

# Welcome!

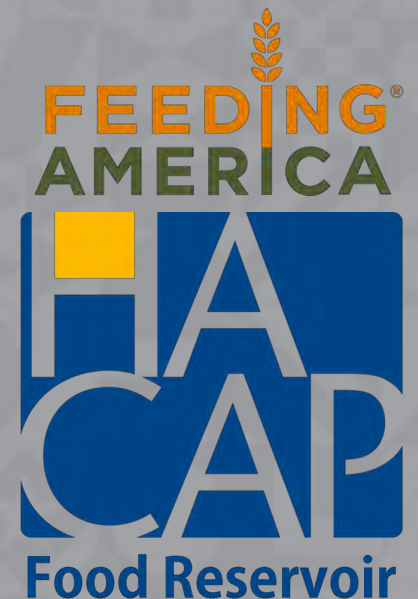
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2024 Quarter 2  
Agency Partner  
Meeting



# Regional Partnership Coordinators

- Mallory Stewart  
Cedar Rapids
- Jim Mabry  
Benton, Jones and Rural Linn
- Hailey Carr  
Cedar, Iowa, Johnson and Washington



# Leadership

- Kim Guardado

Food Reservoir Director

- Angie Albright

Food Reservoir Assistant Director



# Land Acknowledgement

We acknowledge that this land on which HACAP resides in Hiawatha, Iowa is the homeland of many Indigenous people. Land which was stolen from the Sovereign Nations of **Sauk and Meskwaki (Sac and Fox), Očhéthi Šakówinj (Sioux), and Ioway**. We acknowledge that we are only able to use this land today because of the stewardship of the Indigenous people for many generations before us. Indigenous people are not relics of the past. Please join us in learning more about the 17,000 Native people who live in Iowa today, their heritage, who they are and the contributions they have provided in the face of violence, oppression, and colonialism.

## Learn More:

<https://usdac.us/nativeland>

<https://native-land.ca/>



# Angie Albright



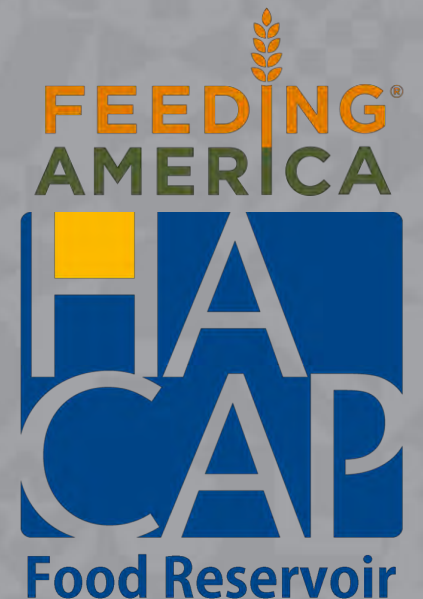


# Kim Guardado



# Successes

Write down one or two recent successes, something exciting, a cool project you've been working on. Make sure to include agency name!







# Green Square Meals

Cedar Rapids







# Wesley United Methodist

Vinton





# Wesley United Methodist



# Wesley United Methodist

<https://www.kcrg.com/video/2023/12/04/young-boy-vinton-is-giving-back-his-community-by-helping-support-his-churchs-food-drive>







# Free Lunch Program

Iowa City



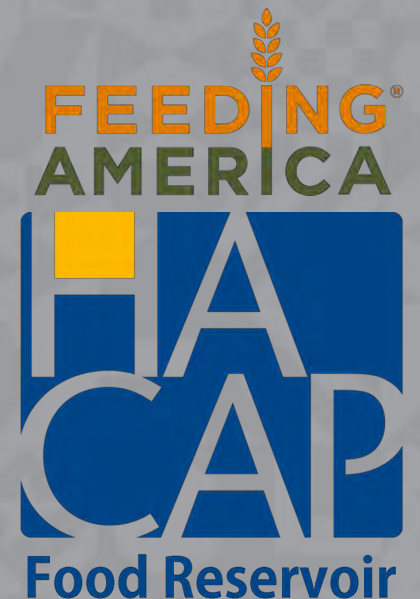


# Free Lunch Program



# Storytelling: Why?

- Education
- Funding
- Emotional Connections
- Policy



# Storytelling: Who?

- Jackies story
  - Single Mom of 3
  - Works 60 hours a week
  - Skips meals
  - Went to a meeting at the food pantry and started going regularly



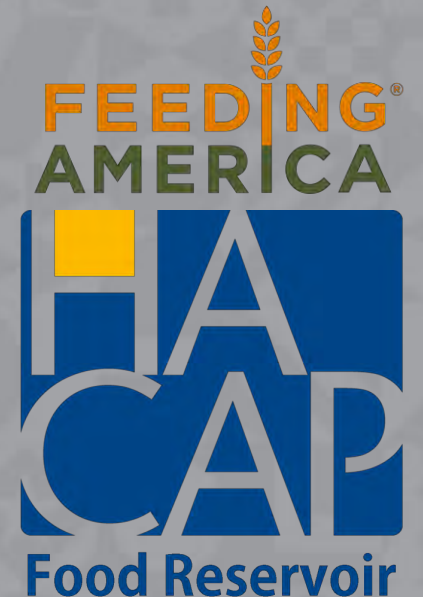
# Jackie's Story Video





# Storytelling: How?

- Dignity
- Safety
- Transparency
- Empowerment
- Acknowledgement



- How to Tell a Story



# Storytelling: What

- Short form social media
- Longer videos
- Newsletter articles
- Impact reports
- Awareness campaigns
- Funding campaigns





