

# e-Volunteer Newsletter

## Community Thread

JUNE, 2009

### The Volunteer Factor—

#### Special points of Interest:

- Why Volunteer?
- Join us Saturday, June 20th, for a Day of Community Service work with local non profits!
- The Story—EMWC, helping families get their feet on the ground
- Check out the **1-800 Volunteer.org**—a plethora of volunteer opportunities just waiting for you!

e-Volunteer Newsletter is a monthly newsletter for individuals interested in volunteering, supporting their community — and making a positive impact on those around them.

**New to Volunteering?** Volunteering really is a good way to meet friends and increase your social network. Volunteering not only improves health by providing more physical activity, it also helps you emotionally through connecting with others. Volunteering helps create a feeling of accomplishment and that your time has been well spent. It can provide job experience, helps meet school and college service requirement, and provides solid references for those who might be short on them.

**Why volunteer?** From the President on down we are encouraged to volunteer and help meet a need in our community. We in the nonprofit field appreciate the good press volunteering has been receiving. We've seen the powerful difference a caring person can make in someone's life. We've experienced first-hand the positive impact volunteers have made in our organizations. And we've seen our volunteers' lives change as they have given of themselves to

purpose. By volunteering you can do your part to make our community better, take part in a national movement and enrich your life.

**Where to start?** Start with asking yourself some questions. What are you interested in? What matters to you? What are you good at? Do you want to learn a new skill? Explore a new area of interest? How much time do you want to give? When are you available? What's available near you? Are you willing to travel?

**How do you get connected?** If you know where you want to volunteer, call the organization up and ask to talk to the person who works with volunteers. If you are looking for ideas as to where to volunteer, check out an on-line volunteer data base like our **1-800 Volunteer.org** which lists agencies looking for volunteers near you. Or call us— your Volunteer Center— and we would be happy to help secure the right volunteer position for you.

**What can I expect?** When you find an organization that is in line with your interests, request an interview and plan for it in much the same way that you would plan for a job interview. Be ready to describe your interests, qualifications, and background, and also be prepared to ask your interviewers about their organization and the benefits they offer to their volunteers. An interview will allow you and the organization to find the right match for your skills and interests. Many volunteer positions will require that you come in for an interview, pass a background check, and attend an orientation and/or training.

**What if it is not a good fit?** If after you start, you find it's not what you thought it would be, inform your supervisor, and try another one of the many volunteer opportunities available to you.

*If you want to lift yourself up, lift up someone else.*

*Booker T. Washington*

### —Announcements

#### We need you!

**2009 Summer Service Event**— Gather a group of friends and join the Community Thread staff on Saturday, June 20th, for a day of service supporting nonprofits in Washington County. Projects range

from planting, painting and cleaning to working with children. There is a small fee to register for the day, and this money helps support the cost of the event and the year-round programming at Community

Thread. We hope you will chose to join us! Register at our website: [www.volunteercvs.org](http://www.volunteercvs.org)





## community thread

CONNECTING PEOPLE.  
ENRICHING LIVES

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**Many More Online Volunteer  
Opportunities Available!**

Simply go to:

[www.volunteercvs.org](http://www.volunteercvs.org)



Click on the **1-800 Image** and you will be guided through the login procedure. *Thank you for your interest in volunteering!*

*I hear and I forget. I see and I remember. I do and I understand.—Chinese Proverb*

### June Volunteer Opportunities:

**Friends of Stillwater Dog Park.** The city of Stillwater is considering establishing a dog park. If they do, one stipulation is that there be a volunteer group in place that would have a couple people come to the park one or two times a week to make sure the park is “picked up”. There is currently a group being formed called “Friends of Stillwater Dog Park”. Contact Allison at 651.351.8482 to join or for more information.

**Gather up**—People are needed who are willing to help install air conditioner for seniors. Contact Sara Umbreit, at HSI, 651-275-4306 to find out more info.

**A Garage Fan?**— Can you help a senior with cleaning out his garage? Contact Robin at 651.439.8434.

**Do you Excel with Excel?** Looking for help with setting up a tracking system. Flexible, may be possible to do this from home. Contact Christy at Linden Health Care Center, 651.439.5004.

### East Metro Women’s Council

- **Community Meetings.** Volunteers purchase supplies and dinner ingredients, cook, serve, and clean up (approx 65 people). Dinner 5:30—6:15; Daycare-6:30-8:00 pm.
  - **Resume Writers and Job Coaches.** Volunteers with experience in resume writing or job coaching or are willing to be trained. Weekdays 9:00 am-noon.
  - **Computer Lab Volunteer.** Volunteers with basic computer skills needed. Monday—Friday, 9:00 am—noon
- Contact Cheryl Schindler, 651.773.8401 x 116, [www.emcw.org](http://www.emcw.org)

## Volunteering—The Story

### East Metro Women’s Council—(EMWC)

EMWC provides housing, rental assistance and support services for homeless and low-income families in Ramsey and Washington counties.

At the heart of EMWC is the belief that housing stability is fundamental to the healthy development of children and a family’s ability to be a contributing member of our community.

There are four programs at EMWC. **East Metro Place** in White Bear Lake provides 34 units of supportive housing for homeless and low-income families. EMWC Family Advocates

work with parents and their families to set personal goals, which include attending school or a job development program that will lead to higher paying employment.

**The Roof Project** is a collaborative effort with other local nonprofits and private landlords to assist homeless families in Ramsey County as they move toward permanent, affordable housing. EMWC provides scattered-site transitional housing for 12 homeless and low-income families.

**Home Again** provides scattered-site transitional housing and rental assistance for ten homeless families in Washington County, and one emergency apartment. They also provide prevention and outreach services for families at risk of losing

their homes.

**Focus on Children.** Children who have experienced homelessness and hunger often are challenged in school. To help them improve their academics, EMWC offers after-school tutoring for children in grades k-8. Volunteers work one-on-one with children to help them improve their reading, math and problem-solving skills. The experience of homelessness is traumatic, especially for children; the tutoring program provides a safe, reliable place where they receive the loving attention of caring adults.

And it works! Teachers report improved school attendance and academic performance as well as

Improved attitudes and behavior. *Volunteers are the lifeline of EMWC.* Volunteers tutor, mentor, work in the office at East Metro Place, and help with special projects, contact Cheryl Schindler, at 651.773.8401. ext. 116.



Kids at EMWC enjoy a visit from the White Bear Lake Fire Department.