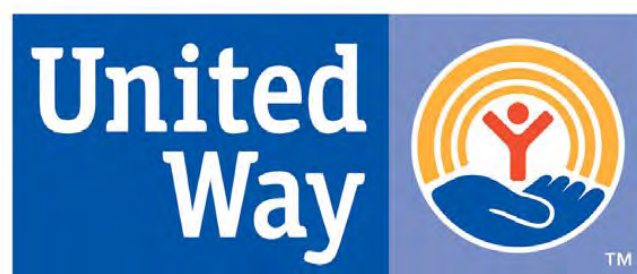


# National Volunteer Week



April 7 - 13, 2019

*Presented by*



THANK YOU TO ALL OUR COMMUNITY VOLUNTEERS

# BENEFITS OF VOLUNTEERING

- **2019 Estimated National Value of Each Volunteer Hour = \$24.69 an hour.**
- **Currently, 63 million Americans volunteer about 8 billion hours of their time and talent to help improve people's lives.**

There are many social, emotional, physical, and professional perks of volunteering.

Volunteering makes an impact on others, but we are also caring for ourselves and our immediate social networks.

You make connections with the people you are helping, and you cultivate friendships with other volunteers.

- The Campaign to End Loneliness says that close to 45 percent of people in the US and the UK admit to feeling lonely. On top of that, one in ten adults reports that they have no close friends. Loneliness and social isolation are two of the most severe epidemics in the

- According to the Corporation for National & Community Service, you **strengthen your community and your social network** when you volunteer.

world today. Volunteering can **help you be less lonely.**

- Social interaction **improves mental and physical health**, according to Psychology Today. The benefits of consistent socializing include better brain function and lower risk for depression and anxiety. You also improve your immune system.

- Depression, Post-Traumatic Stress Disorder, low self-esteem, and even Obsessive Compulsive Disorder have all been helped by volunteering. Connection and meaning translate to **decreased symptoms and improved social function.**

- **Reduce stress and improve well-being.**

- Physical work from volunteering, whether carrying boxes, standing for extended periods of time, or solving problems for an organization can include **improved health.**

- School-aged kids **build social skills and develops awareness.**

- Teens and young adults **develop self-esteem, confidence, and feelings of self-worth.**

- High school students can **boost their college applications**

- College students can

**improve their job search post-graduation.**

- Many Millennials are civic-minded and socially-aware employees who choose jobs that reflect their values and then continue to donate their money, time and skills. Seventy percent of Millennials share their talents with charitable causes, but their volunteer hours also make them **competitive in the job market.**

- Through corporate

*“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.”*  
~Erma Bombeck

philanthropy, many big-name companies support local and national programs financially. These corporate volunteer programs give employees a chance to volunteer during work hours. Doing so increases the likelihood that people will volunteer, even during their personal time. Companies that offer employee volunteer programs may attract **more committed employees**, as well.

Sources:

Fritz, Joanne. “15 Unexpected Benefits of Volunteering that will Inspire You. Volunteer for others but also for yourself.” [www.thebalancesmb.com/unexpected-benefits-of-volunteering-4132453](http://www.thebalancesmb.com/unexpected-benefits-of-volunteering-4132453). Accessed 25 March 2019.

“Benefits of Community Service”. [www.wcsu.edu/community-engagement/benefits-of-volunteering](http://www.wcsu.edu/community-engagement/benefits-of-volunteering). Accessed 25 March 2019.

“Independent Sector Releases New Value of Volunteer Time of \$24.69 Per Hour.” [www.independentsector.org/news-post/value-of-volunteer-time-release](http://www.independentsector.org/news-post/value-of-volunteer-time-release). Accessed 25 March 2019.



*Join Visit Canton's*

## VOLUNTEER CORPS!

Our community is known for its hospitality and hard work thanks to the tireless efforts of volunteers across Stark County. Sign up with Visit Canton to learn about upcoming opportunities to get involved!

