

"Enhancing Professionalism in Volunteer Management"

**Dimensions Newsletter
Fall 2008**

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Stay Tuned for Updates:
www.denverdovia.org



**President's Corner
Patti Wright
2008 DOVIA President**

We hope you enjoyed the *We Count on You!* event in September. How inspiring to see such enthusiastic volunteers and dedicated volunteer managers! Energy and passion filled the room. Every volunteer and manager was a winner, and every nominee was incredible. I was very proud to be a part of this special recognition event. I believe that volunteers and volunteer managers bring out the best in each other, and the *We Count on You!* event highlighted the wonderful people involved in volunteerism.

We should all be proud to be a part of the community involvement "movement." It's in the news and on TV – what we have known and embraced for years. The real change in our world lies within each of us, as we strive to improve our community one person, one family, one neighborhood, one forest at a time.

The Denver DOVIA Board continues to work diligently to bring quality education and training, networking opportunities, and special events to our members.

The 2009 Board of Directors slate will be submitted for approval on November 18 at the annual meeting. The existing board members and new members will work together in 2009 to bring networking, recognition, and learning opportunities, as we continue our efforts to enhance the professionalism of those involved in volunteer engagement.



**DENVER DOVIA
2008 Board of Directors**

Save The Date!!

**Tuesday, November 18, 2008
11:00 AM – 1:00 PM**

**Denver DOVIA Annual Meeting
Lunch provided**

Volunteers of America
2660 Larimer St. * Denver, CO 80205

RSVP: Pam Mayhew,
pmayhew@cityofwestminster.us or 303.658.2159

Mission Statement
The mission of Denver DOVIA is to promote professionalism in the field of volunteer management, advocate for issues concerning volunteerism and provide networking and educational training opportunities for the membership.

We Count On You!!

Denver DOVIA celebrated the 22nd annual We Count On You! Awards Luncheon on September 16, 2008 at the Arvada Center for the Performing Arts. Over 210 attendees from across the Metro area honored both exceptional volunteers and outstanding volunteer managers at one event. The awards ceremony was hosted by Channel 7 NEWS Anchorman, Mitch Jelniker and the event was sponsored by Volunteer Match, Channel 7 and ZAMAR. All nominees were treated to lunch and received a certificate from the Denver DOVIA. Winners received a beautiful inscribed plaque. In addition, Mitch Jelniker was given a special plaque thanking him for his support of volunteerism. Music was provided by Jolayne Gutzait and the Arvada High school Chamber Orchestra.



DOVIA President Patti Wright
Welcomes Everyone



Rachel Larsen
Christ Comm. Covenant Church
Individual Youth Award



Rita Schnidt
Jefferson Center. For Mental Health
Board Member of the Year



Juliet Kissel
Girls, Inc.
Individual Volunteer Award



Bob Hein
Chatfield State Park
Individual Volunteer Award



Boys From Forest Heights Lodge
The Gathering Place
Youth Group Award



Lunch and Networking



Team Ralston House
Ralston House
Group Volunteer Award

Val Purser (l)
Arapahoe County
Comm. Resources Dept.
Volunteer Manager of
the Year



Sara Christian (r)
Volunteer Match

Marlene Wilson
Volunteer
Professional of the
Year

Don't Miss These Upcoming Training Opportunities:

January 20, 2009	Tuesday	9:00 AM – 12:00 PM	Half-day Workshop
Work Smarter, Not Harder: Strategic Planning			
Location: Volunteers of America 2660 Larimer St. Denver, CO 80205			
March 18, 2009	Wednesday	11:30 AM – 1:00 PM	Enrichment
You Know It – Now Show It: Evaluations			
Location: Volunteers of America 2660 Larimer St. Denver, CO 80205			

There will also be a Volunteer Management 101 two-day workshop in February. Dates, location and fees TBD and announced later.



DOVIA Member Agency Spotlight Metro Volunteers

Metro Volunteer's mission is to mobilize and cultivate volunteers as vital forces in the community. Their vision is that volunteers be recognized as a critical resource in addressing societal needs in the community, and that Metro Volunteers is recognized as the expert in volunteerism in the metro Denver area.

Alexandra Lee, Metro Volunteers' Director of Communication and Marketing, has been with the agency for two years, and says that they use and/or place about 5,000 volunteers yearly. "Metro Volunteers is hosting a Non-profit Open House on December 11, from 3:00 – 6:00 pm," she says. "We'd love to have you join our staff for a snack and to learn more about how Metro Volunteers can help you with your volunteer program!"

Some of Metro Volunteers' programs include:

- ✓ **Impact** – this program provides one-time volunteer opportunities in the evenings and on weekends.
- ✓ **1-800 database** – this searchable database allows nonprofits to post volunteer opportunities as a way to connect to potential volunteers.
- ✓ **Board Leadership Connection** – this program trains individuals in the roles and responsibilities of serving on a board of directors and helps to match them to a board using an online searchable database.
- ✓ **Nonprofit membership** – our nonprofit membership program provides many benefits, including: reduced rates for trainings, access to the Board Leadership program, advanced and discounted rates for volunteer fairs, and preference for volunteer opportunity listing in the Denver Newspaper Agency volunteer guide.
- ✓ **Corporate Volunteering** – we work with businesses to engage their employees in meaningful service activities.



Enhancing Professionalism in Volunteer Engagement – Get on Board!



