



# The Community Hero

## Extreme Home Makeover looking for spectators

Information obtained from <http://www.millstoneextremedream.com/come-watch-us.php>

Witness an extreme change and be part of something extraordinary! Spectators (to the Extreme Makeover Home Edition, Ash Grove) are asked to bring one canned food item as their admission. The food items will be donated to Convoy of Hope. And, plan to roll up your sleeve too to help our community. The Community Blood Center of the Ozarks, CBCO, will be holding a blood drive during the build. Be part of this Extreme dream!

The spectator site will be open for guests of all ages from 8 a.m. to 8 p.m. Thursday, July 16 through Wednesday, July 22. Please be prepared for long periods of standing outside. We suggest wearing comfortable shoes and weather-appropriate clothing. There are no covered areas for spectators but umbrellas are allowed.

Come out and cheer on the Extreme design team, Millstone Custom Homes and all of the

volunteers who have been working around the clock to make sure this new home gets finished in time. Bring a sign with a positive message. Just make sure it's short and visible from a distance! Guests are encouraged to bring a camera or video camera to capture the memories of this extreme project. Photos of the progress will be posted daily on the Millstone Extreme Dream webpage. No blankets, lawn chairs, coolers

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## Volunteer for 16th annual Day of Caring

It's time for the largest volunteer event in Southwest Missouri, and your organization can get involved.

The Day of Caring is an opportunity for businesses and organizations to build camaraderie and goodwill among employees while helping the community by voluntarily giving employees time to volunteer for projects for United Way agencies. Everyone

benefits by volunteering for a variety of projects, whether it be painting or playing games with children. All participating volunteers receive a Day of Caring T-shirt and are invited to attend the kick-off breakfast.

For more information or to learn how to get involved, visit [www.uwozarks.com](http://www.uwozarks.com) or call Kim Hopkins at 417-863-9102. Get involved, get volunteering!

## Be a part of an 'Extreme' Dream—spectators welcome

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or pets are permitted. However, concessions will be available on site with proceeds to benefit Habitat For Humanity and the Hampton Family.

The Hamptons, an original family of four, doubled in size not long ago after a fateful phone call from a social services agency. Chris and Niki Hampton were told they had just one hour to decide if they would take in their four nieces and nephews or let them go to foster care. Chris and Niki didn't hesitate to open their hearts and home to young Gage, Kira, Lexi and Jacob, who now range in age from two to eight years old. Squeezing out the space for them, together with eleven-year-

old son Dakota and eight-year-old daughter Hannah, has been the real challenge. Currently, the three boys share one set of bunk beds in the dining room, and the three girls share another set of bunks in what used to be a utility closet. Since the cottage has no closets, plastic storage bins are stacked floor-to-ceiling in every room. Dinner is served assembly line-style, and everyone sits on the floor except for the youngest children in booster seats.

What the family lacks in comfort and space, they more than make up for with love. The children are incredibly close - literally and figuratively - and Chris and Niki look forward to

the day when they move beyond full legal custody of their nieces and nephews to become their - adoptive parents.

Portable restrooms will be available for spectators close to the site. FREE parking will be available. And, although Ty and the other members of the Extreme team may be available to sign autographs, their first priority is designing a home for a deserving family so there are no guarantees. For the safety of our spectators and workers, paramedics will be available and on site during the entire build.

For the safety of everyone involved in the project, please refrain from smoking at the site.

## Volunteers share experiences to encourage others

In the June 2009 issue of the Community Hero, a call was put out to volunteers to write in and share their volunteer experiences. This month, we will feature a volunteer story that has impacted one Community Hero in a way that motivates and inspires her. This is that story.

Dennise wrote in to tell us about her friend Julie, who is a registered nurse living in Stratford. Julie had been volunteering as a Parish nurse for Pathways and La Trinidad United Methodist churches for several years before

receiving a grant to do the job on a part-time basis.

"Julie doesn't just volunteer, she creates opportunities for others to volunteer also," Dennise said. "She wants to help others with health and to attain quality of life."

While Dennise and Julie have been friends since grade school, they have had a long history of service and caring together. Starting as young women participating in Camp Fire Girls, they have continually understood the importance of

serving others.

Dennise adds that Julie volunteers not only to educate others, but because she is genuinely concerned for them.

"Julie is concerned about quality of life for others. She wants to educate people on the small ways to change that can make a difference."

Please share your volunteer experience or how someone has inspired you with their volunteer experiences by e-mailing [rray@springfieldmo.gov](mailto:rray@springfieldmo.gov) or by calling 417-874-1297.

