

Social Media Guide

This guide is designed to help you share your volunteer caregiving journey with your friends, family and others through Facebook and Instagram.

To help us find and share your journey/story please use the hashtags so that we can more easily find your posts. Feel free to use all the 3 or the one that speaks to you and your volunteer experience: #volunteercaregiving #neighborshelpingneighbors #faithinaction

We have graphics available for you to show the number of hours you have completed during the 40 for 40 challenge. Please see some samples of how you might use these. There are also other ways to share your story with the nation.

Sample Posts



I just finished my first 10 hours with <@OrganizationYou VolunteerFor> and have loved every minute of it.
#volunteercaregiving #neighborshelpingneighbors

Example:

I just finished my first 10 hours with @nvcnetwork and have loved every minute of it.
#volunteercaregiving #neighborshelpingneighbors



I have volunteered 20 hours for <@OrganizationYou VolunteerFor> and completed my 40 for 40 challenge! My favorite thing about volunteering is <fill in what you love about your role as a volunteer>.
#volunteercaregiving #neighborshelpingneighbors



Example:

I have volunteered 40 hours for @nvcnetwork and completed my 40 for 40 challenge! My favorite thing about volunteering is sharing time and stories with my match Martha.
#volunteercaregiving #neighborshelpingneighbors

Other ways to share your story

Volunteer Interview and Quote

We have been collecting volunteer stories to share on our website, Neighbors Helping Neighbors newsletter and social media. We have a group of volunteers that conduct a short interview and then write up a story about you and your volunteer experience. From those stories we pull together a quote and photo of you to be shared with organizations from around the nation. See some samples below and you can find the full stories [here](#).



A circular portrait of Lynn Kurtz, a woman with short grey hair and glasses, smiling. The background is a blurred outdoor setting. To the right of the portrait is a quote in white text on a dark teal background. Below the quote is the name 'Lynn Kurtz, Volunteer' in yellow. At the bottom of the card is the National Volunteer Caregiving logo, which features a sun with a heart in the center, surrounded by the text 'NATIONAL VOLUNTEER CAREGIVING' and 'Since 1984 • Faith in Action'. Below the logo is a dark teal button with the text 'Become a Volunteer' in white.

“I have enjoyed the people aspect of volunteer caregiving, and getting to know people and learning from them has enriched my life in so many ways. Also, working with other volunteers has been an inspiration.”

Lynn Kurtz, Volunteer

Become a Volunteer



A circular portrait of Jim Wernz, a man with short grey hair and glasses, smiling. The background is a blurred outdoor setting with greenery. To the right of the portrait is a quote in white text on a dark teal background. Below the quote is the name 'Jim Wernz, Volunteer' in yellow. At the bottom of the card is the National Volunteer Caregiving logo, which features a sun with a heart in the center, surrounded by the text 'NATIONAL VOLUNTEER CAREGIVING' and 'Since 1984 • Faith in Action'. Below the logo is a dark teal button with the text 'Become a Volunteer' in white.

“I don’t remember who from Volunteer Interfaith Caregivers (VIC) asked me to become a volunteer driver, but someone needed a ride to a shopping center in Corvallis, and they were short on drivers. That was 18 years ago!”

Jim Wernz, Volunteer

Become a Volunteer

Selfie Video:

We are looking for a self-made video from your phone. Feel free to take the video yourself, like a photo selfie, or have a family member or friend help you.

Here are some tips:

- Look straight into the camera and talk to just one person, preferably a friend, about what you do. We want to see the real you.
- Talk as if you are telling a friend—just one person, why you do what you do.
- Don’t forget to smile.
- At the beginning of the video, state your name, which city and state you live in, and which organization you volunteer or work for currently.
- Don’t worry about the editing—we will take care of that.
- Answer two of the four questions/statements by repeating the question or comment and then answering it:
 - Question 1: The reason why I started volunteering as a volunteer caregiver is...
 - Question 2: I have been a volunteer caregiver for ___ years and continue to do it...
 - Question 3: I am a volunteer caregiver for ___ (name of person), and I have been doing this now for ___ years. What keeps me doing this care is simple:...

- Question 4: My favorite activities to do as a volunteer caregiver are (or is) Why I keep volunteering is....
- If you want to do a second take, feel free not to worry, we will have someone edit the video as needed.
- When finished, send us the video straight from your phone to us
- Don't forget to fill out your permission form, and if there is anyone else on the video, please ask them to fill out the form and send it along with your form.

Need Your Permission

We need your permission to use any photo or video you send us. If anyone else is in the image or video, we also need their permission. The photo or video might appear on the NVCN website, a newsletter, social media, and other communications as required. Please print out and sign the attached form and send back to us by mail at: NVCN, 1765 Goodyear Avenue, Suite 204, Ventura, CA 93003 or scan the document after printing out and signing and then email it us at volunteer@nvcnetwork.org

Please note that using the hashtags also gives us permission to share your post on our social media.

We thank you for your time and commitment as a volunteer caregiver!

***Be sure to send your photo release form, photos, stories and video to
volunteer@nvcnetwork.org***