# Wellington Heights

Cedar Rapids







# North Benton 4<sup>th</sup> Street Diner

Vinton





# **North Benton 4<sup>th</sup> Street Diner**



# **North Benton 4<sup>th</sup> Street Diner**





# Burnout

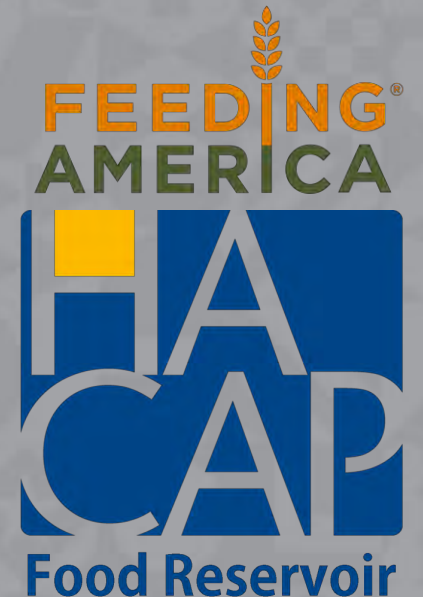
- Overwhelmed
- Stressed
- Exhausted
- Disengaged
- Irritable
- Unenthusiastic





# Causes of Burnout

- High/unreasonable expectations
- Workload
- Exhaustion
- Unclear communication
- No appreciation
- Poor teamwork
- Highly empathetic



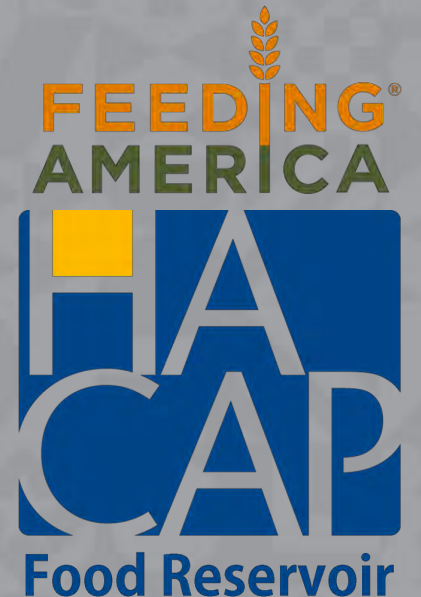
# How to Identify Burnout

- Cynicism
- Irritability
- Complaining
- Changes in reliability/productivity



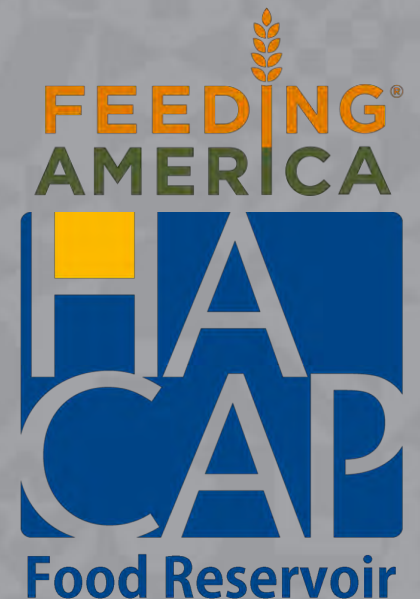
# Compassion Fatigue

- Prolonged exposure to other people's trauma
- A decrease in the ability to empathize due to physical and mental exhaustion
- Diminished sense of fulfillment in helping others
- Feeling burdened by the suffering of others



# How to Avoid Volunteer Burnout (As Coordinator)

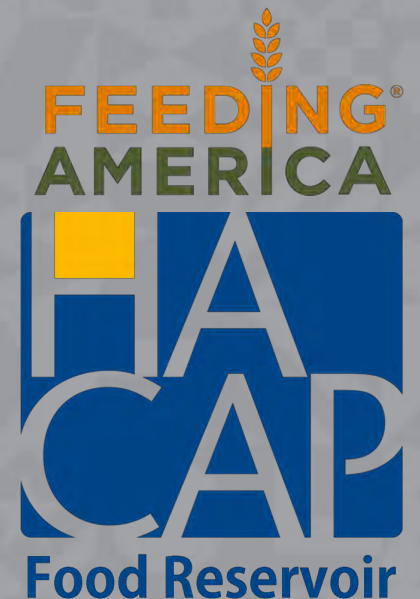
- Be observant
- Open lines of communication
- Be honest about the job
- Check ins
- Flexibility
- Show Impact/Appreciation
- Build Community





# How to Avoid Volunteer Burnout (As Volunteer)

- Healthy Boundaries
- Be honest with yourself and others
- Ask for help
- Vent to family/friend
- Take breaks
- Talk with others in similar role





# St. Andrew Presbyterian

Iowa City





# St. Andrew Presbyterian





# Cedar River Academy

Cedar Rapids





# Cedar River Academy







# Mike Wood Memorial Food Pantry

Palo United Methodist Church



# **Mike Wood Memorial Food Pantry**





# Mike Wood Memorial Food Pantry



“We know that Mike would be very proud to see how the pantry has grown and thankful for all of the community support we see throughout the year.”

Jeanne West



# 8 types of self care

## PHYSICAL



nutrition  
exercise  
sleep

## MENTAL



mindfulness  
self-talk  
therapy

## EMOTIONAL



gratitude  
triggers  
journal

## SPIRITUAL



meditate  
nature  
yoga

## INTELLECTUAL



read  
learn  
hobbies

## ENVIRONMENT



clean  
safety

## SOCIAL



boundaries  
connection

## FINANCIAL



budget  
save



# Thanks for all you do!

