

National Mentoring Month



National Mentoring Month in January celebrates mentoring and the positive effects it can have on the lives of young people. Local mentoring programs in communities across the state will be celebrating the success of their programs and asking more community members to step forward to make a difference in the life of a young person. All of us – individuals, businesses, government agencies, schools, faith communities, and nonprofits—can work together to increase the number of mentors to assure positive outcomes for America's young people.

Research shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug use. In turn, these young people are:

- 55% more likely to be enrolled in college
- 81% more likely to report participating regularly in sports or extracurricular activities
- 8% more likely to volunteer regularly in their communities
- More than twice as likely to say they held a leadership position in a club or sports team.

Yet, the same research shows that one in three young people in our country will grow up without a mentor.

At the same time, research shows that 44% of adults are not yet mentoring but are willing to consider it and mentoring is poised for growth. 18- to 29-year-olds are more than twice as likely to cite having had a mentor in their childhood than those over 50. Almost half of today's young adults report having a mentor in their youth and those rates appear to have been rising steadily over the past several decades.

National Mentoring Month is the time of year where engagement from community members interested in becoming a mentor is highest. With the support of the mentoring community, we are encouraging the public to go beyond just digital engagement – and become involved in real life. Visit <https://www.iowamentoring.org/> for more information and to sign up today to be a mentor!



Host an AmeriCorps VISTA Project

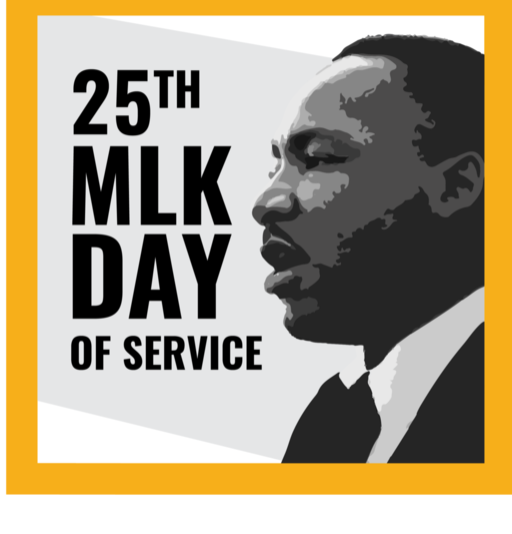
Volunteer Iowa is currently accepting applications from organizations interested in hosting a year-long AmeriCorps VISTA member(s) to focus on anti-poverty, community empowerment, sustainable solutions, and capacity building to meet the needs within the community for which they serve. The following issue areas are given priority:

- Education and/or economic opportunity in rural communities
- Addressing the opioid epidemic and other substance abuse issues

VISTA members provide a year of full-time service conducting capacity building activities for nonprofits, schools, and government organizations.

*To host a member beginning service in late winter/early spring, applications are due January 15, 2020. To apply, please review the [Application Guide](#).

For more information, visit volunteeriowa.org/amicorps-vista or contact Julie Struck by [email](#) or at 515.348-6238 (toll-free: 800.308.5987).



25th MLK Day of Service

January 20, 2020 marks the 25th anniversary of the annual Martin Luther King, Jr. Day of Service. In recognition of Dr. King's incredible legacy of service, Congress designated the Martin Luther King Jr. federal holiday as a national day of service in 1994.

During the last quarter-century, the MLK Day of Service has grown in size and impact as more Americans embrace the

idea that citizenship involves taking an active role to make our communities better. Serving on MLK Day can make volunteering a habit, improve the community, and build connections that can last a lifetime.

Join the effort to continue to raise awareness about this important day of service and help us engage your network in service that helps communities.

Visit <http://volunteeriowa.galaxydigital.com/> to find volunteer opportunities in your community.

Volunteer Iowa Staff Retreat

On Monday, December 9, the Volunteer Iowa staff participated in a staff retreat. In the morning, America's Service Commission Deputy Director (and former Volunteer Iowa employee and commissioner) Rachel Bruns facilitated a session on priorities for the first year of our updated State Service Plan. In the afternoon, current commissioner Cheri Doane led the staff in leadership and team building activities. That evening, the Volunteer Iowa staff held their holiday gathering which included a festive, and highly entertaining, white elephant gift exchange.



ICYMI - Volunteer Hall of Fame and Iowa Mentoring Awards Nominations Due January 21

The *Iowa Volunteer Hall of Fame* was established in 1989 to honor Iowans who have made extraordinary donations of volunteer service to their communities. The most prestigious state-level honor volunteers can receive; the people selected freely give their time and talent in countless ways to benefit others and have forever changed their community, the state, the nation, or the world. Nominations must be submitted online or postmarked by January 21, 2020; honorees will be recognized during a special ceremony in the Capitol in April. Details and nomination materials can be found [HERE](#).

The *Excellence in Mentoring Awards*, established in 2009, gives Iowa Mentoring Partnership (IMP) certified programs the opportunity to recognize outstanding long-time youth mentors. Individuals selected have served as a mentor a minimum of two years and exemplify both the spirit and positive benefits of mentoring. The nomination form can be found [HERE](#).

6th Annual Give Back Iowa Challenge



The 6th Annual Give Back Iowa Challenge registration is now open! Now is the time to register your organization and begin planning for the two month challenge!

Register today at <https://volunteerchallenge.iowa.gov/volunteer-challenge-employer-registration>.

The Give Back Iowa Challenge is an eight-week statewide challenge, which serves as a competitive way to encourage organizations and businesses alike to participate in community volunteering. The Challenge runs from April 1st through May 31st. It's simple; register your organization, track the hours of your employees, record those hours on our system, and celebrate your employees and their dedication to volunteerism!

Volunteer Management Training Series Registration Now Open

The Volunteer Centers of Iowa (VCI), in partnership with Volunteer Iowa, will host a web-based training resource for Iowa nonprofit, public, faith-based, and service organizations. The six session VCI Volunteer Management Training Series, running January 9 through March 12, 2020, will provide best practices training presented by leading experts from across the state. Registration information and details are available at <https://wintervmts.eventbrite.com>.

Service in the News

- [Volunteerism an Important](#) Part of Clear Lake Bank & Trust's Culture
- [Thank you RSVP](#) Volunteers!
- [Legacy Far More Valuable](#) than Your Bank Account

Important Dates

- January: [National Mentoring Month](#)
- January 6: Service Enterprise Initiative Des Moines cohort applications due
- January 14: [Pre-applications](#) due for NEW AmeriCorps State Programs
- January 20: MLK [Day of Service](#)
- January 21: [Volunteer Hall of Fame](#) & [Excellence in Mentoring](#) Award nominations due
- February 11: [Volunteer Iowa Day at the Capitol](#)
- April 1: [Give Back Iowa Challenge](#) begins

Looking for a way to give back? Visit [Get Connected](#) today to find volunteer opportunities. Organizations can [post volunteer opportunities](#) on Get Connected as well at no cost.

Get Connected!

