



Public Service Announcement
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For Immediate Release

Helpline Center & Black Hills Urgent Care name June Volunteer of the Month



Pictured are Jon Michaels of Black Hills Urgent Care and Surgical Hospital, Volunteer of the Month Alec Ruml, and Audrey Nordine of Helpline Center

RAPID CITY - The Helpline Center and Black Hills Urgent Care are pleased to announce that Alec Ruml has been named the June 2018 Volunteer of the Month.

The Volunteer of the Month program is sponsored by the Helpline Center and Black Hills Urgent Care, a division of Black Hills Surgical Hospital. Volunteer of the Month recognizes outstanding individuals who make the community stronger through volunteerism.

Ruml was nominated by Teen Up, who he has volunteered on behalf of since 2015.

As a Teen Up volunteer, Ruml participates in a variety of amazing projects and does a great job at being a leader in the process. He is very dependable, willing to try just about anything and is

genuinely passionate about making a difference in our community. Since July 2015, Alec has supported a variety of Teen Up supported projects – Senior Citizen Prom 2016 and 2017, Take ACTION theatre team, Homelessness Awareness Activities, WAVI gift wrapping, Chiesman Film project, Day of Caring Project, Habitat for Humanity Environment Project, Feeding and Reading project and the Youth Mental Health Advisory Council. He has also served in a variety of leadership and advisory roles – Youth Philanthropy with Black Hills Area Community Foundation, Homeless Coalition Youth Taskforce Member, student representative for RCAS community panel on suicide prevention, Youth MOA (Mniluzahan Okolakiciyapi Ambassadors) and most recently co-facilitator for the Research and Practice Advisory Board member with the CDC Youth VIP grant.

Alec has been instrumental in connecting Native and Non-Native students through his sharing of Native American Cultural Values and Ceremonies. Because he is well respected and non-judgmental, he is viewed as a trusted peer that will help lead safe conversations about cultural differences or community racism issues without judgment and bias. He most recently has worked with Youth MOA adult mentors in creating activities and environments for young people to learn from each other.

Kristin Kiner states, “Alec is an amazing young leader that shares his talents and energy to benefit others within our community and the Black Hills area. Alec has provided hundreds of service hours to Teen Up supported projects and events and his creativity, dedication and leadership is respected by many!”

Alec has volunteered more than 300 hours of service within the Rapid City community since getting involved in Teen Up. His involvement and service is outside of his normal routine of being a fulltime high school student and working at least one part time job and playing on a Lacrosse team.

Helpline Center and Black Hills Urgent Care presented Nelson with a framed certificate and Helpline Center T-shirt, gifts from Black Hills Urgent Care and a letter of appreciation from Rapid City Mayor Steve Allender. The Helpline Center will also recognize Ruml at the Spirit of Volunteerism Awards banquet on Tuesday, May 21, 2019, at the Best Western Ramkota Hotel and Convention Center.

For information on volunteer opportunities, please call the Helpline Center at 211 or visit www.helplinecenter.org