



Voluntary Action Center

the heart of service in Boone County

NEWSLETTER



800 N. Providence Rd.

573.874.2273

www.vacmo.org

August - September 2009

Back To School



The beginning of the school year can be a financial strain on low-income families. Here's a sampling of programs available to assist Boone County families with items needed at this time.



Back-to-School Health Fair

Saturday, August 15
9 a.m. – 2 p.m.
Calvary Baptist Church
606 Ridgeway Ave.

Children in grades K-12 are invited to attend this fair and receive a free backpack and school supplies while supplies last. The fair will also include complimentary dental, asthma, and vision screenings for kids, hair cuts for kids, adult health screenings, hygiene items, free food and refreshments, entertainment, and more! All children must be accompanied by a parent or guardian to receive services. Call VAC at 874-2273 for more information about this fair, which is sponsored by many local areas and businesses.

Many of the school supplies for the fair will be from VAC's "stuff the bus" school supply drive, taking place at all three local Wal-Mart locations through August 9. **Please look for a collection box at Wal-Mart to make a contribution.** Donations can also be brought to the VAC office.



Additional School Supply Programs



Fairview Road Church of Christ, located at 201 South Fairview Road, will provide free school supplies to 240 children in grades K-5 and 35 children in grades 6-7. VAC is providing the eligibility screening for the church, so a voucher for the school supplies must be obtained from VAC before Friday, August 7. The supplies can be picked up at the church on August 7 or 8. Only those with a voucher can receive the school supplies.



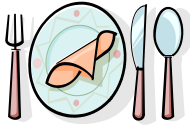
The **Voluntary Action Center** is accepting donations of school supplies for low-income students. These supplies will be distributed at VAC's office after the Health Fair, for those who were unable to attend, but are in need of supplies. Supplies or monetary donations for this program are greatly appreciated, and can be delivered to the VAC office. Call VAC at 874-2273 with any questions about donations or client eligibility.

Shoes and Clothing



Families with children in grades K-12 can purchase one \$4 shoe coupon per child from the Wardrobe between August 3 and 7. The coupons can be redeemed for new shoes at Payless Shoes on Business Loop 70 during the month of August. The family must have a Wardrobe referral issued after 9-1-08. New referrals are available at VAC. The date the coupons can be purchased is determined by the last name of the head of household (Aug 3: S-Z, Aug 4: A-B, Aug 5: C-G, Aug 6: H-L, Aug 7: M-R). Families with a Wardrobe referral can also obtain free clothing on Tuesdays throughout the year.

VAC News and Notes



Dine at Hemingway's . . . Donate to VAC

VAC is excited to participate in Hemingway's Wine & Bistro Dine and Donate Program. During the week of August 16-22, Hemingway's will donate \$3 for every entrée ordered to the Voluntary Action Center. Simply stop by Hemingway's for a meal and let your server know when you order that you wish to support VAC. Then, when you receive your check you will see how much money you have raised to help others. Please enjoy a delicious meal from Hemingway's diverse menu between August 16-22 and help VAC continue to be the heart of service in Boone County! Hemingway's Wine and Bistro is located at 3910 Peachtree Drive, phone 443-2779.



Warm Up Columbia

VAC and volunteer Kathy Hull are collaborating again to coordinate our 5th annual used coat and blanket drive. Donations of new mittens, hats, socks, and scarves will also be accepted. Churches can sign up to involve their congregation in the collection effort this summer, then all donated items will be picked up from participating churches in the last week of August. Commerce Bank is also collecting donations at their area locations. All donated items will be distributed to the needy of our community and local not-for-profits on October 17 at the Armory. To help, contact Kathy at blondmufan@aol.com or 443-3838. For those in need of coats, blankets, or other items, please contact VAC at 874-2273.

Lunch in the Park



VAC will continue to provide free lunches for children at Douglass Park on weekdays from 11:30 a.m. to 1 p.m. through August 21. In addition to a nutritious meal, kids also benefit from special programs, activities, and entertainment provided by various organizations. VAC would like to thank all the wonderful volunteers helping serve lunches this summer!

Summer Fan Program

VAC will continue to provide fans to low-income families with children, elderly, disabled, or pregnant women through the end of August. Call VAC at 874-2273 for information about making a donation to this program or in order to receive a fan for your family. Many, many thanks to all those who have donated fans and money to sustain this program!



