



VOLUNTEER MONTGOMERY

March 2024 Updates:

Dear Volunteer,

Thank you to everyone that was able to attend our Open House on February 3rd with approximately 40 people in attendance. We were delighted to host a few of our partner agencies. Attending were the Montgomery County Animal Care and Adoption Center, Montgomery Floyd Regional Library, Montgomery County Christmas Store, and NRV CARES. Children and adults of all ages enjoyed crafts, snacks, hot cocoa, and animals were adopted as a result of the event!



A special thank you to Karen Anders, Brenda Arnold, Bev Bridges, Sharon Brown, Sarah Carter, Todd Hayes, Rosemary Jones, Shirley Mullins, and Sally Anna Stapleton for volunteering to help with the event!



SOLD OUT! We have reached maximum capacity for Bingo Night and we're looking forward to seeing everyone on March 6th at Iron Tree Brewing Company from 6-9 PM!

We would like to recognize the following volunteers for donating gift cards. Thank you to Barbara Parrish, Deena Flinchum, Jolene Rawlings, Rich Rawlings, Sally Anna Stapleton, Susan Miller, Erma Jones, and Marguerite Goodhart.

Recipes Needed

The **Volunteer Montgomery Fundraising Committee** is planning to do a **Cookbook Fundraiser** and we need your help! We are seeking at least 200 recipes from our volunteers. If interested, please type the recipe and email it to volunteermontgomery@montgomerycountyva.gov. If you need assistance, you can make an appointment to bring your recipe to our office and we will make a copy and type it for you. Thank you in advance for your support!

Valentines for Veterans

This year, 19 volunteers, ages 3 to 84, made 490 Valentines for Veterans and donated them during our Craft Day on February 9th. Afterwards, 1 volunteer delivered the cards to the VA Medical Center and Virginia Veterans Care Center in Salem.



2024 Advisory Council

Volunteer Montgomery would like to welcome our newly elected, appointed members, and returning members to the Advisory Council. They consist of Sherri Blevins, Lynn Brammer, Sarah Carter, Jack Davis, Nola Elliott, Deena Flinchum, Andi Golusky of NRV CARES, Rosemary Jones, Kathy Mills, Molly Moulder of New River Community Action, Sally Anna Stapleton, Amanda Terry of Montgomery County Parks and Recreation, Carol Trutt, Reanna Willey of 4H, and Linn Willingham of Commonwealth Senior Living to form the 2024 Advisory Council. The officers elected to serve this year are Chairperson Rosemary Jones, Vice-Chairperson Sherri Blevins, and Secretary Deena Flinchum. **The Volunteer Montgomery staff and volunteers are grateful for this committed group. We look forward to all of the projects we will work on together through the Council.**

Meeting Notice: The Council will meet on Thursday, March 9 at 11:30 am in the Activities Room. An agenda and minutes from the February meeting will be emailed to members.



How to Sign Up for the Big Event at Virginia Tech

The Big Event will be held on **Saturday, April 6** and is a student-run day of service that has grown into the second largest event of its kind in the nation. Every spring, thousands of students, faculty, and staff come together to complete nearly 1,200 community service projects throughout Blacksburg, Christiansburg and the New River Valley with the purpose of saying Thank You. If you need help with general yard work, painting, cleaning, washing windows or minor repairs you must complete a form and mail it in or register online at www.vtbigevent.org. You may visit the Volunteer Montgomery office for assistance with the registration process. Email communications@vtbigevent.org for more information. The deadline to register is Friday, **March 15th** at midnight.

Opportunity for all age groups → How to Help: VT Big Event Workday at Pulaski Community Youth Center (PCYC)

When: Saturday, April 6 10am - 4pm (volunteers welcome anytime within those hours!)

Where: 6671 Riverlawn Ct. Fairlawn, VA

What: Workday is focused on our garden and outdoor space. We will be resetting and rebuilding raised beds, and improving our outdoor classroom space. Bring your tools, skills and joyful hearts.

LUNCH AND DRINKS PROVIDED!

