

# The Community Hero



## Website links volunteers with community needs

A new website is available for volunteers to connect with local agencies who need their help.

It is called Volunteer Source (VS) and it is a free Volunteer Matching Application that helps volunteers, nonprofit agencies, corporations, event organizers, and volunteer centers in the community get connected. It is a virtual one stop shop for those seeking volunteers and those looking for volunteer opportunities.

The United Way of the Ozarks



(UWO) is the local agency behind VS.

“Our goal is that VS becomes the ‘top of mind’ web destination for people seeking volunteer opportunities in the Ozarks,” said Kim Hopkins-Will, Resource Development Specialist with UWO.

Volunteer Source is available for access by anyone in the community, although volunteer opportunities are concentrated within the United Way’s southwest Missouri 14-county service area. The website can be found at [volunteer.united-e-way.org/uwoto/volunteer](http://volunteer.united-e-way.org/uwoto/volunteer).

Hopkins-Will said one of the greatest benefits of the application is the ability for volunteers to hone in on opportunities that are

best suited to their individual passion and skill. In this way, it is more likely that a long term relationship will develop between a volunteer and a partnering agency.

In addition to volunteer opportunities, the site also lists board connections and product connections. The Board Connections link allows agencies recruit potential board members. The Product Connections link allows agencies to seek donations of goods and services for their agency.

The website is easy to use. Each volunteer opportunity clearly lists the type of skills needed and when they are needed, along with detailed contact information and even driving directions

There are currently 39 volunteer opportunities listed on VS among 25 different agencies and accounting for 279 volunteer hours needed. Skills required vary greatly, ranging from computer IT assistance to unloading tires at the city-wide tire toss.

### *Inside this Issue*

**Public health has gone viral: learn about new web resources...p. 2**

**\* Volunteer of the Month**

Delphine Rossi ...p. 3

**\* Partner/Sponsor of the Month**

Springfield Convention & Visitor’s Bureau...p. 3

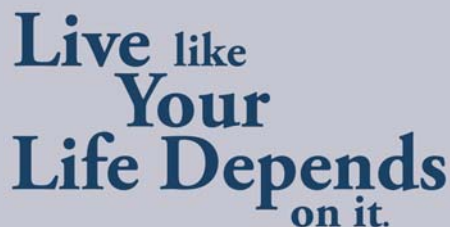
**\* Calendar of Events**

Learn what trainings, exercises and volunteer opportunities are coming up...p. 4

# Know you're heart's health! Live well

The American Heart Association has partnered with the Missouri Department of Health and Senior Services Heart Disease and Stroke Prevention program to increase awareness of the risks associated with high blood pressure.

The partnership, entitled The Missouri Project, features an online risk calculator where the public can learn about individualized risk for conditions associated



Live like  
Your  
Life Depends  
on it.

with high blood pressure.

The online calculator is able to determine the individual's risk for heart attack, heart failure, stroke and kidney disease based on each individual's personal measures. Once the risk for these diseases is calculated, other lifestyle factors such as weight, activity, nutrition, salt intake and alcohol consumption can be modified and the disease

risk recalculated.

The tool provides a visual representation of that patient's personalized risk for chronic disease. Once the survey is completed, a personalized report can be printed detailing the results. The risk calculator can be accessed by visiting [www.heart.org/missouriproject](http://www.heart.org/missouriproject).

Individuals who complete the survey, and bring their personalized printout to the Springfield-Greene County Health Department, will receive a choice of a Nutrition Guide, an insulated lunch sack, or a portion plate.

## Check us out on Facebook!

The Springfield Greene County Health Department (SGCHD) can now be accessed on Facebook.

"The launch of our Facebook page will allow us to reach community members who do not receive public health messages through traditional media outlets," said Health Educator Rebecca Ray.

Followers of the site will receive up to date emergency information.

"This portal will be helpful during public health emergencies by providing immediate informational updates," said Ray. "It will also allow us to communicate with our volunteers as to how they can respond more quickly.

## Healthy communities start with public health

Although National Public Health Week was last week, it still serves as an important reminder that small steps create change that improves people's health, the health of our community and ultimately, our country.

It is important to draw attention to the fact that public health requires individual commitment to create community fortune. Every year in our country, nearly 900 thousand people die from deaths that can be prevented. And, according to the Surgeon General, our children live with the fact that 1 out of every 3 are overweight or obese. This means that our chil-

dren are subject to the harmful effects of chronic disease including heart disease, diabetes, and emotional unrest.

The Springfield-Greene County Health Department is working to help people make one small change to improve their lives, helping people live longer, healthier, happier lives! We encourage the community to visit our website at [www.springfieldmo.gov/health](http://www.springfieldmo.gov/health) to watch a short video that shows how public health works in our community.

## Volunteer Profile

### Delphine Rossi



**Q: What is your current job?** I work as an Integrative Health Counselor/Coach, associate professor in health and healing and a health education consultant.

**Q: What is your family like?** I have a son in his second year of school at Ozark Technical Community College. He is a great

young man. We have a Belgian Milionis, Demi and a cat, Beau. The rest of our family lives in Massachusetts.

