The Helpline Center....

* Mission Statement: **Making lives better by giving support, offering hope and creating connections all day, every day.**

* Three programs in the Black Hills:
  * 211 Resource Line
  * Volunteer Connections program
  * Suicide and Crisis Support
The Helpline Center....

- 211 is federally designated number – 90% of country
- 24/7 call center + resource database
- 211 is available in the Sioux Empire, Black Hills, Brookings, Madison, Huron, Vermillion, Yankton areas (16+ counties). 70 percent of SD now has access to 211.
- Suicide and Crisis Support is available statewide
- Volunteer Center in Sioux Empire, Black Hills, and Brookings
Volunteer Connections

* We are the community’s connection point between Black Hills area non-profit organizations and people who want to volunteer. An online database at www.helplinecenter.org features hundreds of ways to volunteer at local non-profits. Individuals, groups, families and companies can also receive personal assistance in finding volunteer opportunities by dialing 211.
Everything revolves around online database at helplinecenter.org
We recruit volunteers for 148 Rapid City/Black Hills area nonprofits.

Approximately 200 volunteer opportunity dates on the public database at helplinecenter.org.
What does Volunteer Connections offer?

* Weekly email/text - 1,500+ people.
* Volunteers call 211 to get connected or access the online database.
* Volunteer of the Month.
* 3rd Annual Volunteer EXPO - Oct. 28.
* Annual Volunteer Manager Training (2 day).
* Brown Bag Luncheons.
* Spirit of Volunteerism Awards - 2016 event – 47 nominated & 325 attended.
Volunteer email

For Immediate Release
May 30, 2017
Contact: Lynn Taylor Rick
Contact Number: Dial 211 or 274-1429

Building a Better Community Through Volunteering
For information on these volunteer opportunities, and hundreds of others in the community, click on the links, dial 211 or visit www.helplinecenter.org.

Assembling football pool books
Canyon Lake Senior Center is in need of volunteers to assemble football pool books, which are sold annually as a fundraiser. Approximately six to eight volunteers are needed mid-June, with the exact times yet to be determined.

Gardening with Residents
Every Monday from 1 p.m. to 2 p.m., the Mercy Housing Northern Heights gardening club gets out to work in the community garden. Mercy Housing invites volunteers who enjoy gardening to join them each week or as available. Mercy Housing has partnered with Feeding South Dakota to donate some of the harvest back into the community to feed those in need.

Performance camp volunteers
The Rapid City Arts Council education department is in need of volunteers for the summer performance camps. Volunteers are needed at the following camps: "Rotten to the Core," June 19-23, 9 a.m. to 4 p.m.; "Down the Rabbit Hole," July 24-28, 9 a.m. to 4 p.m.; and "Retro Fresh," August 7-11, 9 a.m. to 4 p.m. Camp volunteers assist instructors in the classroom with various duties, including setting up the art room, working with students to complete projects, monitoring breaks for the younger students, interacting with students, helping children follow directions to ensure completion of art work, and cleaning the classroom after class. In addition, volunteers assist with setting up student art exhibits or performances, building sets and props, making costumes, painting backdrops and other duties as assigned.

Unpacking & organizing food shipment
Volunteers of America seeks volunteers to help unload and organize a shipment of food for the Ryan White program. Through the Ryan White program, Volunteers of America provides financial and clinical assistance to HIV-positive adults who are living at or below 300% of the poverty level. Volunteers must be able to lift heavy boxes and be able to comfortably bend and squat.

If you wish to no longer receive these emails, send an email to lynn@helplinecenter.org with "unsubscribe" in the subject line.
Volunteer Text

Text BHVOL to 898211 to receive weekly community volunteer reminders.
Volunteers Sow the Seeds of Service

Join us at the Spirit of Volunteerism Awards as we honor the volunteers who make our community great!

Spirit of Volunteerism Awards
Tuesday, May 2, 2017
11:30 am to 1 pm
Best Western Ramkota, Rushmore Room

Tickets: $30 each | Reserve a table of 10 for $300
REGISTER AT: 2017BlackHillsSVA.eventbrite.com
RSVP Deadline: April 21
For more information, dial 211.

Sponsored by:

[Logos of various sponsors]

dial 2-1-1
helplinecenter.org
2017 Summer of DIY

Do It Yourself Volunteer Project: Donate Baked Goods

PROJECT OVERVIEW:
Have you always wanted to share Grandma’s chocolate chip cookie recipe? Do you enjoy baking, but don’t want all of those goodies sitting around on the counter? This DIY volunteer project can help! The Helpline Center will deliver your donated baked good to local nonprofit organizations.