Click on the following link to sign up: VT Big Event Workday at PCYC Registration:

https://docs.google.com/forms/d/e/1FAIpQLSdlUQtT_XnAR94Clt4b8E4z9LoV_OkJJYNFV3if7aWT8e8sfg/viewform?usp=sf_link [docs.google.com]

SEEKING STORIES

Overcoming the Fear of Falling

MAKE A DIFFERENCE

Have you experienced a fall that left you feeling anxious or afraid of falling again?

Your story can inspire and help others facing similar challenges.

Please consider participating in a free 30-minute interview either in person or via Zoom.

Together, we can empower others to take proactive steps toward fall prevention and regain their confidence.

WHO I'M LOOKING FOR

- Individuals aged 60 and above who have experienced a fall.
- Those who have felt anxious or fearful of falling again.
- People willing to share their experiences and insights.

CONFIDENTIALITY

All interviews will be conducted with the utmost confidentiality and respect for your privacy. Your personal information will be kept confidential, and your story will only be used for research purposes.

PLEASE CONTACT

EMAIL

- laurayoga4@gmail.com

OR SCHEDULE ZOOM DIRECTLY

- <https://calendly.com/chittarupa-yoga>



LAURA WILSON
Chittarupa Yoga

ACE and YogaI certified with over 17 years of experience working with older adults and exercise.

Program Updates:

Inclement Weather Policy

If Montgomery County Schools are closed, all scheduled activities will be cancelled. If schools are on a delayed schedule, regularly scheduled morning activities will be cancelled. For afternoon activities, a decision will be made by 12:00 noon, so volunteers should call the office to check on those activities. If you are signed up to help with a seasonal activity and schools are on a delayed schedule, please call 382-5775.

Montgomery County Government Closing Information

If Montgomery County Government offices close due to inclement weather, the Human Services Division/Volunteer Montgomery office is closed. Please call 540-394-2120 or visit www.montgomerycountyva.gov for updates.



Do you enjoy working with older adults?

Then the part-time position, as the Coordinator of the Christiansburg Friendship Café, located at the Christiansburg Recreation Center, might interest you! This position involves supervising participants meeting for planned activities and lunch 3 days per week. Candidates for the position must have good communication and organization skills in addition to enjoying working with older adults.

For more information, a complete job description and an application, contact Gretchen Lawson at NRV Agency on Aging at 540-980-7720 or at nutrition@nrvaooa.org.

The New River Valley Agency on Aging is an Equal Opportunity Employer and offers a Drug-Free Workplace.



Volunteer Opportunities:

Home Expo

The NRV Homebuilders Association Home Expo will be held during the weekend of March 23-24 at the Christiansburg Recreation Center. Volunteers are needed to stuff goody bags for the event this year, as well as help at the entrance to hand out the bags during the weekend of the show. The show times are the same (9-5 on Saturday and 12-5 on Sunday).

Opportunity for all age groups → We plan to stuff goody bags on Thursday, March 14 from 6-8 pm. **Please call, text, or email the office if you would like to help with bags or during the show!**

Montgomery County Broomin' & Bloomin'



Volunteers are needed to help during the materials pick-up dates at the Montgomery County Government Center, 755 Roanoke Street, Christiansburg.

Two volunteers are needed for each of the following time slots.

- Tuesday, April 16 from 4pm to 6pm
- Thursday, April 18 from 7:30 am to 9:30 am

Please call, text, or email the Volunteer Montgomery office to sign up!

Intrepid Hospice

Volunteering is about making a difference to patients and families at a very difficult time in their lives. For volunteers it can be a truly rewarding experience knowing that through your efforts you have made a positive impact on another person's life.

Goal of Volunteer Services:

- To aid the patient in improving their quality of life.
- o Relieve isolation and boredom.
 - o Normalize day-to-day living.



For more information on how you can make that important first step please call us at our Radford Care Center at (540) 639-3280

Or come by our office at 101 West Main Street • Radford, VA 24141

A large graphic for Intrepid USA volunteer recruitment. It features a collage of images: an elderly woman smiling, a woman in a white shirt with 'VOLUNTEER' on the back, and several hands stacked together. The Intrepid USA logo is in the top right. At the bottom, the text reads 'make a difference volunteer with us' and the website 'www.intrepidusa.com' is listed.

make a difference
volunteer with us

www.intrepidusa.com

The primary goal of a hospice volunteer is to provide empathy and companionship to the patient during difficult times. The duties of a volunteer vary depending on the needs of the person they are caring for.

