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



Bimonthly Newsletter--Volume V, Issue 4

September/ October 2005

September is... National Preparedness Month

Get a Kit, Make a Plan, Be Informed



National Preparedness Month may have come too late for the residents of our Gulf

Coast states but the ravaging effects of Hurricane Katrina should be a wake-up call to all of us. The Department of Homeland Security has listed hundreds of special activities planned by more than 80 organizations and 56 state and territorial governments. Preparedness is not something that is of concern only at the top levels of government. It reaches right down to how we prepare in our own households for natural or man-made disasters. "Get A Kit, Make A Plan, Be Informed" are the phrases that are emphasized in so many publications and programs. Good information about this is available at <http://www.ready.gov>.

With September being National Preparedness Month, we'd like to introduce two additions to Volunteer Frederick's staff who will be supporting our Emergency Volunteer Mobilization Program. Al Caho and Roy Bates joined the staff as AmeriCorps VISTA members through a Points of Light Foundation initiative and will serve as Homeland Security Support Coordinators until August 2006.

Al & Roy bring with them 50 years' experience in emergency preparedness. Al is recently retired from his position as Sergeant with the Frederick County Sheriff's Office. Roy is Radio Officer for the Frederick County Radio Amateur Civil Emergency Service (RACES), a volunteer agency under Jack Markey, Director of Emergency Management in the County

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Agency Profile:

Mental Health Association of Frederick County

Regardless of the whims of the economy or politics, a strong community is built on the basic concept that we take care of each other. To this end, the Mental Health Association of Frederick County (MHA) is here for everyone 24 hours a day seven days a week, no matter what.

For 40 years MHA has provided services and advocated for issues related to mental health in our community. Last year MHA served over 24,000 people through the following programs:

Frederick County Hotline: 24/7 phone support, referrals, and suicide intervention. Outbound daily reassurance calls are made to homebound seniors checking on their well-being.

Counseling Services: Provision of professional therapy services to individuals and families regardless of their ability to pay.

Child Abuse Prevention: Prevention of child abuse through education and family support programs including Kids on the Block puppet troupe, Youth Education Outreach, ParentPower parent education classes, Supervised Visitation/Monitored Transfer, and CASA (Court Appointed Special Advocates).

Child Care Choices: Central resource assisting parents with referrals for regulated child care and training local child care professionals.

Education and Advocacy Institute: Training and advocacy regarding mental illness and the promotion of good mental health.

On the horizon, the Frederick County Hotline has been selected to serve as a pilot site for the national 2-1-1 initiative, a public/private collaboration designed to provide one number for consumers to access health and human services. 2-1-1 offers Americans critical incident information during times of disaster or attack while also providing referrals for basic needs and health/mental health services with just one call.

Volunteers play a critical role for many of the Mental Health Association's key programs. Volunteers take calls coming in to the 24 hour crisis hotline, serve as advocates for children, provide outreach to seniors and homebound citizens, and even perform in puppet shows.

- The **Hotline** provides crisis intervention, suicide prevention, counseling, support, information and referrals 24 hours a day. Volunteers receive thirty-six hours of training and then listen in on calls with more experienced volunteers before they begin taking calls themselves. All volunteers must be at least eighteen years old and successfully complete the training, which is offered three times a year. Call Jennifer Dickson at 301-663-0011 or jdickson@fcmha.org if you are interested in volunteering with the hotline.



Volunteer Frederick SummerServe volunteers served as MHA Kids on the Block puppeteers for 7 years

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Alan Caho
AmeriCorps VISTA
Homeland Security Support

government.

Al's training in the many facets of law enforcement would have been enough for most of us. But he was also a key person in the organization of a Disaster Relief Team, part of Blue

Ridge Disaster Relief Ministries, based at Faith Baptist Church, 2212 Jefferson Pike, near Petersville. Faith's DRT has been deployed many times, including two tours of duty in LaPlata after the tornadoes in 2002, and several times to Florida after hurricanes. Al and his teammates maintain their equipment in top condition, loaded on their cargo trailer, and ready to go with chain saws, hand tools, pumps, tarps, emergency rations, and communications gear. These folks are ready!