ITEMS NEEDED:
1. Pastry items (per recipe)
2. Bowls and kitchen utensils
3. Baking ingredients
4. Air-tight bag or containers (you are willing to give away)

WHAT TO DO:
1) Gather needed materials
2) Follow directions per recipe
3) Completely cool baked good
4) Place baked goods in air-tight bag or container

ADDITIONAL IDEAS:
• Don’t have Grandma’s recipe? Try searching Pinterest or Google.
• If you have extra time, host a bake sale and donate the proceeds to a local organization.

DELIVERY:
Once your DIY volunteer projects are complete, please deliver them to your local Helpline Center.
• Crookston 56716: 306 3rd Avenue South, Suite 207
• Denham Springs 70726: 1009 South Railroad, Suite 207

PROMOTE:
• Share with the Helpline Center, family and friends by posting a picture and/or comment about the experience on our Facebook page or Tweeting us @helplinecenter with hashtag DIYVOLO30

Helpline Center
VOLUNTEER CONNECTIONS
Greetings from SOUTH DAKOTA

#4 in VOLUNTEERING AMONG STATES

SOUTH DAKOTA

228,660 thousand
volunteers

21.5 million
hours of service

$469.9 million
estimated value of service

Find a volunteer opportunity NOW!

VolunteeringinAmerica.gov  #GoVolunteer
Value of a Volunteer Hour

South Dakota: $20.29
National Value $23.56 per hour

Source: Independent Sector - http://independentsector.org/volunteer_time
VOLUNTEERING BOOSTS JOB PROSPECTS

Volunteers have higher odds of finding a job after being out of work than non-volunteers

Volunteerism allows individuals to develop key skills that are essential to success in the workforce. These skills include: leadership, communications, fundraising/business development, patience, problem solving, public speaking, and coaching/mentoring, among others.

Source: Youth Service America: http://ysa.org/whats-in-it-for-me/
Research conducted by UnitedHealth Group reveals that volunteers are more likely than non-volunteers to consider themselves in excellent or very good health.

There is also a strong connection between volunteering and mental/emotional health: doing good helps us to stress less, and less stress is an important component to staying healthy.

Source: Youth Service America: http://ysa.org/whats-in-it-for-me/
Happy! Happy! Happy! Happy!

People who volunteer are 42% more likely than people who don't to say they are "very happy"
Be Happy, Volunteer!
Where do I start?

helpline center
VOLUNTEER CONNECTIONS

CLICK HERE TO ACCESS
VOLUNTEER DATABASE
Search the calendar for time and date specific volunteer opportunities.
Search for opportunities with a specific nonprofit organization.

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>City</th>
<th>State</th>
<th>Impact Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Million Cups</td>
<td>Brookings</td>
<td>SD</td>
<td>Civic &amp; Community</td>
</tr>
<tr>
<td>7th Cavalry Drum and Bugle Corp of Rapid City</td>
<td>Rapid City</td>
<td>SD</td>
<td>Arts &amp; Culture</td>
</tr>
<tr>
<td>AARP FOUNDATION - TAX AIDE</td>
<td>Sioux Falls</td>
<td>SD</td>
<td>Civic &amp; Community</td>
</tr>
<tr>
<td>AARP Foundation Tax-Aide</td>
<td>Rapid City</td>
<td>SD</td>
<td>Senior Services</td>
</tr>
<tr>
<td>Active Generations</td>
<td>Sioux Falls</td>
<td>SD</td>
<td>Senior Services</td>
</tr>
<tr>
<td>Adult Services &amp; Aging (Rapid City)</td>
<td>Rapid City</td>
<td>SD</td>
<td>Senior Services</td>
</tr>
<tr>
<td>Advance</td>
<td>Brookings</td>
<td>SD</td>
<td>Health &amp; Wellness</td>
</tr>
<tr>
<td>Allied Arts Fund</td>
<td>Rapid City</td>
<td>SD</td>
<td>Arts &amp; Culture</td>
</tr>
<tr>
<td>Alpha Center</td>
<td>Sioux Falls</td>
<td>SD</td>
<td>Adult Education</td>
</tr>
<tr>
<td>ALS Association, MN/ND/SD Chapter</td>
<td>Minneapolis</td>
<td></td>
<td>Health &amp; Wellness</td>
</tr>
</tbody>
</table>
Search the database to see all volunteer opportunities listed.
Select an opportunity that is of interest and read more or Express Interest at the bottom of the description to send an automatic email to the nonprofit agency with your contact information.
Thank You!

Lynn Taylor Rick, Volunteer Connections Coordinator
Direct line: 605-274-1429
Community Resources: Dial 2-1-1

www.helplinecenter.org
lynn@helplinecenter.org