REGISTER TO VOLUNTEER

**VOLUNTEERSTARK.COM - EVENTS@VISITCANTON.COM - 800.552.6051**

**Visit CANTON**  
VISITCANTON.com



# 2019 AWARD CATEGORIES

## VOLUNTEER OF THE YEAR

This award recognizes an individual who has made an impact on our community that goes far beyond normal volunteering. Over the past several years this person has excelled at making a positive impact that has changed the course of our region for the better. This individual has exhibited exceptional involvement which could include outstanding service at a particular event, leadership in an initiative or project, increased involvement in a volunteer role or sustained, long-term commitment to a particular volunteer role that is worthy of recognition.

## YOUTH LEADERSHIP

Youth volunteers are not only

the leaders of tomorrow – they are the leaders of today. We will recognize one outstanding young leader from Stark County through the Youth Volunteer Leadership Award who demonstrates outstanding volunteer leadership in their school, community or group and is under 18 years old.

## COLLABORATION OF THE YEAR

Any volunteering project, event or activity that has been organized by 2 or more groups that came together to make an impact. The nomination should demonstrate examples of effective teamwork, how each group contributed to the activity and shows how the project and community benefited from the collaboration.



**Habitat for Humanity™**  
East Central Ohio

**every hand makes a difference.**

**volunteer | donate | get involved** [habitateco.org](http://habitateco.org)

# THANK YOU Aultman Volunteers!



Your hard work and dedication make a lasting impact on our patients, staff and visitors.

**AULTMAN**





# JACKSON TOWNSHIP COUPLE TO CHAIR UNITED WAY CAMPAIGN

## Repository staff report

Mark and Tonya Wright will chair this year's United Way of Greater Stark County campaign.

The Jackson Township couple have contributed to the campaign for 25 years and long have been involved with the United Way. They sit on the board of directors and belong to the United Way's Tocqueville Society.

The Wrights stated that they are chairing the campaign, which runs from September to December, to help the Stark County community thrive.

"There's a lot of untapped talent in people that the United Way supports through its programs and agencies," they wrote in an email. "They need help at the most vulnerable times of their lives. We believe people can reach their full potential if they are given a chance."

Mark is the chief financial officer for Aultman Hospital and serves on several community boards, among them the Canton Regional Chamber of Commerce, Stark Education Partnership, and Wm. McKinley Presidential Library and Museum. Tonya is a stay-at-home mother and serves on the Aultman Women's Board, is a member of the Sauder Elementary Parent Teacher Group and volunteers with Meals on Wheels.

Together they have chaired The Wilderness Center Auction. Tonya also has co-chaired Aultman Hospital's Women's Board Angel Auction.

For the United Way campaign, the couple stated they have built a cabinet of community leaders and will build on the success of past efforts.

"We want to educate the community that you aren't just making a contribution, it's an investment in the future of people in our community," they stated.

Mark Wright also said the United Way and its initiatives coincide

nicely with Aultman's mission to improve community health.

Health initiatives, such as reducing infant mortality, are among United Way's goals, along with supporting education and career readiness.



# THANK YOU!

The Canton Museum of Art thanks each one of our more than 300 Volunteers - from our Museum organizations & the community - for their time, dedication & commitment to making ART accessible to all!



#ArtChangesLives



# VOLUNTEER!

Interested in Volunteering?  
Visit us at [cantonart.org](http://cantonart.org)



Angela Perisic, executive vice president of resource development and community impact, works closely with the campaign chairs each year.

“Where we’re really focusing this year is on the individual donor,” she said.

That will include more direct communication, recognition and engagement with individuals in the United Way’s already strong workplace network. Each year, the goal is to visit more places than in years past.

United Way CEO Maria Heege also said the nonprofit has a strong

relationship with area businesses, which is essential because of the agency’s small staff. Companies, such as The Karcher Group and Employers Health, have loaned executives to the agency to volunteer on the campaign.