Roy Bates
AmeriCorps VISTA
Homeland Security Support

Roy's work with RACES and associated organizations makes the work of disaster relief agencies possible when telephone and internet communications are interrupted or even

saturated during and after a disaster. The Amateur Radio Emergency Service (ARES) is a field organization of the American Radio Relay League, the national organization for the FCC-licensed Amateur Radio Service. In Frederick County, ARES has agreements with the American Red Cross and Frederick Memorial Hospital. The Military Affiliate Radio Service, a volunteer agency of the Department of Defense, links ARES, RACES, and REACT with military bases such as Fort Detrick during drills and disasters. REACT? That's Radio Emergency Associated Communications Team. Here Middletown Valley REACT is a part of REACT, International, with teams supporting relief agencies worldwide.

In their work as VISTAs, Al and Roy are working toward increasing the pool of volunteers in Volunteer Frederick's Emergency Volunteer Mobilization Programs. These include the Volunteer and Medical Reserve Corps, the Retired and Senior Volunteer Program (RSVP), and Volunteer Mobilization Centers designed to process and refer spontaneous volunteers during or after a disaster. ❁

RSVP Expands its Focus with Two Exciting New Initiatives

Volunteer Frederick's RSVP will be marking the end of its third year in Frederick County in September. This program, funded by one of ten grants awarded nationwide, was designed explicitly to demonstrate the role that older adults can play in keeping our communities safe. The project has recruited and enrolled 450 older adults working with organizations focused on public health, public safety, and disaster preparedness and relief.

While homeland security remains a major emphasis, RSVP has been granted permission to expand its focus to include high impact volunteer assignments addressing community needs such as education, the environment, the arts, and senior citizen advocacy.

RSVP's role nationally and locally is to encourage volunteering and other forms of civic engagement among the 55+ population as a key to addressing a wide range of pressing social issues. That role extends also to collaborating with other sectors of the community to find meaningful and fulfilling ways for older adults to engage in community life. One of those collaborations, with Frederick Community College's Institute for Learning in Retirement, will be a Life Options Fair.

RSVP's Life Options Fair Will Showcase Possibilities for Life After Retirement

The Institute for Learning in Retirement and the Commission on Aging are planning the second Senior Leadership Program for Spring 2006. This course helps older adults explore and evaluate Frederick institutions, agencies and organizations. Each session offers opportunities to become involved in the activities and issues discussed. Following the Senior Leadership course, RSVP will offer an all-day Life Options Fair at the FCC Conference Center for Senior Leadership participants and all interested Frederick County adults. Designed to be a celebration of the changing nature of retirement, the fair will give people inspiration, resources and information about different activities they might explore in retirement.

Workshops, exhibits, and an exciting keynote speaker will address five areas: lifelong learning, community service, employment and entrepreneurship, recreation and leisure, and wellness. Participants wishing to pursue interests with like-minded community members will be introduced to special interest groups as well as new possibilities for personal growth.

If you'd like to discover new opportunities and friends in Frederick County, we hope that you'll mark your calendar for the Life Options Fair on Tuesday, April 25, 2006.



Sue Adams, FCC's Institute for Learning in Retirement; Scott Martin, New Castle County, DE, RSVP; and Carol Haag, Volunteer Frederick's RSVP; met with RSVP volunteers on August 29 to discuss trends in senior volunteerism and organizing a Life Options Fair.

Pro Bono Consultant Program Launch

After examining our RSVP program and taking into account the increasing numbers of mature adults with professional backgrounds, we decided to replicate the Pro Bono Consultant Program developed in Montgomery County.

Based on RSVP's experience, 55+ adults are interested in achieving balance and flexibility in work, family life, leisure and volunteer time. When volunteering, they are interested in doing something real and substantial and they want to choose the time, duration and method of service. They are also interested in volunteering in new and unique ways. It is clear that the number and types of volunteer opportunities available do not always reflect their diversity, skills and needs.

