



**PARKS AND  
RECREATION**

# BURBANK VOLUNTEER PROGRAM NEWSLETTER

*July-September 2023*

**818.238.5370**

**| [www.burbankca.gov/BVP](http://www.burbankca.gov/BVP)**

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## *Hello Volunteers!*

It is unbelievable that we are halfway through the year already! The first half of this year flew by and we are grateful that our volunteers have been with us every step of the way. To help introduce this newsletter, we are bringing in some statistics to help put into perspective just how important volunteering is to our Burbank Volunteer Program's members. Up until now, our statistics have shown how volunteering has helped our program and many more like it, but in this newsletter we're showcasing how volunteering is actually beneficial to you.

An event that should be on everyone's radar is Rock-A-Hula. Rock-a-Hula is returning once again in September and regardless of being an attendee or a volunteer, it is an incredible event. The event itself is solely for our senior population, however volunteers of all ages are needed to help the event run smoothly. As we approach September, both BVP and the Joslyn Center will have information for volunteers and attendees. Also in our newsletter, is information about our DIG program. DIG is another revamped event that started up again this year, which takes the BVP staff and volunteers to different City parks, and aids in cleaning them up. This event is a perfect chance for volunteers of any age to have a more personal investment into our parks. DIG can also be a private event if you have a group or business wanting to target a certain area in Burbank.

To our student volunteers that may need to get some hours under their belt in the next few months, we have a range of sites that need you. From working alongside some furry friends, to getting those gardening gloves on, or becoming a friendly face at the airport, there are opportunities for everyone!

If you are interested in the multitude of opportunities that await you inside this newsletter, please contact the Burbank Volunteer Program through email at [bvp@burbankca.gov](mailto:bvp@burbankca.gov), or by phone at (818) 238-5370, or stop by our office inside the Joslyn Adult Center for more information.

The Burbank Volunteer Program Team.

Derrick, Camryn, and Jackie

## What's Inside

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## Volunteering Statistics:

Volunteerism improves health by strengthening the body, improving moods, and lessening stress in participants.

Volunteers, on average, spend 50 hours per year donating their time to the greater good.

96% of volunteers reported that action enriched their sense of purpose in life.

66% of volunteers give their time to improve their company, and 88% do so to contribute to a cause they care about.

The top four volunteer activities are: Food distribution or collection (24.2%), Fundraising or selling to raise money (23.9%), General labor or transportation (18.8%), and Tutoring or teaching (17.9%).

# VOLUNTEER OPPORTUNITIES

## DIG BURBANK!

Lend a hand and help keep our local parks beautiful! To learn more about DIG, tips on signing up, and upcoming DIG Days, visit our website: [www.burbankca.gov/digburbank](http://www.burbankca.gov/digburbank)



## S.W.A.T.

Are you (S)omeone (W)ith (A)vailable (T)ime who wants to volunteer here and there? If so, our S.W.A.T program will be a great fit for a busy schedule with ample free time!



## PHONE PALS

Phone Pals allows volunteers to build a friendship with willing seniors. This program pairs volunteers with seniors to give each other companionship, as well as a social release from the comforts of your own home.



## PROJECT HOPE

Project HOPE partners volunteers with seniors who are in need of assistance ranging from grocery shopping, to picking up prescriptions and more. Each volunteer builds a trustworthy relationship with their senior, allowing them more errands to run.



## Active Stations

American Cancer Society Discovery Shop | American Red Cross | Boys & Girls Club | Burbank Airport | Burbank Temporary Aid Center | BVP Mailroom | City of Burbank Library Services | City of Burbank Nutrition (Joslyn, HDM, Tuttle) | Education Through Music LA | Joslyn Adult Center | Tuttle Senior Center | City of Burbank Police Department | City of Burbank Animal Shelter (VBAS) | Operation Gratitude | S.W.A.T.

For more information on these opportunities and others, contact the Burbank Volunteer Program: [bvp@burbankca.gov](mailto:bvp@burbankca.gov) ☎ (818) 238-5370

# FEATURED STATIONS

**Joslyn and Tuttle Nutrition** is a working staff and volunteer based program operating out of numerous sites throughout the City of Burbank. The City of Burbank's Nutrition programs feed hundreds of adults 60 and older, ensuring that everyone that needs it, will have enough meals to suffice them for a week. The staff and volunteers take great pride in their actions by doing some of the following:

- Packaging lunches
- Aiding in check-in
- Distributing lunches

CITY OF  
BURBANK



**PARKS AND  
RECREATION**

*Pick up sites include: Joslyn Recreation, Tuttle Recreation, and McCambridge Recreation Centers*

*McCambridge Recreation Center also handles Home Delivered Meals (HDM) program.*



**Operation Gratitude** is a volunteer based organization that works toward showing both Military and first-responders that their service is valued and recognized. With the help of volunteers, they have sent a total of 3.5 million care packages full of morale boosting items that will give these heroes a familiar feeling of home and a token of appreciation from those back home. There are many ways you can volunteer with Operation Gratitude and contribute services such as:

- Creating and writing cards
- Creating hand-made items (scarves, hats, blankets, lanyards etc.)
- Completing pre-made packets at home or in the BVP office
- Donating items such as Beanie Babies, stuffed animals, toys etc.