Sincere Appreciation and a Fond Farewell



VAC sincerely thanks Julia Treece for the four years of excellent service she has given to our agency, particularly for improving our fundraising abilities, thus making it possible for us to serve more clients, and for bringing us into the 21st century by increasing our computer capabilities. Julia will be missed, but we wish her well in the next chapter of her life!

VAC Christmas Program Sign-Up Dates:



Saturday, October 10: 9:00 a.m. (full-time working parents only)

October 12, 13, 15, 16, 19, 20, & 22: 9:00 a.m.

Wednesday, October 14 & 21: 5:30 p.m. (full-time working parents only)



Volunteers are needed to help fill out gift wish lists during the above sign-up dates! Call 449-6959 starting August 24 to volunteer.

Sponsors are needed to adopt a family for Christmas, providing a gift for each child and food for the holidays. Call VAC starting October 1 to be a sponsor.

Families: For assistance with gifts and food for Christmas, call VAC for additional information about sign-up. To sign up, bring ID for all persons in the household, proof of income, proof of address, and gift ideas for your children.

*More details about the Christmas Program will be provided in the next newsletter, or call VAC.

Community Events



The 26th annual **National Night Out** will be Tuesday, August 4. This national event raises awareness about crime prevention and strengthens partnerships between police departments and local neighborhoods. Call the Community Services Unit at 874-7405 to arrange for your beat officers to attend your neighborhood's celebration. Visit www.nationaltownwatch.org/nno for more information.

The 2009 **Missouri State Fair** will be August 13-23 at the fairgrounds in Sedalia, and will feature concerts, prize farm animals, carnival rides, contests, and exhibits highlighting agricultural innovation and green initiatives. Visit www.mostatefair.com or call 1-800-422-FAIR for information. Admission is free for kids 12 and under.



U.S. Cellular Movies in the Park will show *Coraline* on Friday, August 14 at 8:45 p.m. at Flat Branch Park and the *Jungle Book* on Friday, September 11 at 7:45 p.m. at Flat Branch Park. The cost is \$1 per person, free for kids 12 and under. Call 819-0620 for information.

Join Big Brothers Big Sisters for the annual **Countdown to Kickoff**, an evening with Coach Gary Pinkel, on Tuesday, August 18, from 4:30-7:30 p.m. at Tiger Lounge at Faurot Field. Tickets are \$40 per person. Visit www.bigsofcentralmo.org or call 874-3677 for reservations.



Family Fun Fest: "It's a Circus" will be held on Wednesday, August 19 from 6-8 p.m. at Flat Branch Park. The event will feature clowns, performing dogs, the Big Top Circus Band, face, painting, magic, and a clown parade!

Boone County Council on Aging will host the **Mature Living Festival** from 9 a.m. - 3 p.m. on Friday, August 28 at the Holiday Inn Select Expo Center. The event is free, and features entertainment, a tribute to grandparents, and more than 50 exhibitors. Call BCCA at 443-1111 for more information.

September 11 has been established as a **National Day of Service and Remembrance**. Spend the day volunteering or performing good deeds to rekindle the spirit of unity, service, and compassion shared by so many in the aftermath of the attacks. Visit 911day.org for more information.

The 25th annual **Bike MS Gateway Getaway Ride** will be on September 12-13 at the Boone County Fairgrounds. For more information, to volunteer, or to participate as a cyclist visit www.gatewaymsbikeride.org.



Family Fun Fest: "Creative Kids" will be held on Wednesday, September 16 from 6-8 p.m. at Flat Branch Park. The event will feature participatory art activities for kids, as well as kid-friendly performances of art, music, and dance.

The 32nd annual **Heritage Festival & Craft Show** will be held from 10 a.m. - 5 p.m. on September 19 and 20 at historic Nifong Park. This family event includes traditional tradesmen and artisans, 3 stages of entertainment, an 1859 town with re-enactors, cowboys, a Lewis and Clark outpost, ghost stories, and tours of the museum and village. For more information, call 874-7460 or visit www.GoColumbiaMo.com.



National Neighborhood Day will be on September 20, 2009. Hold a gathering in your neighborhood to meet and welcome new neighbors, and rekindle old friendships. Visit www.neighborhoodday.org for more information.