“United Way is so greatly appreciative of the volunteers and the donors who work with us each year,” she said. “We could not do the work we do without our volunteers.”

Donations to the United Way are accepted online at [www.uwstark.org](http://www.uwstark.org) or by mail at 401 Market Ave. N, Suite 300, Canton, OH 44702.

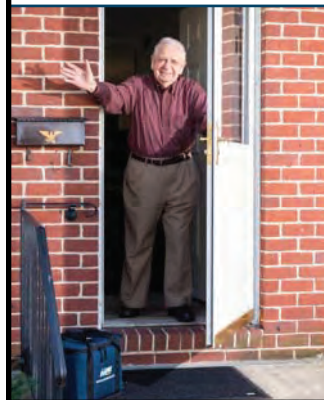
*“We want to educate the community that you aren’t just making a contribution, it’s an investment in the future of people in our community”*

# LET’S DO LUNCH!

**Meals on Wheels is looking for dedicated volunteers to deliver healthy meals, friendly smiles, and independence to their home-bound and hungry neighbors in Stark and Wayne Counties.**

Deliveries are made from 11:00am to 1:00pm, Monday through Friday. The agency serves from 11 sites located throughout Stark and Wayne Counties. Volunteers choose routes based on their own locations and availability. Training is provided and mileage reimbursement is available. Meals on Wheels welcomes individuals and groups as volunteers.

**Special recognition and event benefits are available to volunteer groups who become Adopt-a-Route partners of Meals on Wheels!**



**TOGETHER, WE CAN DELIVER.**

More information available at:  
**330-832-7220**

[MOWVolunteer@vantageaging.org](mailto:MOWVolunteer@vantageaging.org)  
[vantageaging.org/programs-and-services/meals-on-wheels/](http://vantageaging.org/programs-and-services/meals-on-wheels/)



We’re Passionate about making a difference in our communities and celebrate others who do, too.

 **synchrony**



# AWARD WINNERS



## PROGRESS4THECURE

### Collaboration of the Year

Progress4TheCure began as a group of community spirited volunteers and to date have raised nearly \$50,000, which has equally divided between the breast cancer departments of Aultman Hospital and Mercy Medical Center.

Progress4TheCure was started in 2015, as an annual event, by the team at Progressive Chevrolet and Progressive Chrysler Dodge Jeep Ram in Massillon as a way to honor and recognize the work being done by the Breast Cancer Departments of Aultman Hospital and Mercy Medical Center.



*Progress4TheCure has grown from a duckling to the magnificent, mature, pink duck it is today. And so has its ability to support the two local hospitals in their crusade against breast cancer. Onward and upward! Added bonus - it's fun.*

*- Craig Chamberlain*

Each year, the event grows in awareness and increases the fundraising efforts as more like minded area business partners have joined in the efforts.

In 2017, over 90 businesses participated and drew awareness to their programs. 40 volunteers and 90 businesses raised \$13,111.42.

The 2018 event:

- Hosted by a core group of 30 volunteers
- Attended by 500+ guests
- Sponsored by 16 corporations
- Staffed by 80+ vendors

The event featured inspirational words from breast cancer survivors, nurses, Coach Nate Moore of the Massillon Tigers and Mayor Kathy Catazaro Perry.

Find them on Facebook as  
@Progress4theCure

***This is an amazing charity that helps our neighbors who have a family member fighting breast cancer. By contributing your time and money by doing this event it helps raise money for our two local hospitals to find more ways to beat this over growing fight. - Melissa Carr***

# SHARAN PAUL

## Volunteer of the Year



Nominator Rachel Paul - "I was the victim of a robbery at gunpoint while working at Speedway, and my mom, Sharan Paul, was the only one that helped me."

Sharan took training to be a victim advocate, spoke to legislators, and in the end, created a 24-hour hotline to help victims like me. She learned how to start a nonprofit and sold her doll houses to pay the fees and get the hotline started. Even now, she speaks to civic and neighborhood groups, and people everywhere to make sure victims have the help they need.

Sharan has become an activist for crime prevention and is dedicated to victims across the county - and she never stops talking. If a call comes in at meal time, her dinner sits untouched while she comforts a victim and tells them about personal safety measures. When the phone rings, she answers, every time, no matter what she is doing, because the victims needs are her first priority.

Because of Sharan, Stark County has Holding Hands, a sustainable, 24-hour advocacy hotline for victims of violent crime. Victims, friends or family can call anytime to get help. Recovery after a violent crime is difficult and multi-faceted. Not all victims require counseling and counseling is not a cure all.



"She has recommended doorknob bars to help victims feel safe at home. She even offered to call domestic violence shelters to get information when a woman was too scared to do it herself. She listens. I have watched tears roll down her cheeks as she hears personal stories of crime victims. When she says she is sorry this happened, she means it. She freely admits that she doesn't know everything but is determined to find answers to any questions a victim may have. I have witnessed people hold her hand and thank her for her words of encouragement. I saw a woman hug her and tell her she wished there was a hotline when her son was murdered. A victim who was ready to give up on ever having a normal life again talked to my mother for an hour and discovered four ways to go forward. And that he could still laugh, because my mom can be funny. No matter what a caller needs, when they talk to my mom, they know it will be okay, because that is what she did for me."

Sharan wants every victim in Stark County to have the help they need to recover after a violent crime. When the government shutdown stalled the 501(3)c application, she went to civic groups, endlessly writing letters and giving in-person presentations to raise money for the hotline. She folded 1,000 paper cranes (with painful arthritis in her hands) to give away at awareness events at local businesses. She contacts other service organizations, given up most of her free time to meet with them and collaborate to insure victims have resources in our community and rearranged her schedule to support victims or answer their calls.

Sharan believes the victims are the real heroes in this story.

**HOLDING HANDS: (234)-458-1545  
AVAILABLE AS A FREE SERVICE  
24 HOURS A DAY, SEVEN DAYS A WEEK**



## BRADLEY MULL

### Youth Leadership

Bradley Mull is the son of Gary W. and Olivia M. Mull, who have an Advised Fund at Stark Community Foundation which was created in 2013 and has since given back \$45,000 to the community. He is 14 years old and has participated in many collection projects that provided food and clothing to those in need. Bradley also collected 400 blankets for the Hope Outreach Ministry drive in March 2016.

Nominator William J. Lemmon of Lemmon Development says, "Bradley is a young man concerned about the need for warm clothing and blankets for the poor and homeless in Canton. His success has been amazing in my opinion and has allowed Hope Outreach Ministry to grow and serve its community. I was impressed with Bradley's efforts and success for an 11 year old (at that time), and called Gary to congratulate Bradley. Gary suggested that I meet Pastor Marilyn Roman of Hope Outreach Ministry, which I did. I became very involved with the church,

resulting in my purchase and upgrading of a 9300 s/f former St. Paul's Church social hall, which was then donated to Hope Outreach Ministries, replacing a much smaller facility that was in poor condition. This helped provide food, clothing and social services for a much larger number of needy residents of the Chrystal Park area of Canton. All of this is a direct result of Bradley's civic work, and he continues his great efforts today."

From an early age, 14-year-old Bradley remembers tagging along with his parents to serve lunch at church, donate food to the less fortunate and collect items for the homeless.

*Bradley states, "I like helping people in general, when they feel good, I feel good."*



# MOLLY MCDUGAL - "WE ARE ALL IN THIS TOGETHER"



Molly is a content strategist at The Karcher Group, a local marketing agency, where she has the privilege of helping Stark County businesses shape their stories through branding and digital media.

"On my best days, I hope someone would describe me as kind, hardworking and eternally optimistic."

When she's not at work, she hangs out around downtown Canton or at home with her husband, Kevin, and Airedale terrier, Sally.

"Whether I'm trying out a new knitting pattern, looking for my next podcast obsession or doting over my precious nieces, I'm all about soaking up moments with the people I love."

Molly got started with United Way of Greater Stark County (UWGSC) by giving through the workplace campaign at The Karcher Group.

"Maria Heege came to our office and gave a moving presentation about the impact of United Way."

Since then, she has been a fierce advocate for the mission and people behind United

Way, and when her co-worker, Alison Oyler, asked if she would join her at a Young Leaders Society (YLS) meeting, she quickly agreed.

Molly currently serves as Chair of United Way of Greater Stark County's Young Leaders Society. She helps organize the calendar of events, leads the steering committee meetings and meets on a regular basis with Laura Prengaman, Director of Corporate and Volunteer Engagement at UWGSC, and Tim Ruby, YLS Vice Chair, to discuss upcoming initiatives.

She's also part of the JRC library makeover project and serves on the subcommittee for Hoodies for the Holidays. Her volunteering jobs have included cleaning flower beds with students at Sandy Valley Elementary School, assembling Blessing Bags with the local CAST program, speed networking with Timken Early College High School's CAMP students and pouring beer at a



Maroon 5 concert to raise money for YLS.

"Recently, the YLS steering committee hosted a membership mixer at Muskellunge Brewing Company where we got a chance to talk about the exciting volunteer opportunities we have on the horizon (Canton Prom was right around the corner and the JRC makeover is coming up soon). It also provided an opportunity to chat about our personal leadership goals and brainstorm ways to get passionate young people involved and excited about UWGSC."



*I love that, by supporting United Way, my time and dollars go to the people in our community who have the greatest needs. The initiatives I am most excited about, though, are the ones that help support young people in Stark County. That's why I'm so passionate about the new education focus for YLS. I love that, through programs like student mentoring, Hoodies for the Holidays and the YLS book scholarship, we can help encourage these young people to succeed in school and beyond.*





Narrowing down the YLS focus to education in 2017 was a tough decision for the group but they knew that education is the area where they could make the greatest difference. Mentorship has played a major role in helping her develop as a young professional and she's excited to give the same support to other young people in Stark County.

Molly is a Stark County native and that has been the real root of her dedication to UWGSC. She has always lived in and loved this community. She gets excited about bringing resources back to this area through her work and volunteerism is the reason she gets out of bed each day. It's why she loves her day job and why she loves working with UWGSC.

"YLS has grown tremendously in the past few years. Thanks to amazing leadership from the team at UWGSC and my fellow steering committee members, we've raised tens of thousands of dollars for local students, donated hundreds of hoodies, made thousands of meals to feed the hungry and started a scholarship fund to support graduating seniors."

*Volunteering with UWGSC has opened countless doors for me in terms of leadership development and connections with other young professionals, and in such a short amount of time. I'm sure it would take a lot longer to feel this ingrained in another organization or capable of influencing change.*

*One night when Kevin and I were out to dinner, we ran into one of his students who had on the college hoodie we delivered as part of Hoodies for the Holidays. Kevin whispered to me that this student wears the hoodie every chance he gets and always talks about how much the gesture meant to him. In that moment, I thought about everyone who, as a result of UWGSC, has had that feeling of, "yeah, someone thought of me and cares." It brought everything into perspective and reminded me why I love being part of this organization.*

Molly wishes more people knew about how United Way invests donations.

"They are responsible stewards of our resources and put the time in to find the areas where they can make the greatest impact. Take a look at UWGSC's list of funded partners and think about how they would feel if those agencies were to go away or be stripped of funding. To keep the rich, diverse mix of community resources we have in Stark County, we need to continue supporting UWGSC."

She's always believed in the power of community to change people, whether it's a community of friends, family, co-workers or neighbors in need. Volunteering in Stark County has proven that these are her people and we're all in this together.

