

The Goods:

Kenneth Young Center Newsletter

The Goods: something of value - the inside story - what we promised to deliver

April is National Volunteer Month

Kenneth Young Center would like to give a VERY special thank you to all of our 400+ volunteers who are the backbone of what we do, without them, nothing would be possible! This special edition of The Goods newsletter is dedicated to our volunteers.



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DID YOU KNOW?

Did you know volunteers are some of the most admired, respected members of the community?

Volunteers are held in the highest esteem not only by the organizations or persons which they volunteer for, but also by the community at large. The terms "respect" and "admiration" are often used simultaneously when referring to volunteers.

Volunteering means giving back selflessly without pay or compensation - it is done solely out of the kindness of heart. Kenneth Young Center tries its best to show appreciation to volunteers, because without them, we would not succeed. We host volunteer appreciation dinners, give out awards, provide special communications, resale shop coupons and many, many thank yous.

AT KYC, we have seen several unique and generous ways that members of the community chose to honor local volunteers. Some of those ways include:

- Making a donation in honor of a special volunteer.
- Making a memorial gift in memory of someone who had a volunteer project close to his/her heart.
- Recognizing a special volunteer at his/her house of worship, work place or at a community-wide event.

Did you know that in 2010, it was estimated that the average volunteer's time is worth \$20.85 per hour? Let's assume you volunteered for a four hour shift once a week at the resale shop... that means you donated over \$4,000 worth of time to Kenneth Young Center a year. That is extraordinarily generous and beneficial to the community!

\$20.85 per hour x 208 hrs per year = \$4,336.80 donated a year

No one can argue with those numbers! In the eyes of the staff at KYC, volunteers are the most respected and admired members of the community who deserve the highest regards.

RECOGNITION

Cleveland Burkitt

Kenneth Young Center would like to give special recognition to an outstanding volunteer, Cleveland Burkitt. Cleveland has been a volunteer with KYC for more than two years, and in that time, he has become an invaluable family member at the resale shop.

Last year, the shop underwent some extensive remodeling, and Cleveland stepped up to the plate and went far above what we imagined. He took upon himself to install a slat wall; construct and mount shelves, clothes racks and fixtures; as well as locate and prepare an area for the cash register.

More than just his exceptional craftsmanship, Cleveland is always there to help out rain or shine. Despite his busy personal schedule, he finds time to use his skills as a contractor for our needs. A recent example of this is when he repaired a leak in the wall - saving us considerable amount of money in repairs. Additionally, this winter he picked up donated furniture with his own trailer and delivered it to the shop.

We owe Cleveland a world of gratitude for all he does. He is truly a remarkable person with extraordinary skills and a big heart. Thank you Cleveland!

Cleveland Burkitt Times R Changing Improvements 1-815-440-4433

Gloria DeBiasi

Kenneth Young Center would also like to give recognition to a very committed and wonderful volunteer, Gloria DeBiasi. Since getting involved with KYC, Gloria has done nothing but go above and beyond to sing the highest of praises about the Center to everyone in addition to her countless hours volunteering and advocating for KYC.

Gloria is a highly involved member of the community and utilizes every opportunity to advocate for the Center and raise money to support the work we do. Awhile back, Gloria held her own fund-raiser at Village Grove Apartments by supplying hot dogs and donating the money to KYC.

Gloria began volunteering for KYC nearly seven years ago, and has jumped into her volunteer roles with both feet forward. Currently she serves on our Senior

Advisory Board, and consistently for more than 5 years, she has assisted the Seniors Services Department with scheduling housekeeping appointments for the elderly. Additionally, she helps with mailing and other clerical projects, assists and our annual blood drive, and recruits associates to volunteer for KYC.

Her commitment to KYC goes far beyond volunteering and advocacy, and she is a treasure to our organization - we can't thank Gloria enough.

Herb Joseph

Volunteering is known for its benefits to others, but what about the benefits to the volunteer? One man, Herb Joseph, knows very well the personal benefits of volunteering.

Herb has been volunteering longer than he can remember for various organizations such as: Kenneth Young Center, Manor Care, Alexian Village, Church, and for people he knows who need help. "When I volunteer, I feel like I am helping myself, not just the people in need," said Herb. "I am happy when I can go out and help someone who needs me... if I don't, my day just isn't the same."

Herb came to Kenneth Young Center for help, but found that by volunteering for KYC's Meals-on-Wheels program, he was helping himself. "I found myself with time on my hands that wasn't productive time, so I started volunteering," explained Herb. "When I am out doing Meals-on-Wheels or other projects, I feel good about myself."