## Volunteer Profile



**Q: What is your current job?** I work for the University of Missouri Extension, with the Family Nutrition program.

**Q: Where do you live?** I live on a farm half way between Stockton and El Dorado Springs

**Q: What is your family like?** I have been married to Tim for 40 years. We have four daughters, two live in the Springfield area and one lives in Seneca. Our youngest

### *Linda Bartkoski*

daughter just graduated from El Dorado High School and is planning on attending the University of Missouri Rolla. We have five wonderful grandchildren.

**Q: Why did you decide to become a Community Hero?**

I looked at the perspective that there are a lot of volunteers and that they need to be taken care of too. I can make sure they are hydrated and have snacks.

**Q: What is your favorite food?**  
Fresh fruit.

**Q: What are your hobbies?**

I enjoy scrapbooking, camping, and traveling. I just got back from an amazing 30 day trip to Alaska.

**Q: Why do you think it's important to volunteer?**

Everyone has a gift to give and everyone has something to contribute.

**Q: What is your favorite color?**

Blue.

**Q: What is your life philosophy?**

Enjoy life and live it to the fullest. Embrace new experiences.

## *Featured Partner*

### **Hands on for Seniors**

Hands on for Seniors matches seniors (age 65 and older) in need of home maintenance, who physically or financially are unable to perform the task, with community volunteers that can get the jobs completed.

Hands on for Seniors is a community collaborative between Senior Link; through the Community Partnership of the Ozarks and Volunteer Connect; through the United Way of the Ozarks. This program is modeled after the United Way of the Ozarks' Day of Caring and is

designed to address four priorities that are focused on the value of protecting the dignity and safety of seniors. These priorities, as outlined in the Missouri State Plan on Aging, are:

- Coordination to reduce costs to improve care for elderly/disabled Missourians
- Expand options to maximize independence for seniors
- Mobilize volunteers to assist seniors

- Address housing issues unique to seniors.

Hands on for Seniors partners with several community organizations and individual community volunteers. The next Hands on for Seniors day is Thursday, Aug. 20 during the Day of Caring. For additional information and to learn how to get involved, please contact Cheryl Dandridge by calling 417-863-7700 or contact her via e-mail [atcdandridge@uwozarks.com](mailto:atcdandridge@uwozarks.com)

# Calendar of Events

**July. Community Heroes volunteer opportunities.** The Regional Community Heroes office has various non-emergency volunteer opportunities available throughout the summer months. These opportunities are open to all Community Heroes region-wide and interested volunteers should contact Rebecca Ray at (417) 874-1297 or rray@springfieldmo.gov. Some of the volunteer work may be done from home. Call for more information.

**July 24. Cedar County CERT Class.** Community Emergency Response Team will be starting on July 24 at Agape Boys Ranch from 6—9 p.m. All classes following the 24th will be every Tuesday and Thursday with the final class held on Aug. 18. To register call Arlo Rupke at 417-276-1134.

**July 25. Greene County Long Term Recovery Case Worker Training.** Case workers are needed to assist county residents with long term needs following a disaster. To participate in the Case Worker Training offered through SEMA in Jefferson City visit the training schedule listed at [www.sema.dps.mo.gov/trainingschedule](http://www.sema.dps.mo.gov/trainingschedule). SEMA will reimburse for hotel and food if traveling more than 50 miles to training.

**Aug. 6. The Road Ahead. Justice Center Auditorium at Missouri**

**Southern University. 9:30 a.m. to 4 p.m.** The Road Ahead is a free HIV and STD training for regional providers and community partners. It is presented by the SW Missouri HIV Regional Planning Group in collaboration with the Joplin City Health Department and Missouri Southern State University. To find out more information and/or to register contact Caryn Burk at cburk@springfieldmo.gov. Registration deadline is Aug. 3.

**Aug. 10. McDonald County CERT Class.** Community Emergency Response Team will be starting on Aug. 10 at the McDonald County Courthouse in Pineville from 6—9 p.m.. The second class will be Thursday, Aug. 13th, and all subsequent classes will be on Mondays and Thursdays with the final class on Sept. 3. To register call Holly Johnston at 417-864-4645.

**Aug. 20. Barry County CERT Class.** Community Emergency Response Team will be starting on Aug. 20 at the First Christian Church in Cassville. Two classes will be offered on the 20th (the same module); one from 2 p.m. to 5 p.m. and one from 6 p.m. to 9 p.m. To register and find out dates and times of all scheduled modules call Dave Compton at 417-235-0200.

## 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.**

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