Through focus groups and planning tools, we'll assist agencies in assessing their unmet needs and envisioning how highly skilled, transitioning and retired volunteers can meet those needs. Each job description will be designed to be time limited and measured by tangible outcomes. These projects could be:

Organizational: Finance, human resources, special event planning, public relations, research and evaluation, strategic planning, public relations, training and development.

Programmatic: Research, design or grant writing.

Technical: Database design, hardware and software support and selection, and IT training.

Trades: Plumbing, carpentry, landscaping.

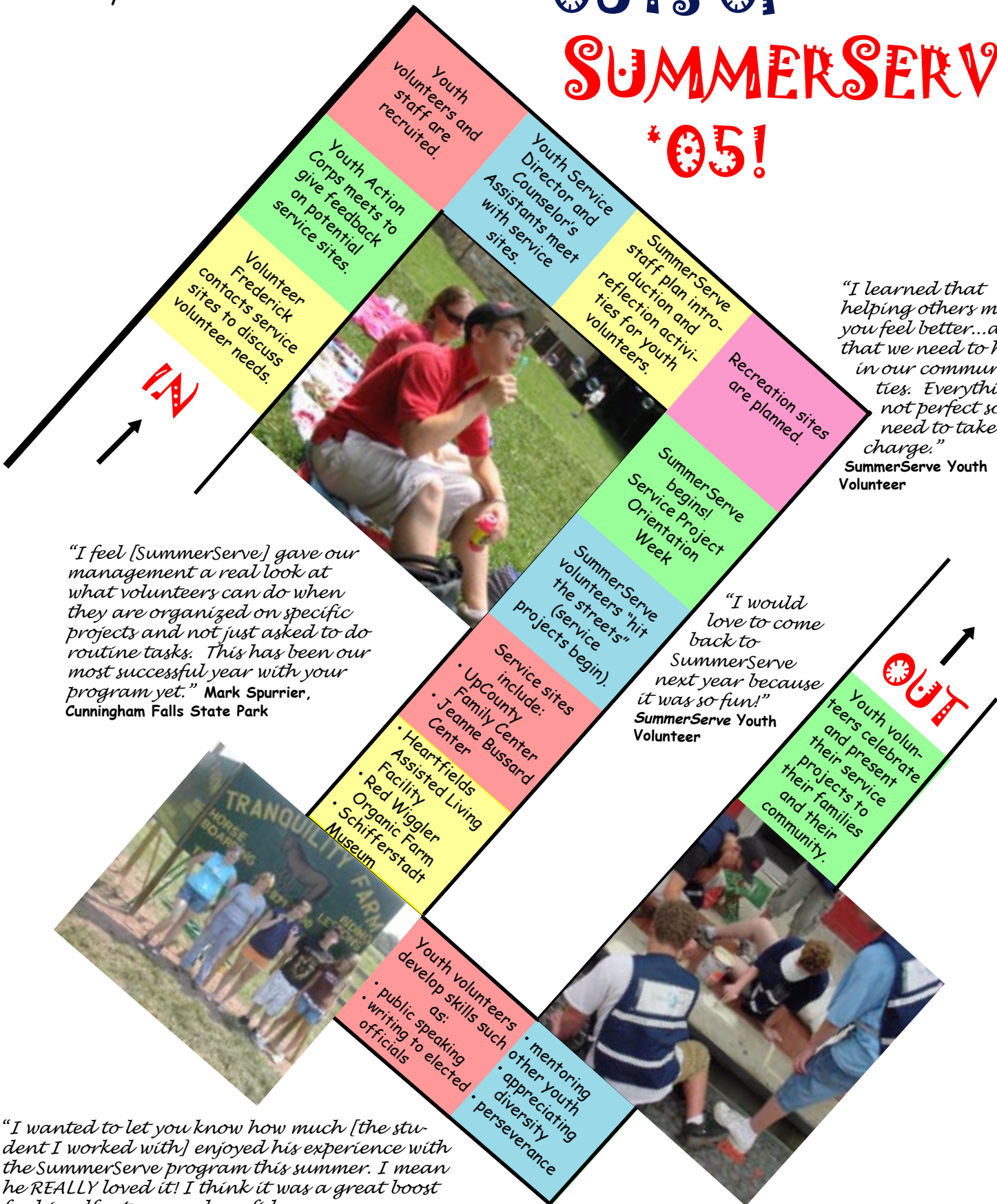
The Life Options Fair will promote the Pro Bono Consultant Program. Individuals will hear about and select projects that match their expertise.

