides with Safe Harbor's 25th year of service to women and children in Northeast Kentucky.

New landscaping at the facility will provide greater privacy as well as a playground, mediation garden, ponds and an herb and vegetable garden.

Safe Harbor currently houses more victims of domestic violence than any other Kentucky shelter. The need for services is particularly great in Northeast Kentucky and the shelter almost always operates at full capacity. The staff and board at Safe Harbor are thrilled about their new facility which will have a positive effect on the region and the state.



The hospital renovation is a metaphor for Safe Harbor clients, as both the facility and the women who will live there will undergo meaningful transformations, giving them new energy and purpose.

The renovation will take about a year to complete with the grand opening planned for Spring 2009.

Submitted by Diana Donahue, Safe Harbor of Northeast Kentucky public relations and outreach coordinator

WHAT'S ON OUR CALENDAR?

JUNE/JULY/AUGUST/SEPTEMBER/OCTOBER 2008

June 14 – Flag Day
June 15 – Father's Day
June 20 – Summer solstice
July 4 – Independence Day
Sept. 1 – Labor Day
Sept. 11 – Patriot Day
Sept. 22 – Autumnal equinox
Oct. 13 – Columbus Day (observed)
Oct. 25 – Make A Difference Day
Oct. 31 – Halloween

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NEXT EDITION:

- Descriptions of the 2008-09 Kentucky AmeriCorps programs
- Make A Difference Day 2008

Answers to Brain Teaser on page 9.



1. No one needs a gap in his or her education.
2. You can't learn how to swim without going into the water.
3. If the person doesn't get the message, there's no point in telling her or him not to bother calling.



Kentucky is a place where spirits are free to soar and big dreams can be fulfilled. We relish competition and cherish our champions for their willingness to push beyond conventional boundaries to reach new heights of success.



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