

## 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](#).



"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**



"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](mailto: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***