Denver DOVIA is joining forces with Metro Volunteers to offer a dynamic volunteer engagement series for 2009. New this year is a revised version of the former "Volunteer Management 101". This two-day course will offer new and experienced practitioners alike the opportunity to elevate volunteerism within our organizations. Course content will offer a broad presentation of current trends in volunteer engagement, including the changing face of volunteerism, generational characteristics as they pertain to volunteers and self-advocacy of our profession. The course will also offer support for the basics of volunteer management such as recruiting, interviewing, selecting, recognizing and evaluating our programs through on-line tools and peer exchange learning circles.

We are also pleased to announce an Advanced Practitioner Symposium coming to Denver in May! This one-day symposium will largely focus on engaging the Baby Boomer Generation and will feature well-known keynote speakers who are experts in the field. The symposium will offer comprehensive workshops that are relevant to the seasoned volunteer management professional.

Additionally, Denver DOVIA will continue to offer enrichment sessions and half-day workshops each month. Topics include Strategic Planning, Evaluation, Staff/Volunteer Relationships, Building Community, Conflict Management, Volunteers as Donors, Diversity, Personal Balance and so much more!

Please visit our website at www.denverdovia.org for the complete 2009 program calendar.

We hope that you will take advantage of these wonderful opportunities to learn and further promote the successful engagement of volunteers in our community.

Dealing With Holiday Stress

For some people, the holidays bring unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. However, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would. The tips below can easily apply to both volunteer managers, and our volunteers.

12 Tips in dealing with holiday stress:

1. **Acknowledge your feelings:** You can't force yourself to be happy just because it's the holidays.
2. **Seek out support:** Seek out family, friends, and community. Getting involved and helping others can lift your spirits.
3. **Be realistic:** As families change and grow, so do traditions. Hold on to those you want, but realize you may have to let go of others.
4. **Set differences aside:** Try to accept people as they are. Practice forgiveness. Set aside grievances. Be understanding.
5. **Stick to a budget:** Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name. Give homemade gifts.
6. **Plan ahead:** Set aside specific days for shopping, visiting, etc. Plan meals ahead of time. Expect delays in travel, especially flying.
7. **Learn to say no:** If you say yes only to what you really want or need to do, you'll avoid feeling resentful and overwhelmed.
8. **Keep healthy habits:** Don't let the holidays become a dietary free-for-all. Some indulgence is ok, but overdoing it will add to your stress.
9. **Take a breather:** Make some time for yourself every day, even if it's only a few minutes. Exactly what volunteer managers are known for, right?
10. **Rethink resolutions:** Resolutions can set you up for failure, if they're unrealistic. Return to basic, healthy lifestyle routines. Choose only those resolutions that help you feel valuable and provide more than only fleeting moments of happiness.
11. **Forget about perfection:** Holiday TV specials are filled with happy endings. But in real life, people don't resolve problems within an hour or two. Accept imperfections in yourself and in others.
12. **Seek professional help if you need it:** If you experience depression, anxiety, hopelessness or irritability, talk to your doctor or mental health professional. If experienced for a prolonged period of time, these can be very serious.

DOVIA Membership

Renewals: Don't wait any longer, the programs and benefits are great and the networking can't be beat!

New Members: Are you ready to start receiving the benefits of being a DOVIA member?

Membership Benefits:

- Continuing education and training through workshops and seminars at a reduced cost or on scholarship basis
- The DOVIA member listserv to share ideas, make announcements or look for advice
- Region's most comprehensive awards program for volunteer managers through annual Outstanding DOVIA Member, Outstanding Achievement in Volunteer Management, Marlene Wilson Commitment to the Profession Award
- "We Count On You" award and luncheon for volunteers and volunteer managers
- Access to DOVIA website with updated association information, links to hundreds of resources for volunteer managers and member agencies websites
- Lending library of volunteer management and professional development resources
- Results of collaborative efforts with other volunteer organizations such as Metro Volunteers, Colorado Nonprofit Association, etc.
- Opportunities for professional development and peer support through networking opportunities
- Information on legislative and legal issues regarding volunteerism and volunteer management
- Gain leadership skills throughout committee involvement or board involvement

Don't delay renew or sign up today by contacting **Nora Simmons Daly** at nnsimmons@yahoo.com.



Prices:

- Individual \$40 (1 person)
- Associate \$25 (1 student or volunteer)
- Agency \$100 (List main contact person)

Thank You Denver DOVIA 2008 Board Members:

<u>Executive Board</u>	<u>Board Members</u>	
President – Patti Wright City of Westminster	Betty Aldworth Project Angel Heart	Kelli Groen Denver Botanic Gardens
Ex-Officio – Pam Mayhew City of Westminster	Mary Brook Rebuilding Together Metro Denver	Val Purser Arap. Cty. Vol. Connection Prog.
Vice President – Mark Smith Lakewood Heritage Center	Bevin Carithers Easter Seals of Colorado	Nora Simmons Daly Visiting Nurses Association
Treasurer – Lee Ann O'Brien Arapahoe House	Bobbie D'Addaro Smoky Hill United Methodist Church	Vicki Leigh Colorado State Parks
	Lisa Shuman Harrison Memorial Animal Hospital	Sean Wolfe Family Tree



What We Do

We provide opportunities for professional growth in the field of volunteer management. We host monthly workshops on a wide variety of topics. We also provide extensive resources through our website and provide access to a comprehensive lending library of professional resources. We offer networking opportunities for our members and have been involved in some of the major volunteer related events in the area such as National Philanthropy Day. We also offer opportunities to recognize outstanding volunteer managers and volunteers in our community. Our goal is to provide a variety of ways to further your journey to excellence in volunteer management.