



VOLUNTEERS

volunteer tip:

Volunteers Make the Best Recruiters!

It isn't all that surprising that someone involved in volunteering is perfect for recruiting others to get involved. Someone who is giving back to the community...someone just like you! So why are you the best recruiter? Because...

- **Your experience is invaluable**
- **You can tell the story**
- **You represent DARTS services**
- **You see your results**
- **You made the difference**

Share your volunteer stories with your friends, co-workers, and other community members so they can experience their own possibilities for doing good work!

Director's Notes

Dear DARTS Volunteer,
The number one answer people give to the question "why do you volunteer?" is "I was asked." Thanks for listening when we were asking for your help.

Sincerely,
Colleen, Barb, Sherry, and Mary
DARTS' Volunteer Resources team

Volunteer Profile: *Creating Possibilities for a Volunteer's Interests and Talents*

At the Learning Buddies back-to-school orientation in September, Carol Houston heard about a volunteer need at Rosemount Elementary and it caught her attention. A fourth grade teacher was looking for a volunteer to work with students on reading, but if the person also happened to be a piano player, all the better! Such a volunteer could play music while the students worked on writing assignments. Carol jumped at the chance to bring her piano playing skills out of retirement.

Besides taking on this new opportunity in a Rosemount school, Carol also volunteers at Diamond Path Elementary in Apple Valley, where she works with students on reading and math in two second grade classrooms. And to top it all off, Carol helps a senior in Apple Valley with her grocery shopping needs.

Carol is a great example of how DARTS listens to the passion of volunteers, learns about their interests, and then creates many possibilities by matching service needs with volunteer talents. Thanks for sharing yours, Carol.



Volunteer Opportunities

Be a respite volunteer and give a break to a family caregiver.

The need for support services is growing in Minnesota as our elderly population increases. Families looking for assistance in helping their loved ones remain at home are seeking support services, like respite care.

Respite volunteers offer their time on a regular basis so family caregivers get some time away from the house, confident in the safety of their loved ones. Consider giving a break to someone caring for their loved one; you'll see a face light up with thanks. For more information, contact **Barb Tiggemann** at 651-455-1560, or barb.tiggemann@darts1.org.

Be a Learning Buddies volunteer and work with elementary students on reading, math, and science skills.



By helping kids learn and giving back to community, you'll experience rewards beyond your expectations. Opportunities are available to volunteer once a

week at a local school or to help with one-time projects. To learn more, contact **Sherry Patterson** at 651-455-1560, or sherry.patterson@darts1.org.

Find out why we're *more* than a bus!

Come take a 1-hour tour of DARTS and learn all that we do! Call for dates and times.

DARTS ►

Outdoor Chore Service: Snow Removal *We need volunteers! How about you?*

DARTS helps seniors year round with outdoor chores like mowing, raking, and snow removal. You can volunteer to help senior homeowners clear away snow and keep their walkways

safe. Call **Mary Richardson** at 651-455-1560

for more info or to sign up!



What's Happening?

November Honors all Caregivers

During November, many people gather loved ones together and consider their gratefulness for everyday things. How fitting, then, that November is also National Family Caregivers Month. It's a time to honor caregivers and thank them for what they give to their families and communities. At DARTS, we encourage caregivers to take the following four steps to make their lives easier and to raise awareness about the issues they face.

Believe in yourself

Protect your health

Reach out for help

Speak up for your rights

SpeakUp
National Family Caregivers Month

And DARTS' hosts monthly caregiver support groups.

If you or someone you know is a caregiver, think about attending one:

- 2nd Tuesday of each month, 7:00-8:30 p.m., at The Commons on Marice, Eagan.
- 3rd Wednesday of each month, 1:00-2:30 p.m., at DARTS, West St. Paul.

Call **Amy Elholm** at DARTS to register or learn more about these groups. Call 651-234-2245 or e-mail amy.elholm@darts1.org.