The **Roots 'n Blues 'n BBQ Festival** will be September 25 and 26 in downtown Columbia. It will feature a KCBS Sanctioned barbeque contest as well as numerous free concerts by nationally known musicians. Visit www.rootsnbluesnbbq.com for information.



The **Alzheimer's Memory Walk** will be held at 1 p.m. on Sunday, September 27 at Stephens Lake Park. This is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research. Visit www.alz.org/memorywalk for information.

Featured Events

Human Rights Enhancement Program – Funding Proposals



The City of Columbia's Human Rights Commission is accepting funding proposals from local organizations for human rights educational activities and programs in our community. Programs that promote multicultural education, diversity, inclusion, tolerance, the elimination of discrimination and related human rights issues will be considered for funding.

An informational meeting for applicant organizations will be held on September 9 at 3:30 p.m. at the Health Department. Program proposals are due at the Office of Community Services on September 25. For more information, call 874-7488 or visit www.GoColumbiaMo.com.



MU VOLUNTEER FAIR

Wednesday September 2
9:00 a.m. – 2:00 p.m.
Lowry Mall (by Ellis Library)

Attention all agencies! A little of your time goes a long way at this annual event. The fair will give you the opportunity to...

- ★ meet, recruit, and sign up hundreds of potential volunteers,
- ★ educate the community about your agency,
- ★ network with other local service providers.

Call the Voluntary Action Center at 874-2273 by August 27 in order to register for a booth. We will provide a table, chairs, breakfast snacks, and hundreds of potential volunteers for each agency that registers. The fair is sponsored by the Voluntary Action Center, MU Office of Service Learning, the University Y, and the MU Center for Leadership Development.



Make a Difference Day

October 24, 2009

A national day of helping others, this day is a celebration of neighbors helping neighbors. Put your own cares on hold for one day to care for others. For information, call 1-800-416-3824 or visit the website at www.makeadifferenceday.com. Start thinking about what you can do on October 24 to make a difference!

Participation Suggestions:

- ★ Pick up litter at a local park
- ★ Visit an elderly neighbor
- ★ Clean up local schools or day care centers
- ★ Collect toys for sick children
- ★ Organize a food drive
- ★ Rake leaves for a neighbor
- ★ Clean a stream
- ★ Collect essentials for a homeless shelter

Project Homeless Connect: Columbia/Boone County

August 7, 2009

Silverthorne Arena at Stephens College



This one day event will serve as a single access point for homeless individuals and families to receive a wide variety of assistance, resources, and services. The day has been organized with the goal to improve access to services and housing for local homeless persons; to increase the collaboration of homeless consumers, local businesses, non-profit agencies, and individual volunteers in order to begin creating solutions for homelessness; and to improve the system of care by creating opportunities and sharing "best practices" among local homeless providers.

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Visit www.vacmo.org for more information about VAC's programs, or to sign up for VAC's e-newsletter.



ATTENTION ALL VOLUNTEERS!!

Literacy Action Corps: teach adults to read and teach English as a second language. Training provided. Contact 442-4280 or laccolumbia@yahoo.com.

Project Homeless Connect: help at this one day event on August 7th to connect families and homeless persons to Boone County services. Contact Jenni Miller, 816-759-6614.

Happy Tails Animal Sanctuary: foster dogs and cats. Training is provided, and commitment is usually for 4-8 weeks. Call Susan or Jim, 445-1680

MU Veterinary Medical Teaching Hospital: greet and assist clients and their pets in the reception area. Call Sue Worsowicz, 882-7821.

Bienstar Families: provide childcare on Monday August 10 from 5-8 p.m. at the Health Department at 1105 W. Worley. Call Debra, 874-7499.

Columbia Regional Hospital: help as a mail courier, gift shop retailer, registration escort, or waiting room assistant. Contact Kay Perry Wheeler, 875-9218 or perryka@health.missouri.edu.

Family Fun Fest: volunteer for this summer festival on the third Wednesday of each month from 6-8 p.m. Contact 874-7499 or volunteer@gocolumbiamo.com.

Family Counseling Center: help with office work, yard work, minor home repairs, and curriculum development. Contact Shauna, 443-2204 or skammerich@fccmo.org.

Household Hazardous Waste Collection: greet, direct traffic, and share recycling information with the public on the first and third Saturdays from April through November. E-mail Pubic Works at pw-volunteer@GoColumbiaMo.com.