**Q: Why did you decide to be a Community Hero?** I love the field of health and wellness. I have been working independently for the past two years and I miss being involved with colleagues, a department and projects. Volunteering has been a wonderful experience.

**Q: Why do you feel it is important to volunteer?** I feel it

is important to volunteer to share professional/personal skills and knowledge with others and to make a difference in one's community. Being of service to others is rewarding.

**Q: What are your hobbies?** I enjoy hiking, gardening, walking, yoga, crafts, golf and photography.

**Q: What is your life philosophy?** Be kind. Show genuine care for each other. Life is filled with goodness and we are here to support and nourish one another.

## Featured Partner

### Springfield Convention & Visitor's Bureau

The Springfield Convention and Visitor's Bureau (CVB) is a marketing and service organization that contracts annually with the City of Springfield to promote economic development through travel and tourism.

The CVB was formed in 1979 as the hospitality arm of the Springfield Chamber of Commerce. It was incorporated independently as a not-for-profit corporation in 1989.

In 1989 the CVB volunteer program began and is now served by 85 volunteers. Six volunteers just celebrated 20 years of volunteer

service with the CVB!

Springfield CVB volunteers work as hospitality hosts serving three Information Centers throughout the city. Volunteers also serve guests at numerous conventions, groups and sporting events that convene in Springfield. Last year, CVB volunteers greeted more than 54 thousand people in the information centers.

Volunteers represent the City of Springfield to the visitors that they meet each day. Volunteers understand how important first impressions are and are encouraged to greet everyone with a

friendly face and a genuine welcome when giving directions and information to guests in the city.

CVB volunteers help increase the city's revenue through sales taxes every time they encourage visitors to stay, shop, eat, and visit Springfield attractions,

The requirements to be a CVB volunteer include having a love for visiting with people as well as pride in the city. Training is provided along with continuing education throughout the year.

If you are interested in volunteering with CVB, call Sharon Wittig at 417-799-09409.

# Calendar of Events

**New Volunteer Orientation/ Training.** Volunteers are needed to assist Local Public Health Agencies. Please attend a Community Hero training to get involved and make a difference in your community! The next new volunteer orientation/training in Springfield is scheduled for April 19 at 9:30 a.m. New volunteer orientation is also held every other Monday from 9:30 a.m. to 11:30 a.m. and the first Saturday of the month from 9 a.m. to 11 a.m. Please e-mail volunteer-health@springfieldmo.gov or call (417) 874-1297 to register.

**Ongoing. Secret Shopper program Evaluation** The Springfield -Greene County Health Department is looking for volunteers who would be willing to participate in an evaluation program of the health department's services. Secret Shoppers will act as potential participants in health department programs. This will include calling, asking question, and providing feedback about customer service experiences. Volunteers will document answers to questions, number of times a call was transferred, and if he/she received the information being sought. This project will help determine areas of customer

service that need to be improved and/or celebrated. Interested volunteers may call (417) 874-1297 or e-mail volunteer-health@springfieldmo.gov.

**April 26-29. Greene County Community Emergency Response Team (CERT) Training.** CERT training provides members of the community the basic emergency skills to prepare for a disaster. Class times are from 8 a.m to 3:30 p.m. Class location to be announced. To register, contact the Greene County Office of Emergency Management at 869-6040.

**Interpretation and Translator Services.** Hand in Hand Multicultural Center is looking for qualified interpreters/translators. "We believe that communication is one of the most effective tools in reaching and serving our community." HIH is looking for fluent speakers of other languages to utilize their skills for a paid translator/interpreter position. No previous translator/interpreter experience is required. HIH will provide training to be most effective in serving our community to qualified speakers. Call 417-865-HOPE or email alicia@hihmc.org or visit the website at hihmc.org.

## Mission Statement

We will provide volunteer help to the communities we serve whenever it is most needed. We will always plan, prepare and participate.

Community Heroes is a Region D Local Public Health Volunteer program. Community Heroes does not discriminate against any individual because of race, color, religion, sex, age, physical or mental handicap, sensory disabilities or veteran status.

For questions, comments, or suggestions contact Regional Educator/Volunteer Coordinator, Rebecca Ray at (417) 874-1297 or by e-mail at rray@springfieldmo.gov

Visit us or sign up to be a Community Hero at [www.beacommunityhero.com](http://www.beacommunityhero.com)

**The Community Hero is a monthly publication for the volunteers and staff members of Region D local public health departments.**

### Educator/Volunteer Coordinator

Rebecca Ray

### Planners

Theron Becker  
Mac McKeough  
Nancy Yeoman

### Epidemiological Specialists

Jodi Daniel  
Becki Davis  
Robert Niezgoda  
Joseph Njenga

### Public Information Officer

Katie Towns-Jeter

### Support Staff

Karen McKinnis  
Kendra Williams

If you would like to have your training or event listed in *The Community Hero*, please contact Rebecca Ray at (417) 874-1297.