"Kenneth Young Center has given me encouragement to survive, and volunteering is a good way to give back."

Herb is one of many KYC volunteers that is reaping the benefits of their own generosity. If you would like to volunteer for Kenneth Young Center, contact Colette Young, *Volunteer Coordinator*, at 847.524.8800 x182 or at colettey@kennethyoung.org.

DEDICATION TO VOLUNTEERS

"Volunteers don't get paid, not because they're worthless, but because they're priceless." ~*Sherry Anderson*

"Unselfish and noble actions are the most radiant pages in the biography of souls." ~*David Thomas*

"Those who can, do. Those who can do more, volunteer." ~*Author Unknown*

"Volunteers do not necessarily have the time; they just have the heart."
~*Elizabeth Andrew*

I Am a Volunteer, Its What I Do

I am here, what can I do?

I have ideas...

I have skills...

I have time, so how can I help?

We'll do it together, for the sake of the cause

I'll be right here until the job gets done

I have ideas to make it way more fun

It's what I came here to do, so I'll be a busy bee

Here's my number, call if should need me

They need my help, so I have opened my heart

I'm just glad to do my part

Let's all work together, I'll lead the way

After all is said and done, I expect NO pay

We'll do it together, for the sake of the cause

You can do it, and I'll show you how

You need it when? I'll do it now!

If you need anything, I'm right here

I am proud to be a KYC volunteer

We'll do it together, for the sake of the cause

~ Author Anonymous

EDUCATION

Volunteering Changes Your Life & Improves Your Mental Health

Volunteering changes your life and improves your mental health - is there any better reason to start volunteering? Volunteering has countless positive impacts on your community, and many mental health experts agree, it also has exceptional benefits for you.

Are you bored, lonely, shy, or have trouble meeting new people? Do you need to fine-tune your vocational or communication skills? Volunteering can help, and improve your mental health while you do it. Through volunteering you can...

Learn or develop new skills

More than three quarters (79%) of volunteers said that volunteering helped them with their interpersonal skills (i.e., understanding people better, motivating others, dealing with difficult situations, etc.), and just over two thirds (68%) of volunteers said it has helped them develop better communication skills. Developing new skills can help you find a better job, make you more marketable, and enhance your confidence in conversation and social settings.

Be part of your community

Enhance your life and begin enjoying it to its fullest by becoming an active/involved member of your community. First, know where your interest lies in the community (i.e., events, parks, making your town more beautiful, local businesses, or local charities) and then make a difference. Being an integrated member of your community shows others your commitment and fills you with a sense of pride.

Experience a sense of achievement

Often times we hold ourselves back by focusing on the negativity of what we CANNOT change, rather than focusing on the positive side of what we CAN do. Stop self-defeating behavior and start giving yourself opportunities to achieve positive experiences. You may have lost a job, but now is the time to achieve new skills, networking with new people and spending time giving back to the community by volunteering. Personal achievement will give you a sense self-worth, pride, happiness and fulfillment.

Gain new interests and hobbies, and experience new things

Many people will tell you that the key to avoiding feelings of loneliness, sadness, anxiety, frustration and depression, is to find new interests, hobbies and experiences to keep yourself busy and entertained with. Volunteering offers all sorts of opportunities to get involved with people and organizations. For example, do you have an interest in interior design?... volunteer at Kenneth Young Center's resale shop and dabble in decorating and rearranging the store. Or do you have a interest in event planning?... volunteer on an events committee at KYC. There are so many more opportunities out there for you to experience new things, all you have to do is find your interests and make the phone call.

Meet a diverse range of people

Meeting new people means learning new things and having new experiences. Also, meeting new people helps with feelings of loneliness and isolation. Volunteering is a great avenue for meeting new people in the community and involving you in ways you didn't think possible.

Define who you are

Volunteering reflects a picture of you, and demonstrates your commitment, dedication and interests - it shows people what you are passionate about, and you become an inspiration to others. Use volunteering as a window for the outside world to see the caring, outgoing, selfless, creative, and intelligent person you are.

Become a healthier you

Research has proven there is a direct link between mental health and your physical health. Interestingly enough there is a direct link between being busy, feeling productive and social integration to mental health. Evidence shows that volunteering IS a great way to achieve that productivity and socialism ideal for mental and physical health.

