



## Lend-A-Hand Center Volunteer Handbook 2021

### Contact information

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### Mission Statement

To lend a hand and improve the quality of life of people in southeastern Kentucky through educational, spiritual, health, and social services.

### Background

Welcome to Lend-A-Hand Center! Your interest in our work here at the farm and in the surrounding community is appreciated. The following information will provide you with a basic understanding of who we are, what we do, and what is expected of you.

Lend-A-Hand Center is a private, nonprofit community service organization located on a farm in southeastern Kentucky off the Cumberland Gap Parkway between the cities of Barbourville and Pineville. The Center began in 1958 as a result of a dream by Peggy Kemner, a nurse-midwife from Pennsylvania, and Irma Gall, a schoolteacher from Indiana. Both women wanted to work with the people along Stinking Creek in Knox County, Kentucky, by utilizing good farming techniques, by the provision of medical services—Doctor’s Clinic, transportation to and from medical appointments and Medical Clinic—by providing tutoring and Day Camp programs for children in the area, and by setting an example of compassion, service and cooperation with one another. Although the Center is not affiliated with any denomination, Lend-A-Hand’s mission is clearly based on Christianity. After over six decades, Lend-A-Hand Center continues to play a special role in the Stinking Creek community. Initially considered “outsiders” by the local community, Peggy and Irma are now both widely known for their many years of hard work and caring, dedicated service to the Stinking Creek community.

The Center is a 501c nonprofit organization run by an all-volunteer board and co-directors. In 2019, Charles and Diann Carnes took over as co-executive Directors. Both Charles and Diann grew up on the Creek and were involved with Lend-A-Hand activities. Charles and Diann and the Lend-A-Hand Center Board of Directors are motivated to keep up the legacy of Peggy and Irma and continue to serve the Stinking Creek community. Check out our [website](#) for more on the history and programs of the Center including videos.

We are so excited that you are able to help lend a hand here at the Lend-A-Hand Center. Our campus provides space for a variety of programs for the community and a living space for the co-directors and live-in volunteers. This means that staff and volunteers do the household chores, such as washing dishes, yard work, garden work, cleaning and general maintenance, in addition

to caring for and feeding the farm animals. Volunteers are also expected to be leaders and helpers in Community Outreach, Youth Outreach, Work Group Program, and other activities. A new volunteer finds life at Lend-A-Hand busy and somewhat confusing at first. However, there is so much to be done that you are soon learning something new every day and, before you know it, you become a helpful volunteer for a new volunteer.