"It may be me giving back today, but I know if I need support tomorrow, I will have a community behind me. I don't think there's anything more important or more special. "



She looks forward to working with United Way in the upcoming years, and watching its younger members to find new, innovative ways to become more involved in the ever changing Stark County.

Molly's mother has been a huge inspiration in her life.

"She is the most loving, patient and gracious person I've ever known. Even during her toughest moments, she manages to greet everyone with a warm smile, work harder when others would give up and own her faults in the most honest, genuine way. I admire the way she maneuvers life with a humble grace, and I hope to do the same."



She is always looking for her next creative outlet, and loves getting on stage to perform in community theater productions, knitting a garment from scratch, dancing in a beginner tap dance class and singing with her sister, Courtney, whenever she get the chance.

Thank you for setting such a wonderful example at living United Molly!



# JOIN OUR TEAM OF 5,000 COMMUNITY VOLUNTEERS!

Want to volunteer at Stark County's largest community events while also enjoying them? We're looking for dedicated, passionate volunteers to assist with our community events! They simply cannot happen without our enthusiastic volunteer corps. So, why volunteer?

**MEET NEW PEOPLE – NETWORK PERSONALLY AND PROFESSIONALLY – GIVE BACK TO YOUR COMMUNITY**  
**ENJOY CANTON'S WORLD-CLASS EVENTS – CONTRIBUTE TO THE VITALITY OF OUR COMMUNITY – HAVE FUN!**



**Individual and Group Opportunities Available - <http://bit.ly/volunteerstark>**

OH752608



“Volunteers  
do not necessarily have  
the time;  
they have the heart.”  
- Elizabeth Andrew

National Volunteer Appreciation Week 2019



Become part of the team of dedicated volunteers at the Canton Palace Theatre.  
More info available at [www.cantonpalacetheatre.org/volunteer](http://www.cantonpalacetheatre.org/volunteer)



# THE RELATIONSHIP BETWEEN HEALTH AND VOLUNTEERING

*Volunteering is often its own reward. Helping others can be just as beneficial to the people doing the helping as it is for the people being helped. Though it can sometimes be hard to find time to volunteer, a close look at some of the various health benefits of volunteering may compel adults and children alike to find the time they need to volunteer.*

## Volunteering and happiness

Veteran volunteers may have long suspected they're happier when they volunteer, and research suggests that's true. A study from researchers at the London School of Economics that was published in the journal *Social Science and Medicine* found that the more people volunteered, the happier they were. The researchers compared people who never volunteered to people who did, finding that the odds of being "very happy" rose by 7 percent among people who volunteered monthly. Those odds increased by 12 percent among people who volunteered every two to four weeks.

## Volunteering and mental health

Psychologists have long known that social interaction can improve mental health. *Psychology Today* notes that interacting with others decreases feelings of depression while increasing feelings of well-being. Volunteering is a great way to meet new people, exposing volunteers to people with shared interests. That can be especially valuable to people who are new to a community, helping them to avoid feelings of loneliness after moving to an area where they have no preexisting social network.

Volunteering and long-term health  
Volunteering that requires social interaction can produce long-term health benefits that can have a profound impact on quality of life as men and women age. Many volunteering opportunities require routine interaction with others, potentially providing significant, long-term health benefits as a result.

While volunteering is a selfless act, volunteers may be benefitting in ways that can improve their lives in both the short- and long-term.

 **Huntington**  
Welcome:

**MAKING THE COMMUNITY  
BETTER TAKES HARD WORK,  
DEDICATION, AND MORE  
PEOPLE LIKE YOU.**

At Huntington, we believe it's important to do more for the community – whether it's rolling up your sleeves and getting involved, or helping in other ways. That's why we're proud to support all community volunteers and their tireless efforts to help those in need.



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OH752334





"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." ~Martin Luther King, Jr.

United Way  
of Greater Stark County



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