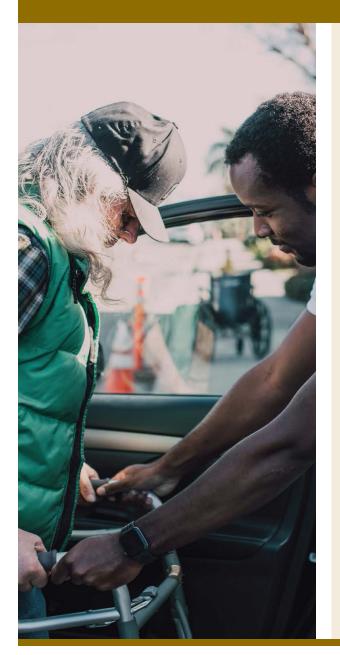


# Become a Volunteer & Make a Difference GIVE BACK SOME TO THOSE WHO GAVE THEIR ALL

### WHAT WE DO AND WHO WE ARE:



The Center for Development of Civic Engagement (CDCE) works with the local community and donors from various organizations to provide more resources and funds to enhance the Veteran's Experience. CDCE does what they can to find a way to say, "YES" to better serve those who have served. The CDCE coordinates volunteers and donations to run the food pantry, provide Veterans with transportation to their appointments, shuttles Veterans in the VA parking lot, takes care of the garden, assists with Produce for a Purpose and more. All of this couldn't be done without the volunteers who help run these programs. When you become a part of CDCE, you become a part of the impact, you become a part of the solution, and most importantly you become a part of the experience.

If you know of any outside organizations that would like to partner with the CDCE or know of any volunteers who would like to donate their time, contact our team.

**CDCE: 307-778-7317** 

**Northern Colorado VA Clinic CDCE:** 

Kelli Wood | kelli.wood@va.gov

**Cheyenne VA Health Care System CDCE:** 

Amber Urquides Swann | amber.urquidesswann@va.gov Angelo Corbin | angelo.corbin@va.gov



# **VOLUNTEER OPPORTUNITIES**

**Produce for a Purpose** - Distributing vegetables to our Veterans, or picking up and unloading vegetables (this is seasonal)

**Information Desk/Escort** - Help Veterans get to and from their appointments or provide them with the latest information about the facility

**Technology Support** - Assist Veterans with setting up email and educate them on how to use their mobile devices or computers

**Facility Beautification** - Pulling weeds, planting flowers and assisting with the summer garden

**Shuttle Drivers** - Help our Veterans get to and from their appointment from the parking lot

**Food Pantry** - Helping those who are in need of assistance with food. The Pantry is supplied by donations from outside organizations and individuals such as yourself. This is a valuable resource that is available to our Veterans, If you would like to donate to the pantry please call 307-778-7317

There are plenty of other areas for people to volunteer, connect with a CDCE Specialist to see what your VA Facility has to offer.

### **BENEFITS OF GIVING BACK**

Whether you are volunteering your time to the VA, or you are donating to the VA Veterans, transformation starts to happen. You become a part of the change you want to see, not only with the VA, but as a whole. With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, the community, and the benefits can be even greater for you as a volunteer.

The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

While it's true that the more you volunteer, the more benefits you'll experience. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness



### **HOW TO GET INVOLVED**

# **Interested in Volunteering?**

Determine what area you would like to get involved in and reach out to your local VA Center for Development of Civic Engagement (CDCE) Specialists. They will help you find a volunteer role and begin the process for becoming a volunteer. This includes completing a Volunteer Packet, fingerprinting, TB Testing and taking specific classes for whichever area you would like to be a part of.

## **Interested in Donating?**

If you are interested in donating, reach out to your local VA Center for Development of Civic Engagement (CDCE) Specialist to gather more information on what you would like to donate or what the needs might be. It can be a monetary donation, a food donation for the food pantry, or arts and craft supplies for the other departments.