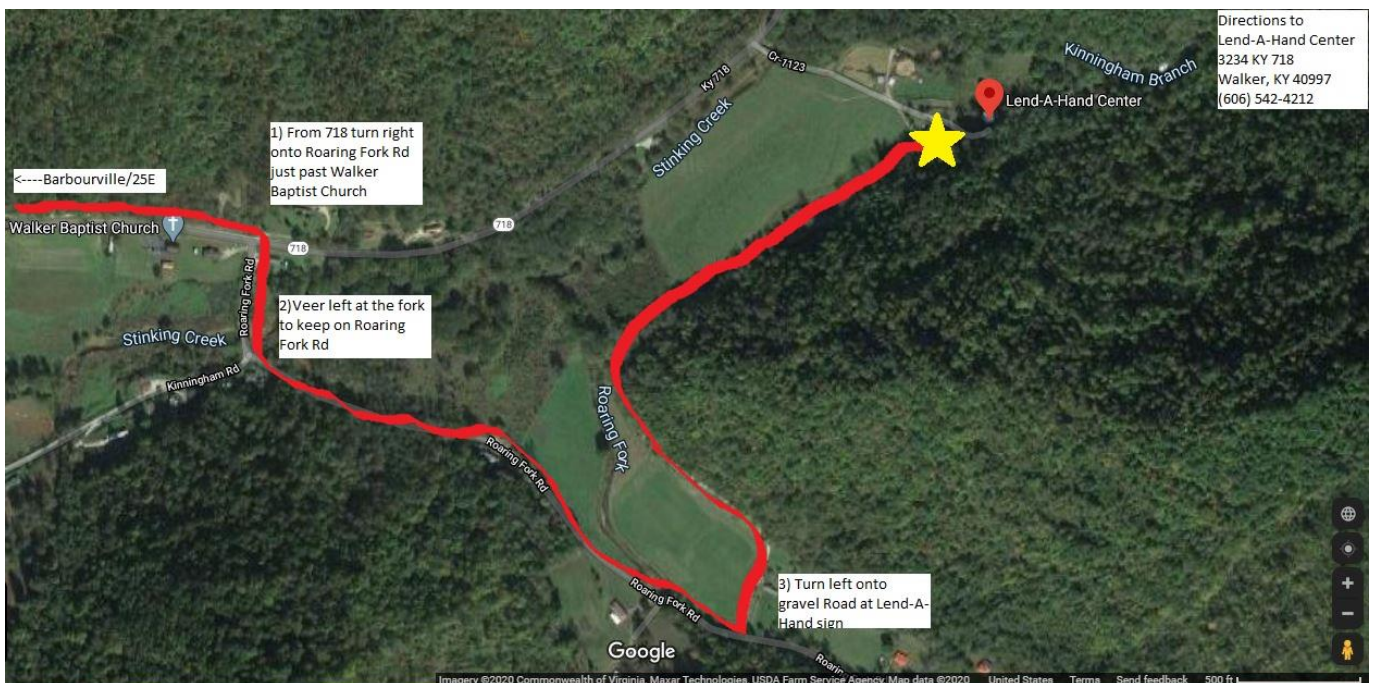
Volunteers are considered to be part of the family. As such, there are some rules and regulations for the good of everyone. Volunteers are expected to be at the breakfast table in a good frame of mind, ready for morning devotions, nourishment, and work assignments. Good judgment is expected in the areas of nightlife, driving, telephone usage, and cooperation and consideration of others.

### Getting Here

[3234 KY 718](#)  
[Walker, Ky 40997](#)

\*\* GPS will try to take you over the Lend-A-Hand bridge (CR-1123) which is currently closed. Be sure to turn before the bridge onto Roaring Fork Road to come in the back way.

**Directions:** From Barbourville: Go toward Pineville on 25E. Turn left onto 223. At the bridge by Dewitt school 223 turns into 718 and keep straight. At the volunteer fire station (red building) turn right to keep onto 718. Pass Walker Baptist Church and turn right onto Roaring Fork Road. Veer left at the V. Look for gravel road on the left and sign that says Lend-A-Hand Road. Come down the gravel road and you will pass Irma’s cabin and then continue on the gravel road and you will see the barn and the main Center building.



## What to expect when you're here

### *The Center*

The Lend-A-Hand Center is located on approximately 500 acres of wooded forest and farmland. Our campus includes the main Center building, large stone barn, chapel, and several outbuildings and barns. Our main Center building was built in the 1960s and houses living quarters, a large kitchen and dining area, and volunteer space. There are two volunteer sleeping areas upstairs, another bedroom, and two newly remodeled bathrooms for volunteer use.

The Center is a working farm with livestock, pasture, and gardens. We have farm animals including cattle, hogs, bunnies, geese, chickens, ducks, rabbits, turkey, horses, and goats. Take caution when around animals and follow instructions of LAHC personnel. Animals may become aggressive so be very careful, especially around the hogs and larger animals. The campus has areas to hike, woods to wander, and creeks to explore. Bring a fishing pole! There are also a number of wild animals- snakes, bears, spiders, ticks, deer, etc. Use caution when walking in the woods and check for ticks.

The Center is located in the Walker- rural area about 12 minutes from 25E. There is **very little cell phone service at the Center**. You may be able to get some bars of service when you stand at just the right place. We do have a landline phone line and Wi-Fi internet that you may use. In case of emergency dial 911.

The nearest gas station is Escoe's which is on 223. There is a Dollar General on 25E near the Stinking Creek turnoff. In Barbourville which is approximately 20 minutes away there are several pharmacies, a Walmart, food stores, fast food, and a few local restaurants. There is also ARH Hospital in Barbourville at 80 Hospital Dr., Barbourville, KY 40906

### *What to Bring*

We look forward to your visit and want to do everything possible to make sure you have a comfortable and pleasant experience. We will provide beds, linens, and towels for your visit. Work groups are responsible for providing their own meals. We will have some snacks and drinks available. Please let us know if there is anything you need or anything you have forgotten.