Hospice volunteers enjoy spending time with the patient, and participating in some of their favorite pastimes, like playing cards, watching TV, reading Scripture, and having devotions together.

Besides working with patients directly, there are many other ways for a volunteer to serve including more office-oriented roles, such as assisting with preparation of Easter baskets, birthday gifts, Christmas baskets, mailings, and data entry. **Call Volunteer Montgomery for more information.**

Food Drive
for Hunger



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A message from Auburn Backpack – Fruit Cup Collection

Auburn United Methodist Church supplies week-end backpacks of food for the children in need at all 3 of the Auburn schools in Montgomery County. Due to the grocery prices increasing so much recently, all budgeted funds have been used and we are now asking for donations of money and/or food items so we can continue this program. **We are asking Volunteer Montgomery to collect fruit cups for us in the month of March to help out.** We do provide 2 types of fruit for the week-end for each child; one being a fruit cup. When the children have an added day off (teacher workday), or several days off (Spring break, etc.), we try to pack enough food to cover those days also. Right now, we are providing for 87 children each

week and that number is likely to increase before the school year is over.

Please bring your donations to Volunteer Montgomery by Friday, March 29.

Designer Handbags Needed

Volunteer Montgomery is making plans for a Designer Handbag Auction to come! In preparation for the event, we are seeking new and gently used designer purses whose original retail value exceeded \$100 for the auction. Handbags can be dropped off at the Volunteer Montgomery office during business hours—Monday through Friday, 8:30 am – 5:00 pm.

Please note, any purses that show significant wear (rips, tears, stains, extensive fraying, etc.) or do not meet the \$100 retail value will not be accepted for this particular event but can potentially be donated to MCEAP Thrift Store.

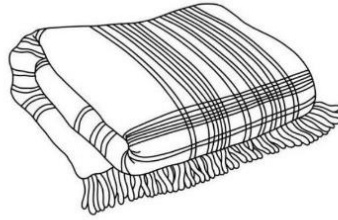
Your support will help ensure that we can continue to benefit community members in need. If you have any questions, please do not hesitate to reach out to the Volunteer Montgomery office.



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Project Linus Blanket Day

Project Linus Blanket Day Help Make Blankets For Children in the New River Valley!



WHEN: Saturday, March 16, 2024
9:00 am until 3:00 pm

WHERE: Grove United Methodist Church
1020 Tyler Ave, Radford, VA 24141

ACTIVITIES:

Drop off completed blankets

Make new blankets

(some fabric provided and you are welcome to bring your own)

Work on your own blanket that you've already started for Project Linus

Sew tags on completed blankets

Sewing machines available for use

A light lunch will be provided.

NRV-Radford Project Linus accepts new: handmade quilts, blankets, crochet and knit afghans. No wool yarn allowed.

Fleece blankets must be single-layer without knots. Pattern available on our website: www.nrvprojectlinus.org

Please contact coordinator Penny Sweet for additional information:

Cell: (540) 230-6209

E-mail: nrvprojectlinus@gmail.com

American Red Cross

The Red Cross Donation Center at Kent Square in Blacksburg needs volunteers, 16 and over, to assist with registration. Free parking is provided in the parking garage. Training is provided. Contact the office for more information.

A message from Literacy NRV

VOLUNTEER TUTORS NEEDED

Are you interested in helping another adult to improve their skills in reading, writing, basic math, ESOL (English for Speakers of Other Languages), or basic computer skills, or to prepare for exams such as the GED or U.S. Citizenship Exam? We need your help! You can make a significant impact by helping adults in New River Valley improve their literacy skills. Literacy NRV provides one-to-one or small group tutoring and classes in public locations throughout the NRV, in-person or virtually. We have short-term and long-term volunteer commitments and would love to have you join our mission to change lives through literacy! No experience is required, just a willingness to help. Find out more at www.literacynrv.org [literacynrv.org] or give us a call at (540) 382-7262.



Make a butterfly... make a difference in the life of someone in need of encouragement!

At Spirit FM, we're collecting butterflies made out of anything you would like – construction paper, fabric, pipe cleaners, coffee filters... let your imagination soar! Your butterfly will be paired with an encouraging note and given to one of our friends and neighbors needing love and hope. It's a very special project called Butterfly Hugs®!

There is no deadline! We will be collecting butterflies indefinitely. Smaller butterflies that can fit inside greeting card envelopes are especially needed. Your greeting card-sized masterpieces will be mailed to those precious friends who are too far away to receive a hand-delivered Butterfly Hug®.

Supplies and shipping are provided by Volunteer Montgomery!

We accept the following donations:

- **Stamps for the Wounded** – please leave at least a quarter-inch margin of paper around used postage stamps you tear off envelopes or packages.
- Gently-Used Paperback Books for **Operation Paperback**. We have a container for books inside the volunteer office.
- Manufacturer's Coupons for the **Overseas Coupon Program** (can be used for 6 months after expiration date)
- Eyeglasses for the **Lions Club**
- Aluminum tabs for the **Ronald McDonald House**
- Bud vases for our annual **Flowers for Veterans** program

The following activities are scheduled in **March** and we will be providing transportation for volunteers. Contact the office for more details. Please note that we are **returning to English Meadows** for the Tea Party!

- | | | |
|--|----------|---------|
| • Spring Oak Senior Living - Birthday Party | March 15 | 3 pm |
| • English Meadows – Tea Party | March 18 | 10 am |
| • Virginia Veterans Care Center – Birthday Party | March 19 | 2:30 pm |
| • Kroontje Health Care Center – Birthday Party | March 20 | 2:30 pm |
| • Commonwealth Senior Living – Party | March 28 | 3:15 pm |

Volunteer Information:



Volunteer Hour Sheets

You can submit volunteer hours by mail, email or by visiting <https://forms.montva.com/Forms/RSVP-hours>. If you use this link, your volunteer time will be emailed to staff.

Please let us know if you would like a paper copy or a fillable form to save to your tablet or PC.

210 S. Pepper St.,
Suite D,
Christiansburg, VA
24073

www.montva.com

 = VolunteerMontgomeryVA
 = volunteermontgomeryva

Office:540-382-5775
Cell:540-239-1088



MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4	5 Scholarship Committee 3 PM	6 Bingo at Iron Tree 6 - 9 PM	7	8	9
10 Daylight Savings Time Begins!	11 Coupons/Cards 9-12 Recognition Committee 10 AM	12	13	14 Home Expo Bagging Event 6-8 PM Activity Room	15 Spring Oak Party 3 PM	16 Project Linus Blanket Day 9-3
17 St. Patrick's Day 	18 English Mead- ows Tea Party 10AM Marketing Committee 11 AM	19 Virginia Veterans Care Center Visit 2:30 PM - Leave Office at 1:30 PM	20 Kroontje Party 2:30 PM	21 Advisory Council Meeting 11:30 AM	22	23 Home Expo at C'burg Rec Center 9-5
24 Home Expo at C'burg Rec Center 12-5	25 Coupons/Cards 9-12 Fundraising Committee 10:30 AM	26	27 	28 Commonwealth Senior Living Party 3:15 PM	29	30
31						



BIRTHDAYS THIS MONTH

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March Birthdays:

- Jane Okeeffe 3/1
- Garnet Mays 3/2
- Esther V. Brann 3/5
- Sue A. Tysor 3/5
- Kathy Mills 3/6
- Amy Reuter 3/7
- Miriam Rose McClure 3/8
- Anna Knapp 3/8
- Joan Grayson 3/11

James Marston 3/12

Regina Howard 3/20

Jim Webster 3/22

Claude Wimmer 3/22

James Wilson 3/24

“May love and laughter light your days and warm your heart and home.

May good and faithful friends be yours, wherever you may roam.

May peace and plenty bless your world with joy that long endures.

May all life’s passing seasons bring the best to you and yours.”

-Irish Blessing

Thank you for all you do to be a blessing in our community!

In service,

Mandy Hayes

Volunteer Montgomery Coordinator
Montgomery County Human Services