*For information regarding orientations and more opportunities please visit:  
<https://www.operationgratitude.com/>*

# FEATURED STATIONS

**Home Delivered Meals** is a working staff and volunteer based program operating out of numerous the City of Burbank. The City of Burbank's Home Delivered Program feed hundreds of home-bound adults 60 and older, as well as adults with disabilities and spouses of an eligible adult. These patrons will receive ready to eat, frozen and hot meals Monday through Friday. The staff and volunteers take great pride in their actions by doing some of the following:

- Meal Delivery
- Follow-ups with new patrons to ensure satisfaction of service
- Becoming a driver and delivering meals to homebound seniors



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*The Home Delivered Meals (HDM) program operates out of the McCambridge Recreation Center.*



**BURBANK  
VOLUNTEER  
PROGRAM**

**The mailroom opportunity is considered an “as-needed” basis and volunteers will be called whenever an opportunity arises**

**Mailroom Worker** is a position where volunteers work as part of a team of two to six (sometimes more) people, preparing bulk mail. Orientation will be given the day of the project, while training is ongoing and is accomplished as new jobs present themselves. A few of the projects that will be taking place, but are not limited to are:

- Counting mail pieces
- Folding, stuffing, collating, labeling
- Cutting, packing of envelopes
- Curating multiple items to create a “goodie bag”

**Mailroom volunteers operate out of the Joslyn Adult Center**

# Rock-A-Hula 2023

This September, Rock-a-Hula is happening once again! This luau-themed event is for our seniors, however volunteers of all ages are needed. From line assistance, to snack table, to game assistance and more, this event is a tropical party for everyone involved!

If this event is brand new to you, take a look at some of our pictures from the previous year below!



If you are one of our seniors who would like to attend, the Joslyn Adult Center will have updates as we approach the event as well.

Keep an eye out for updates from the Burbank Volunteer program as we approach the event for volunteering opportunities.

# DIG Burbank

DIG Burbank is an amazing opportunity to explore Burbank's parks, as well as help in beautifying them. DIG Burbank is a volunteer-based program aimed in bringing the Burbank community together and cleaning up local parks. Gardening actions such as weeding, raking, trash cleanup and more is just one part of this program. The second half has to do with helping plant trees all around the City's parks.



Volunteers of all ages are welcome, no experience is necessary in gardening or weeding; our BVP staff will be there to answer questions and lead this event. DIG visits parks such as Johnny Carson, McCambridge, Olive and Verdugo.

Any and all materials needed are provided by the Burbank Volunteer Program, however if you wish to bring your own supplies, you are encouraged to do so.

DIG happens every first Saturday of each month and runs from 8am to 10am, with information being posted on CivicRec, the city calendar, the BVP website and social media.

If you're a group entity, whether it be a scout troop, sports team, or looking into a work bonding experience, private DIGs are more than possible.

For further questions about DIG or to set up a private Dig day please contact BVP at (818) 238.5370.



# BVP PUZZLE

In order to complete the Sudoku puzzles, each row must have one of each number, there can not be any duplicates of any number.

Answers are on the back page.

Puzzle #1 - Easy

	4	3		5	
2	5		6	3	4
6		4		2	1
	2			4	
4	1	5	3		2
		2		1	5

Puzzle #2 - Normal

1			4		8			
3	4			7			8	2
		8	2			9		
6	1				3	2		7
4		9		2				
			9				3	
	2			1		7		8
		1	7	9			2	
	5	4		8	2			9

Puzzle #3 - Medium

1		4	5	6	
5	6			2	4
		6			
2			4	5	
		2	3	4	
3	4	5		1	2

Puzzle #4 - Hard

		8						7
	3	1			7		2	
		7			2			
				8				
					9			2
7		6		2			5	
8	9				6			
						5		
	6	4				2		

# PUZZLE ANSWERS

Puzzle #1 - Easy

1	4	3	2	5	6
2	5	1	6	3	4
6	3	4	5	2	1
5	2	6	1	4	3
4	1	5	3	6	2
3	6	2	4	1	5

Puzzle #2 - Normal

1	9	2	4	6	8	3	7	5
3	4	6	5	7	9	1	8	2
5	7	8	2	3	1	9	6	4
6	1	5	8	4	3	2	9	7
4	3	9	1	2	7	8	5	6
2	8	7	9	5	6	4	3	1
9	2	3	6	1	5	7	4	8
8	6	1	7	9	4	5	2	3
7	5	4	3	8	2	6	1	9

Puzzle #3 - Medium

1	2	4	5	6	3
5	6	3	1	2	4
4	5	6	2	3	1
2	3	1	4	5	6
6	1	2	3	4	5
3	4	5	6	1	2

Puzzle #4 - Hard

9	2	8	5	4	1	6	3	7
4	3	1	8	6	7	9	2	5
6	5	7	9	3	2	1	4	8
2	4	9	7	8	5	3	6	1
3	8	5	6	1	9	4	7	2
7	1	6	4	2	3	8	5	9
8	9	3	2	5	6	7	1	4
1	7	2	3	9	4	5	8	6
5	6	4	1	7	8	2	9	3