When packing bring:

- Seasonably appropriate work clothes---clothes that can get good and dirty, layers recommended
- Nice set of clothes for church or other activities
- A good pair of boots, preferably waterproof
- Rain gear
- Water bottle
- Sunscreen
- Bug spray
- Flashlight; head lamp
- Personal toiletries
- First aid kits
- Hand sanitizer
- Work gloves

- Snacks
- Mask

T shirts and Lend-A-Hand items will be available for purchase.

### *Work*

Work groups and volunteers will participate in a variety of work activities on the farm and in the community. It is our responsibility to develop and implement the work program and to supervise all work. We will provide construction materials, tools, and project supplies.

Often a work group will be divided into two or more smaller groups, each with a group leader. Be sure to check with your work group leader and Lend-A-Hand staff for direction. Examples of some of the work projects are fence building or mending, making hay, helping with cement work, gathering rocks, working in the gardens, construction or maintenance projects for a neighbor, cleaning the house and yard, mowing the lawn, and general property maintenance. Other work group activities may include providing programming for the local community or helping implement current Center projects and outreach activities.

While working be sure to pace yourself and know your limits. Don't do anything you're not comfortable doing. Take water breaks and stay hydrated!

### *Dining*

Join us around our large, locally handmade dining room table as we share meals and stories. Kitchen facilities are available for use by volunteers and work groups. We have freezers and refrigerators for volunteer use. Work groups are to plan and prepare their own meals.

If you would like to go out to eat, there are a few local restaurant options in Barbourville. The [Oven Mitt](#) has home cooking and online ordering and [Crave](#) has lots of great ice creams and desserts. Be sure to check out the [Knox County Farmers' Market](#) on Thursday evenings.

### *Sample daily schedule*

The daily schedule will depend on the work group and the tasks needed at the Center and in the community. We will work out a schedule with your work group leader ahead of time, but appreciate flexibility and understanding.

#### Monday through Friday

7:00	-----	7:30	Wake up, dress and come down for breakfast.
7:30	-----	8:15	Breakfast, devotions and work assignments.
8:15	-----	9:00	Cleanup after breakfast.
9:00	-----	11:30	Work- stations or small groups
11:30	-----	12:00	Clean up and get ready for lunch.
12:00	-----	12:30	Lunch and work assignments.
12:30	-----	1:00	Cleanup after lunch.

1:00	-----	4:30	Work.
4:30	-----	6:00	Clean up for dinner; also opportunities to help with the animals.
6:00	-----	6:30	Dinner.
6:30	-----	7:15	Cleanup after dinner.
7:30	-----	10:30	Evening activities.
11:00			Lights out.

Evening activities could include volleyball or basketball outside at the Center, listening to music from some local musicians, a trip to a local area attraction, going for a hike, attending a local church on Wednesday night, visiting the Knox County Farmers’ Market on Thursday night, visiting our neighbors up Lost Fork, or having free time to relax and enjoy each other’s company—maybe with a bonfire and some s’mores!

## Community Standards

### *Expectations*

Volunteers are expected to:

- Participate in activities and service work as directed by the group leader and LAH staff
- Show up on time and with a good attitude ready to work and learn
- Respect everyone and the Center and equipment
- Take direction from LAHC staff
- Abide by all laws and regulations (including protocols related to Covid-19) and abide by guidelines in the volunteer handbook

No alcohol is permitted on the grounds. Illegal drug possession and use is strictly prohibited. Firearms are prohibited on campus by volunteers and group leaders. Smoking and vaping is prohibited on campus.

Volunteers and work groups should show respect to each other, Lend-A-Hand staff, and members of the local community. Use respectful language and show courtesy when others are resting or sleeping.

All volunteers and work group members **must have a completed Volunteer Information Sheet and signed Volunteer Release and Waiver of Liability Form on file** before starting any work. Work group members should also have all of their fees paid before starting any work.

### *Youth Policy*

The minimum age of workgroup member is 15. