

IN THE SPOTLIGHT

CHP Employees

Volunteer a Helping Hand

If there is one thing for certain about CHP's employees, it's that we all stay very busy on the job, and off! Just ask any of your co-workers what their evening or weekend plans entail, and you'll hear about all sorts of activities ranging from driving carpool, going to church, attending a high school track meet, having dinner with a friend, taking a bike ride, or running errands.

What you may not hear as much about are all the hours CHP staff members put into volunteering in order to help those less fortunate than themselves. Most of our folks tend to keep this type of work to themselves, but CHP is proud that so many of its team members share their talents and time with individuals and organizations, working to improve the quality of life for others in their communities.

Here are the words of a three CHP employees, explaining the type of volunteer work they do, and why.

"There is nothing like volunteering. Volunteers help make the world a better place. As the Resident Services Coordinator at Cross Creek I need and appreciate every volunteer we have. I am a volunteer at a community in Chesapeake, Virginia (Bainbridge Commons) and I volunteer with my church to assist the sick and hungry. I've also put in time with the Muscular Dystrophy Association, Boy scouts, and Girl scouts. My favorite type of projects are the ones in which you help the children. I have a special place in my heart for the children. They need us to lead and guide them into a productive future."

~ Tonya Speller, Resident Services Coordinator, Cross Creek

"I volunteer because I like to support the good work other people do. My favorite types of volunteer projects involve event coordination. Every year, I organize the cake walk event at my daughter's school for their annual *Spooky Saturday* fundraiser.

If someone asked me what to consider when looking for a volunteer project, I would tell them to choose to do something that has context and meaning for them -- something that they can feel a part of. *Don't over commit yourself and do make sure you sign up for something you are confident doing or are eager to learn how to do.*"

~ Samantha Brown, Senior Development Officer

Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop.

- Dr. Dorothy I. Height

"I volunteer for Special Olympics Virginia Beach as a coach and as the volunteer coordinator on their board. I have been coaching volleyball, half-court basketball and track and field since August, 2008. I have been the volunteer Coordinator since September, 2009.

I am also volunteering this summer for Comfort Zone Camp."

~ AmeriCorps member Jennifer Schmitz, Friendship Village

Volunteers are love in motion.

- Author unknown