For more information, or to make a suggestion or offer help developing the Life Options Fair or the Pro Bono Consultant Program, contact Carol Haag at 301-663-5214 ext. 1# or CarolHaag@volunteerfrederick.org. ❁

Volunteer Frederick's SummerServe and SummerServe Express programs just finished their 8th summer of service to the Frederick community. Here's a look at...

THE INS & OUTS OF SUMMER SERVE

*05!



"I learned that helping others makes you feel better...and that we need to help in our communities. Everything's not perfect so we need to take charge."
SummerServe Youth Volunteer

"I feel [SummerServe] gave our management a real look at what volunteers can do when they are organized on specific projects and not just asked to do routine tasks. This has been our most successful year with your program yet." **Mark Spurrier, Cunningham Falls State Park**

"I would love to come back to SummerServe next year because it was so fun!"
SummerServe Youth Volunteer

"I wanted to let you know how much [the student I worked with] enjoyed his experience with the SummerServe program this summer. I mean he REALLY loved it! I think it was a great boost for his self-esteem and confidence."
Stella Mayo, Local Social Worker

- Volunteers with the **Telephone Reassurance Program** make regularly scheduled calls to check in with senior citizens and home-bound people, provide companionship and a listening ear, and offer referrals when necessary. Volunteers receive six hours of classroom training and then two hours of on-the-job training. Call 301-663-0011 or sborg@fcmha.org
- The **Kids on the Block** program, a puppet troupe that educates children through entertainment, trains volunteer puppeteers to perform at schools and community groups throughout Frederick County. Volunteers memorize scripts provided by the KOB program and must have flexible weekday availability. This position is ideal for stay-at-home parents, retirees, and students with flexible schedules. Call Beth Santa Maria at 301-663-0011 or bsantamaria@fcmha.org.
- The **Supervised Visitation** program, provides a safe supervised environment for children and their non-custodial parents to develop or re-establish an ongoing familial relationship.

Monitored Transfer provides parents in conflict a means to safely transfer their children in shared custody situations. Volunteers are needed on Friday evenings from 6-9pm and Sundays from 3-6pm to help supervise the visits and transfers of children. Training is provided. Call Tom Hamm at 301-663-0011 or thamm@fcmha.org.

- **The CASA (Court Appointed Special Advocates) program** trains volunteers to assist abused and neglected children in the foster care system as their cases move through the court system. CASA volunteers work within the child welfare system to try and find the best solution for the child they are representing – a safe, permanent home. Extensive training provided. Call Jennifer Fuss at 301-663-0011 or jfuss@fcmha.org.

Potential volunteers have many interesting and challenging opportunities awaiting them at MHA; training requirements and schedules vary. If you are interested in volunteering for the Mental Health Association, call 301-663-0011 or visit their website at www.fcmha.org. ☺

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Visit our web site at:

<http://www.VolunteerFrederick.org>

Hurricane Katrina Relief Efforts

September is National Preparedness Month, and as we witness the aftermath of Hurricane Katrina the importance of being prepared for emergencies hits home. This month, since many people want to help we have listed ways that you can get involved.

