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**November 2023  
31st Issue**

**AmeriCorps**

Community Cares

**Community Cares Newsletter**



**“November is the month to remind us to be thankful for the many positive things happening in our lives.”**

**- Anonymous**



# November is *Native American Heritage Month*

November is National Native American Heritage month, where a multitude of American institutions are paying tribute to the rich ancestry and traditions of Native Americans.

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the “First Americans” and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indi-

an Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens. The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have



designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.

Learn more by clicking [here](#).

Discover more by clicking [here](#).



## Did you know?

Tennessee has a Native American Indian Association located in Nashville, TN.

NAIA is an organization of Indians Working for Indians in Tennessee. Its annual Tennessee Education Pow Wow is one of the highlights of the organization. The Pow Wow is a three day festival celebrating Native American culture and spirit. It offers you an opportunity to experience the beauty of the outdoors at the best time of year in Tennessee and witness and participate in an age old tradition of our native peoples. Enjoy traditional native foods, dance, and arts and crafts. A fun and educational experience for the entire family.

This year, the Native Americans in Tennessee invite you to give back, by donating to the Circle of Life Indian Culture Center fund or NAIA's essential services programs this Giving Tuesday. Read more on their website, [here](#).



**GIVING  
TUESDAY**



**LAST CHANCE**

Don't forget! November is the last chance to nominate someone from your community (in either Cocke County or Hamblen County) for the Governor's Volunteer Star Award!

Contact us, your Community Cares AmeriCorps staff to get more details and nominate your best candidate today!

# About an Alum

## We miss you!

Everyone meet Denise Holt! The top center photo is from 2022 when she won the Adult Governor's Volunteer Star Award of 2021 for Cocke County. She received recognition of this wonderful achievement from, Volunteer Tennessee, the city of Newport, and the Cocke County Mayor, Rob Mathis.

Denise is the Webster's Dictionary definition of serving others, and *getting things done*. She served at Newport Housing Authority as a Community Cares AmeriCorps member serving elderly residents at the Rhea Mims apartment complex and families in the other complexes. She is always willing to give more than take and go the extra mile for anyone. If asked, she would certainly give the shirt off her back to clothe someone in need. She completely drops whatever it is she is doing to supply help for a need without hesitation. She would assist her residents in multiple ways, and to name one— she would take her residents to the grocery store to ensure they had food in their homes. She would even go beyond that, and call them while she was in the grocery store for herself to make sure they didn't need anything before she left.

Denise made it possible for a multitude of elderly individuals to remain in their homes, maintain cleanliness, and provided food security. She made a lot of things possible for other people; however, during her service years she faced a seemingly impossible trial that many others have faced before her, she battled cancer. Though she was physically and mentally

**“She always tells her peers that she is blessed to be able to be a part of our national service, but in all reality, we are hands down the lucky ones.”**

**- Becca Grubb,  
AC Director**

fighting this disease — she still *persevered*. She carried the commitment of AmeriCorps service throughout her terms, and beyond. She had the courage to continue on no matter how she felt, and regardless of her resident's needs.

With this story, we are pleased to announce that Denise was cleared by her physicians near the end of October, and she informed us that she is now **CANCER FREE!** “She rang the bell, three times well. It's toll to clearly say, her treatment's done, this course is run, and she is on her way!”

Denise fought her way through this battle, and came out on the other side a champion warrior! Let Denise be an inspiration to you and your battles! Whatever you may be facing, persevere and push through it, you will make it out ok!

Congratulations Denise for beating cancer!



**“Amy is an excellent member, and an even better person (and teacher). She has learned the ways of other worlds and how they function in order to help sufficiently care for and better assist students who are not originally from Tennessee or the United States. She is very knowledgeable and has created a wonderful recipe guide/ cookbook for any student who receives food through the pantry.”**

**- Hayley Samples, AmeriCorps Coordinator**

# About a Member

## You're doing amazing in service!

Everyone meet Amy Deel! She currently is serving as a Community Cares AmeriCorps member with East Tennessee State University's (ETSU) Bucky's Food Pantry. As the Director and Specialist Amy does far more than provide food for students. She is a caretaker, liaison, need fulfiller, and occasionally a stand-in mom.

She coordinates events for gathering food donations and exceeds any and all expectations set for her. Despite any challenges Amy faces, she continues to just *do*. She sometimes has someone available to help her with students from the work study program, however; she is often alone and left to deal with far too much for any ONE person to do on their own. Amy also is the needed and caring friend who has been a shoulder to cry on, an ear that listens, and capable hands that offer all the help she can possibly give.

Amy was the recipient of the esteemed award called the “Bedrock Award” with high regards from ETSU. It is the Division's highest award, presented to a person or entity outside of the Division of Student Life and Enrollment and for the support of the Division and our students.

Congratulations on this accomplishment, Amy!

# What's New!

## Discover what's new for you on your Google Drive account today!

After working on these for what seems like an eternity, we discovered a way to *partially* connect your data collection information to the "Timesheet Total Calculations" google docs spreadsheet.

Because of connectivity issues that Google Spreadsheets does not support (like it would be in Excel) the Volunteer, Beneficiary, and Quiz Hours tabs will be updated monthly by AC Staff. The timesheet totals will calculate as you enter them in real time.

This will be a continuous document that you will **NOT** be able to edit. Again, this is quite time consuming and I will be implementing information onto each individual member drive as I can. It is on a few of your drives already, if it's not do not panic — it will be. I am just happy to announce it is working! :) See the image to the left for more information.

\*\*Information in the following images have been covered for the protection and privacy of an AmeriCorps member, their beneficiaries, and volunteers.

