

Happy Holidays



December 2010 Edition

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Mentoring Matters!

Article Submission

We'd love to have an article about your program or organization.

Please e-mail Shannon at shannon.ramsey@ky.gov to learn more about submitting an article for the newsletter.

Dates

Jan. 1 - New Year's Day

Jan. 17 - Martin Luther King, Jr. Day of Service

Questions?

Please do not hesitate to contact us if you have questions about any of our community service programs, such as AmeriCorps, the Governor's Volunteer Awards, the Volunteer Insurance Program, or the Volunteer Recognition Program.

The Heart Line: Taking the Pulse

Covering Volunteerism and Service Throughout the Commonwealth

Welcome to the December edition of the Heart Line newsletter, a publication by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

Merry Christmas and a healthy Happy New Year! To my friends of other religions and cultures, I wish you a Happy Kwanzaa or a belated Happy Chanukah!

Once again the year has flown by. And once again, Kentucky AmeriCorps members have gone above and beyond what is expected of them. They have shown what we know about Kentucky - its citizens give, not as a part of what they do, but rather as who they are. I believe that Kentuckians have a "helping gene."

Our programs have increased, so the footprint of AmeriCorps in Kentucky has increased. The staff of KCCVS pulls together and has learned to work smarter as the programs have increased in the past 10 years from six to 16! I am very thankful for each and every one.

We look forward to 2011 with joy and anticipation. I started my career as a teacher, became a social worker and now feel I am on the receiving side. Most of the people I talk with only want to give more of their time and love to those who need it. How fortunate can one person be? The Chinese symbol for crisis is made up of the words danger and opportunity. May any crisis you encounter in 2011 actually be open doors for opportunity and growth.

Sincerely,

Eileen Cackowski

KCCVS Executive Director

Martin Luther King Jr. Day of Service

Rev. Dr. Martin Luther King Jr. devoted his life to advancing equality, social justice, and opportunity for all. He challenged us to build a more perfect union, and taught us that everyone has a role to play in making America what it ought to be.

While we have made great progress, we still have work to do to realize Dr. King's dream. Just as Dr. King set big goals and achieved historic change, we need sustained citizen action to address today's social challenges.

Next month, on January 17, we will mark the 25th anniversary of the King Federal Holiday. This anniversary is a perfect opportunity for Americans to advance Dr. King's dream by joining with family and neighbors to serve others, and by making an ongoing commitment to serve throughout the year. Watch a video to learn more



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*"Blessed is the
season which
engages the
whole world in a
conspiracy of love."*

- Hamilton Wright Mabie

about this year's MLK Day of Service at www.youtube.com/watch?v=bnfCIME8_kw.

As a service, faith, or nonprofit leader, I hope that you will take part in this year's MLK Day of Service. You can join or organize a service project, participate in a commemorative event, or recognize those who serve throughout the year. Service on the King Holiday is not just an appropriate way to honor Dr. King, it is an important opportunity to bring in new volunteers and partners that can support your work throughout the year.

Our newly designed MLK Day website, www.mlkday.gov, has everything you need to plan and promote your MLK Day project, including tips on building partnerships, fundraising, using social media, generating media, marketing resources, MLK Day gear, and a new MLK Drum Major for Service award.

As the only federal holiday observed as a national day of service, the MLK Day of Service has enormous potential to grow. It is a reminder that America is made stronger when citizens come together and that service is integral to meeting national challenges. With your help, we can mobilize more Americans to serve their communities and move us closer to Dr. King's dream.

All the best,

Patrick A. Corvington

Chief Executive Officer
Corporation for National and Community Service

Volunteer Photos from McCracken County

By Leslie Prestel, Paducah-McCracken County Volunteer Coordinator



The Senior Center of Paducah-McCracken County, along with the Retired and Senior Volunteer Program (RSVP), hosted a food drive from October through November 2010 to collect meat canned goods. Over 519 lbs. of food was collected and donated to various RSVP partner nonprofit agencies, where RSVP volunteers serve throughout the year to help families in need.



The Bootscooters, members of the Retired and Senior Volunteer Program (RSVP), along with assistance from The Senior Center of Paducah-McCracken County, traveled to Marion, Ill., to perform for residents at the Veteran's Affairs Clinic Assisted Living Facility. The Bootscooters are senior volunteers through the RSVP and perform line dancing for area assisted living and residential care facilities, as well as volunteering their time to teach line dancing to Easter Seals adults.

Kentucky Senior Service Corps Volunteer Conference

By Robert Chinn, Foster Grandparent Program director



Kentucky senior volunteers had an incredible opportunity to learn more about themselves and how to better meet needs in their communities during the 2010 Kentucky Senior Service Corps (KSSC) Volunteer Conference. The conference was held Oct. 26-28 at the Louisville Holiday Inn - Hurstbourne.

The theme for the conference was "Cornucopia of Caring." Senior volunteers are using their many talents to help and encourage thousands of other Kentuckians.

This state conference was a tremendous venue to showcase our seniors' diversity, dedication and generosity.

The three-day event provided an assortment of opportunities, including workshops by regional experts in volunteerism and seniors issues, plus lots of food and fun activities. Nearly

200 professionals and volunteers from across Kentucky attended. Volunteers had the chance to hone their skills and increase their knowledge base through a choice of 18 different workshops. Plenary sessions included innovative and inspirational speakers.

In addition to the fantastic opportunities for education and networking, the conference offered numerous social and recreational activities. Door prize drawings took place throughout the conference. On the first evening, there was a Halloween dance with scores of senior volunteers arrayed in all manner of ghoulish and hilarious costumes. The cost for entry into the dance was a new pair of socks, and more than 500 pairs were collected to distribute to homeless individuals in the Louisville area through the Schuhmann Social Service Center. On the following afternoon, groups of seniors traveled to Oxmoor Mall, King Pin bowling alley and Horseshoe Casino for recreation activities.

The conference was sponsored by the KSSC State Association, which represents 14 Senior Corps programs from across the commonwealth. This was the first state conference since a Lexington event in 2005. KSSC wishes to thank the many donors, vendors, presenters and volunteers who helped to make this year's conference a success. Thanks to their support of Kentucky Senior Corps Volunteers, they are continuing to improve the lives of many of our Kentucky neighbors!

Mentoring Matters!



January is National Mentoring Month, when attention is focused on how mentoring benefits the child, adult, and society as a whole. It's also a time to thank those mentors who are everyday heroes to their mentees and to encourage others to share the experience and become a mentor.

Youth with mentors are:

- 46% less likely to begin using drugs
- 27% less likely to begin using alcohol
- 53% less likely to skip school
- 33% less likely to engage in violence

(Source: The Harvard Mentoring Project)

Visit the National Mentoring Month website at www.nationalmentoringmonth.org for tools, videos, and "10 Things to Do in January," a list to jumpstart your thinking about getting involved and honoring the occasion. The MENTOR website, www.mentoring.org, has resources to help start a mentoring program as well as support existing ones.

Download the print version of this newsletter and past editions on the KCCVS Newsletter page on our website, <http://chfs.ky.gov/dfrcv/kccvs/newsletter>.

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