Farmers Market: work on the Pavilion project, greet customers, and help with special events. Call Casey, 823-3663 or informationcafe@gmail.com.

Columbia Housing Authority: help children with homework or recreational activities, train adults on computer skills, help with the food pantry, or assist seniors and the disabled with light housekeeping. Call 443-2556.

Hospice Compassus: be a caring volunteer for the hospice program. Contact Dale Willis, 443-8360 or dale.willis@hospicecom.com.

Marine Parents.Com: volunteer on Thursdays from 10 a.m. to 3 p.m. to unpack and sort donations for care packages to be sent to deployed marines around the world. Contact Eric Sims, 449-2003 or eric@marineparents.com.

Youzeum: help with fundraising, events, gift shop, tours, exhibit demonstrators and more. Contact Tia Felts, 886-2006 or visit www.youzeum.org.

Preferred Hospice: help terminally ill patients in central Missouri. Contact Terra Eavenson, 499-4540 or teavenson.col@preferredhospice.com.

Rainbow House Emergency Shelter: help with daily activities and general care of the children, office work, outreach, special yard/home projects and home and general maintenance. Training and orientation are provided. Contact Lori Stoll, lstoll@rainbowhousecolumbia.org or 474-6600.

Boone County Council on Aging: mow lawns for seniors. Contact bcca03@centurytel.net or 443-1111.

The Wardrobe: help sort and hang clothing and other items. Contact Carol Smith, 442-3260.

YOU CAN MAKE A DIFFERENCE!



August 2009



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3 Wardrobe shoe coupon week →	4 National Night Out	5	6	7 Project Homeless Connect	8
9	10	11 BCRAA Mtg.	12	13 Missouri State Fair Begins	14 Movie in the Park: <i>Coraline</i>	15 Back-to-School Health Fair
16	17	18 Countdown to Kickoff	19 Family Fun Fest: <i>It's a Circus</i>	20	21 Last day of Lunch in the Park	22
23 State Fair Ends	24 School starts	25	26 Basic Needs Mtg. Interfaith Council	27 MU Volunter Fair Registration Deadline	28 Mature Living Festival	29
30	31					



September 2009



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2 MU Volunteer Fair	3	4	5
6	7 LABOR DAY VAC Closed No School	8 BCRAA Mtg.	9 VAC Board Meeting Human Rights Funding Info. Mtg.	10	11 National Day of Service	12 Bike MS
13 Bike MS	14	15	16 Family Fun Fest: <i>Creative Kids</i>	17	18 Last show for Pepper and Friends	19 Heritage Festival
20 Heritage Festival National Neighborhood Day	21	22	23 Basic Needs Mtg.	24	25 Roots 'n Blues 'n BBQ Human Rights Funding Proposals Due	26 Roots 'n Blues 'n BBQ Festival
27 Alzheimer's Memory Walk	28 Yom Kippur	29	30 Interfaith Council			

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VAC Publications



VAC has just finished updating our **Helping Hand Catalog of Volunteer Opportunities!** The newly updated Catalog is available for free for anyone interested in a copy, and is available at the VAC office. VAC's **Directory of Community Services in Boone County** is also still available for \$20.00.

If you are seeking a place to volunteer, or if you need information about local social service agencies, call VAC at 874-2273 or stop by the office for a catalog or directory.

Coming up in October...

- ★ **Moo Dah Parade:** Oct. 3, www.moodahparade.com
- ★ **Crop Walk:** Oct. 4, columbiacropwalk.missouri.org
- ★ **Columbia Volunteer Network Conference** with Rick Skinner: Oct. 7
- ★ **Hartsburg Pumpkin Fest:** Oct. 10-11, www.hartsburgpumpkinfest.com
- ★ **Arrow Rock Heritage Festival:** Oct. 10-11, www.arrowrockarts.org
- ★ **VAC Christmas Signup: Begins Oct. 10.** See page 3.
- ★ **VAC's Warm Up Columbia** coat & blanket distribution: Oct. 17 at the Armory in downtown Columbia.
- ★ **Youth Service Day:** Oct. 17, call 874-7499
- ★ **Bluebird Music Festival:** Oct. 16-17, www.whatisbluebird.com
- ★ **Kids Care Week:** Oct 18-24, www.kidscare.org/about/kidsCareWeek
- ★ **Make a Difference Day:** Oct. 24, www.usaweekend.com/diffday



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