TOTAL HOURS For All Volunteers Combined	Timestamp	Member Name (FIRST & LAST Legal Name) (MUST BE entered the SAME each time!)	Volunteer Name (FIRST & LAST Legal Name) (MUST BE entered the SAME each time!)	Date of Volunteer Hours (List multiple dates in month if applicable)	Type of volunteer	Is this volunteer:	What activity is the volunteer doing or working on?	Number of Hours (Use 30 minute increments, example .5 is thirty minutes, 1 is 1 hour)
<b>622</b>	10/11/2023 9:18:39			9/11/2023, 9/12/2023	Other	recurring (will volunteer n	Assistance with cleaning	18
	10/12/2023 10:09:20			9/24/2023	Baby Boomer	recurring (will volunteer n	Hogskin History Day clea	5
	10/12/2023 9:57:33			9/21, 9/22, 9/23, 9/24	Other	recurring (will volunteer n	Hogskin History Day prej	35
	10/12/2023 9:35:09			9/22, 9/23 2023	Other	recurring (will volunteer n	Hogskin History Day set	14
	10/12/2023 9:38:20			9/23/2023	Other	recurring (will volunteer n	Hogskin History Day face	4

TOTAL HOURS For All Beneficiaries Combined	Timestamp	Date of Service	Member Name (FIRST & LAST Legal Name)	Beneficiary Name (MUST BE entered the SAME each time!)	Beneficiary Population Si	Amount of time spent with Activity
<b>79.5</b>	9/4/2023 12:33:20	8/21/2023			Elderly-Aged (45 and up)	3 Food support/nutrition, S
	9/4/2023 12:34:22	8/22/2023			Elderly-Aged (45 and up)	1 Food support/nutrition, S
	9/4/2023 13:02:16	8/28/2023			Elderly-Aged (45 and up)	2 Wellness Checks, Comp
	9/9/2023 15:21:20	9/5/2023			Elderly-Aged (45 and up)	5 Wellness Checks, Food
	9/9/2023 15:26:01	9/8/2023			Elderly-Aged (45 and up)	1 Food support/nutrition, T
	9/4/2023 13:06:18	8/31/2023			Elderly-Aged (45 and up)	4 Wellness Checks, Comp
9/4/2023 13:09:19	9/1/2023			Elderly-Aged (45 and up)	1 Wellness Checks, Comp	

Diversity	Q1	Q2	Q3	Q4	Q5	Q6
Wellness & Stress Mgmt						
Understanding Behaviors						
Data Collection						
Career Building						
Life After AmeriCorps						

Total Hours Served	8/12/23-8/25/23	8/26/23-9/8/23	9/9/23-9/22/23	9/23/23-10/6/23	10/7/23-10/20/23	10/21/23-11/3/23
<b>380.25</b>	<b>73.75</b>	<b>77.00</b>	<b>71.00</b>	<b>78.50</b>	<b>80.00</b>	<b>0.00</b>

# Upcoming

## Welcome to the holiday season!

First thing this month, we are opening it with a Member Check in this **Friday, November 3rd at 10am(EST)**. Next, we are welcoming this wonderful holiday season with a service opportunity! TCAC staff as well as a few AmeriCorps members will be participating in the Boys & Girls Club of Dumplin Valley's Fall Fest on **Saturday, November 4th!** We will be there at 9:30AM to be assigned stations and help maintain the flow of the event. If you would like to participate and have not contacted us in regards to this event, please contact Hayley **IMMEDIATELY**. After that, **Monday, November 6th** is the day to turn in all data collection from the month of October. There are two Service Days available to complete this month, **Saturday, November 11th is Veteran's Day** along with **Tuesday, November 28th is Giving Tuesday**. In-between those dates, TCAC offices will be closed from noon on **Wednesday,**

**November 22nd, through Thursday, November 23rd, and Friday, November 24th** in observance of **Thanksgiving**. If your service site is closed during that week or closed on the holiday/day after — please do not report for service if adequate site supervision is unavailable. Enjoy your time with family and friends.

November '23						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



To...

*AmeriCorps Member  
Javarius Harris  
at Western Heights Baptist Center  
on 11/22*

*AmeriCorps Coordinator  
Hayley Samples on 11/22*

## Brrrrr!!

Now that we're entering the holiday season, we're also entering the season of cold, flu... and COVID too!

Learn the multiple ways you and your family can stay safe and healthy during the holidays, from the CDC. Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy — and ready to enjoy the holidays.

1. **Wash your hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots/shoes.
3. **Manage Stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others to do the same.
5. **Be smoke free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. **Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child

safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

7. **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. **Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

[Learn the 12 Ways to Health Holiday Song!](#)

Stay Safe  
and  
Healthy



During these colder days while you're inside — do a doodle! Challenge yourselves, friends, family, and beneficiaries to draw a Doodle—A—Day. The picture on the right lists 30 different drawings to do each day of the month! Starting with today (11/01)! Have fun & be creative! You can doodle on all separate sheets of paper or do them all on one sheet for one large picture to hang on a wall for all to see, or just make a nice piece of artwork for yourself to enjoy! Remember, have fun, be creative and share them with us if you'd like! This is something you can do with your beneficiaries as you visit with them and/or include it into youth programming!

Don't overthink it, just draw it.



## November DRAWING CHALLENGE

1. Wind
2. Tractor
3. Buttons
4. Bus
5. Harvest
6. Pilgrim
7. Books
8. Corn on the cob
9. Farm
10. Vegetables
11. Charlie Brown Thanksgiving
12. Soup
13. Birds
14. Jacket
15. Pumpkin pie
16. Fox
17. Cornucopia
18. Thankfulness
19. Gourd
20. Rake
21. Acorn
22. Turkey
23. Firefighter
24. Cranberries
25. Dinner plate
26. Veteran
27. S'mores
28. Shopping bags
29. Squirrel
30. Snow