- ❖ *The devastation that has occurred in Louisiana, Mississippi and Alabama as a result of Hurricane Katrina has reached unimaginable proportions, and the extent of the damage caused is still unfolding. Volunteer Centers in the affected areas are reeling from the impact and from the demands for assistance that they are receiving from their communities. Currently the Centers are helping to recruit and place volunteers in shelters and other areas identified by their local emergency management offices. The situation is changing rapidly; we have information about some ways you can help. Meanwhile, please do not:*

- ◆ *send **unsolicited** donations of clothing, food and other material goods*
- ◆ *travel to the affected communities to volunteer **unless you have an assigned role by an organization with whom you have already affiliated, a method of transportation, and a place to stay***

*For some general guideline on how you can help, see **FEMA's Charity tips** at www.fema.gov/rrr/help2.shtm*

Volunteer Activities

You can volunteer locally, or train with the Red Cross to help out in the affected regions. To receive updates about how you can help the victims of Hurricane Katrina, contact Jack Lynch, Volunteer Frederick's Emergency Volunteer Coordinator at 301-663-5214 ext 4 # or jacklynch@volunteerfrederick.org.

- ❖ *The **American Red Cross of Central Maryland** has three opportunities for volunteers interested in assisting with Katrina Relief. Note: The volunteer coordinators of the Central Maryland Chapter of the American Red Cross want volunteers to know how appreciative they are of the outpouring of support and offers of help. Due to the volume of inquiries the Red Cross is handling at this time, volunteers will only receive an email reply if their services are needed at the time of inquiry. The need for volunteers fluctuates regularly depending on requests coordinated by the national office.*

Healthy volunteers are needed to travel to the Gulf Coast for the American Red Cross's Katrina relief effort. Volunteers willing to be deployed for three weeks under hardship conditions will be scheduled for a one-day intensive training offered every Wednesday throughout October and November at the Central Maryland Chapter at 4800 Mount Hope Dr. in Baltimore. Volunteers could be asked to deploy 48 hours or

more after training. For more information email hurricane@arc-cmc.org or visit www.redcross-cmd.org/Chapter/katrina.html.

Volunteers are needed in the Central Maryland office to help coordinate registrations for one-day training sessions for volunteers who are ready to deploy. Volunteers will field email inquiries and enter registration information in a MicroSoft Access database.

Volunteers are needed for 9am – 5pm shifts daily, including weekends. The office is located at 4800 Mount Hope Dr. in Baltimore. For more information email hurricane@arc-cmc.org. For directions to the office visit www.redcross-cmd.org/Chapter/hqmap.html.

Volunteers are needed to assist with community fundraising initiatives benefitting the American Red Cross relief efforts. Volunteers assist with implementing fundraising contracts, delivering collection cans to community groups holding fundraisers, and representing the Red Cross when collecting the donated funds. To inquire, email hurricane@arc-cmc.org

- ❖

The **Religious Coalition for Emergency Human Needs** will be assisting victims of Hurricane Katrina who have relocated in Frederick County. Contact them at 301-631-2670 to learn more about any of the volunteer positions described below.

The Coalition is in need of office volunteers during the day from Monday - Friday to assist in handling increased calls, serving families coming to the Coalition office, and assisting with coordinating resources. Volunteers are needed between 10:00 a.m. - 2:00 p.m. Monday - Friday. They are asking volunteers to serve one day per week.

Groups (or individuals) can also conduct a food or hygiene drive. *Food must be non-perishable and preferably in non-glass containers.* Donations of canned fruits, vegetables, meats, pasta, peanut butter are urgently needed. Donations of toilet paper, toothpaste, toothbrushes, detergent, shaving cream and razors are also needed.

- ❖ **Volunteer Frederick's Youth Action Corps** is looking for youth (11-17) to participate in a service learning project that will raise awareness about disaster preparedness and help victims of Hurricane Katrina. Working under the supervision of the Youth Service Director, the group will solicit designs for a mural with a disaster preparedness theme from the art departments of local schools and install it at FSK Mall.

Hurricane Katrina Relief Efforts

- ❖ **The Maryland Food Bank** is looking for volunteers who would like to help sort and box food that will be sent to supply to victims of Hurricane Katrina. Sorting will take place at the Maryland Food Bank, at 2200 Halethorpe Farms Road, in Baltimore. Volunteers must be 12 years of age and older. Closed toed shoes must be worn! Volunteers are needed Monday through Friday from 9:00 a.m. to 3:00 p.m., or during one of the following special after hours shifts:

September

Wednesday, September 21 - 5:30 to 8 p.m.