Kenneth Young Center's mission is to "help people feel good, do better and find solutions." No man or woman is an island - we are all in this together. Please consider helping your family, friends, neighbors, co-workers, or anyone else you know who suffers from mental illness, by volunteering at KYC - who knows, it will most likely be you that benefits the most. If you are interested in volunteering, contact Colette Young at 847.527.8800 x182 or at colettey@kennethyoung.org.

UPCOMING EVENTS

April 29

Volunteer Potluck Dinner at Kenneth Young Center. **ALL volunteers** and their friends, and family are encourage to come to our Meet, Greet and Have Fun Pot Luck at 5:00 p.m. on Friday, April 29. Please contact Colette Young, *Volunteer Coordinator*, at 847.524.8800 x182 or at coletley@kennethyoung.org. We will need to know your headcount and what dish you will be bringing. We look forward to seeing you there!!!!

May 7

WALK for the Mental Health of It ! at Busse Woods. COME RAIN OR SHINE...WE WALK to raise awareness about mental health. Please visit call Cheri Seley at 847.527.8800 x 141 for details on how you can help make a difference, even if you can't attend the event.

April 16

Dean's Chug Truck Returns! On April 16th from 1:00 to 4:00 p.m., Dean's Chug Truck will be at the KYC's Resale Shop to refresh and treat our volunteers, shoppers and visitors. Dean's Milk will provide free, delicious milk and ice cream to all who stop by. So mark your calendars, come check out the sales, and enjoy free Dean's products while you shop.

August 4

KYC Annual Golf Outing! Help make a difference and join us in a round of golf at Kenneth Young Center's annual golf outing! Breakfast, lunch, raffles, split-the-pot, goody bags, golfing, socializing, fun, and much more! Please visit contact Fran Kirk at 847.524.8800 x103 for more information about the upcoming golf outing.

SUPPORT GROUP UPDATES

Caregiver Support Group

If you provide care for a loved one who depends on you for help with shopping, driving, personal care, medicines, finances, etc., please attend the support group. This group meets the third Wednesday of every month. For additional information, please call Daxa Sanghvi at 847.524.8800 x168.

Grandparents Raising Grandchildren Support Group

In this support group, grandparents will receive support from other grandparents, share ideas and experiences about raising grandchildren, get information and resources, and discuss how to cope with the challenges. This group meets the first Monday of every month, for additional information, please call Daxa Sanghvi at 847.524.8800 x168.

SEMINARS & PROGRAMS

Legal and Financial Issues for Caregivers

Are you a caregiver who cares for a loved one? If so, this educational seminar will provide you with the necessary tools and resources needed for understanding and navigating Advanced Directives. For additional information, please call Daxa Sanghvi at 847.524.8800 x168.

Assisted Devices = An Easier Life with Independence

New devices are being developed to help seniors maintain independence through creative solutions - learn how Assisted Devices can help. For additional information, please call Daxa Sanghvi at 847.524.8800 x168.

BE A KYC ADVOCATE

We appreciate all types of support, but please remember we need financial help too! We appreciate all donations. To make a donation, please call Cheri Seley, Resource Development Manager, at 847.528.8800 x141.

VOLUNTEER HELP NEEDED

- **KYC Resale Shop** is looking for responsible and reliable volunteers to help out at the register as cashiers, and also volunteers to help accept, sort and mark donated items for resale.

Additionally, the resale shop needs a volunteer(s) with a special interest in Books - the shop receives dozens of wonderful books, but we need help sorting and categorizing them.


- **Meals-on-Wheels** is in need of volunteer drivers to deliver hot meals over the noon hour to ensure good nutrition and social contact for elderly persons home alone.
- Our **HOME Support** team is looking for volunteers to help with visiting, shopping or respite for one to three hours a week. The HOME Support team works with fragile and isolated elderly clients.
- **Friendship Volunteers** are needed to visit clients weekly and share friendship, role modeling, and social outings with people challenged by the stigma of mental illness.
- **KYC Clerical Volunteers** are wanted to help assist staff with a variety of tasks or special projects like bulk mailings.
- KYC is looking **Special Events Volunteers** to serve on a committee that helps plan and execute fund-raising projects, such as our Fashion Show, Golf Outing and 5K WALK.



Buy One, Get One Free

Buy one item and get one of equal or lesser value free.
Limit one coupon per customer.

Coupon expires 4/30/2011



If your birthday is in April, receive your age off as a percentage on any one item excluding furniture, jewelry and collectibles.

Your Age = Your % Off

Limit one coupon per customer and buyer must provide proof of age and birth date. **Coupon Expires 4/30/2011**