



Public Service Announcement

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For Immediate Release

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

RAPID CITY - The Helpline Center and Black Hills Urgent Care are pleased to announce that Jennifer Freeman has been named the February 2017 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.

Freeman was nominated by South Dakota State University Extension, where she volunteered more than 450 hours last year as an SDSU Extension AmeriCorps member.

Freeman was nominated by Prairey Walkling of SDSU Extension, who wrote, "Despite operating a thriving massage business and being a mother to three boys, Jen still finds time to serve her community. I always knew that I could count on Jen, and she was a big part of our 2016 AmeriCorps program's success."

Since beginning her volunteer work in January 2016, Freeman has co-facilitated nutrition education classes with youth in the Ignite program and afterschool/summer program at Oyate Center in Lakota Homes. She led the youth gardening project at Ignite - Oyate Woyazu Waste - guiding youth from starting seeds indoors to harvest and food preservation.

Freeman also helped facilitate gardening classes at the Club for Boys and Knollwood Elementary's Discovery program. In total, more than 200 Rapid City youth participated in these gardening classes facilitated by AmeriCorps members. Additionally, she initiated two new community gardens in 2016 and assisted with the Pick It! Try It! Like It! Event at the Black Hills Farmers Market. Freeman also helps with outdoor education with Pennington County 4-H programs. To top it all off, Freeman and her family prepare food and distribute it to the homeless each week.

Helpline Center and Black Hills Urgent Care presented Freeman with a framed certificate, gifts from Black Hills Urgent Care and a letter of appreciation from Rapid City Mayor Steve Allender. The Helpline Center will also recognize Freeman at the Spirit of Volunteerism Awards banquet on Tuesday, May 2, 2017, at the Best Western Ramkota/Minervas.

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



Pictured are Prairey Walkling of SDSU Extension, Joshua Garner, Volunteer of the Month Jennifer Freeman, Marley Curtis, Kathy Lees of Black Hills Urgent Care and Lynn Taylor Rick of the Helpline Center. Garner and Curtis are the sons of Jennifer Freeman, and assisted with many of her volunteer projects.