Saturday, September 24 - 8:30 a.m. to 12 noon

October

Tuesday, October 4 - 3 to 6 p.m.

Saturday, October 8 - 8:30 a.m. to 12 noon

Wednesday, October 19 - 5:30 to 8 p.m.

November

Tuesday, November 1 - 3 to 6 p.m.

Saturday, November 12 - 8:30 a.m. to 12 noon

Wednesday, November 16 - 5:30 to 8 p.m.

To sign up: Contact Barbara Craig at 410-737-8282, ext. 232 or craig@mdfoodbank.org

- ❖ **One Day's Pay**, the national nonprofit organization working to establish September 11 as an annually recognized National Day of Voluntary Service, announced today that it has created a centralized "one-stop" online registration page, located at www.onedayspay.org, for people interested in volunteering to help victims of Hurricane Katrina.

Cash Donations

A cash donation to a responding group is a great way to help out now. Cash donations directly help both victims of Hurricane Katrina and the local economy.

- ❖ If you'd like to help out locally, **Frederick County's Religious Coalition for Emergency Human Needs** has set up the **Frederick County Katrina Fund**. The fund provides rental, prescription and transportation assistance to victims of Katrina who have relocated in Frederick County. All dollars donated will remain in Frederick County.
- ❖ **Salesforce.com** will match your donation to the **Points of Light Foundation**, dollar for dollar, if you donate to the fund they have set up. The Points of Light Foundation is playing a vital role in response to the catastrophe in the aftermath of Katrina by mobilizing and coordinating volunteers in and around the affected areas. You can assist in this vital work - and double your donation - by going to **Salesforcefoundation.org**, and designating Points of Light Foundation as the recipient organization.
- ❖ **MissionFish** (<http://www.missionfish.org/promo/2005/katrina/index.jsp>) and **eBay Giving Works** (<http://pages.ebay.com/givingworks/>) offer a way to help relief efforts through charitable online auctions. Buy or sell items to support one or more of 20 organizations involved in hurricane relief.

More Organizations

Network for Good:

http://www.networkforgood.org/topics/animal_envirom/hurricanes/?source=C

Red Cross:

1-800-HELP-NOW or www.redcross.org/
1-800-257-7575 (Spanish)

Salvation Army:

1-800-SAL-ARMY or www.salvationarmyusa.org/

Catholic Charities:

1-800-919-9338 or www.catholiccharitiesusa.org/

Episcopal Relief & Development:

1-800-334-7626 or <http://www.er-d.org/>

United Methodist Committee on Relief:

1-800-554-8583 or gbgm-umc.org/umcor/emergency/hurricanes/2005/

Operation USA:

1-800-678-7255 or www.opusa.org

National Voluntary Organizations Active in Disaster:

www.nvoad.org/

Islamic Relief:

www.irw.org/katrina

Humane Society of the United States:

www.hsus.org

Louisiana Society for the Prevention of Cruelty to Animals:

www.la-sPCA.org/

ICNA Relief:

icnarelieff.org

Humane Society of the United States:

www.hsus.org

Adventist Community Services

1-800-381-7171

America's Second Harvest

1-800-344-8070

Christian Disaster Response

941-956-5183 or 941-551-9554

Christian Reformed World Relief Committee

1-800-848-5818

Church World Service

1-800-297-1516

Convoy of Hope

417-823-8998

Lutheran Disaster Response

800-638-3522

Mennonite Disaster Service

717-859-2210

Nazarene Disaster Response

888-256-5886

Operation Blessing

1-800-436-6348

Presbyterian Disaster Assistance

800-872-3283

Salvation Army

1-800-SAL-ARMY (725-2769)

Southern Baptist Convention — Disaster Relief

1-800-462-8657, ext. 6440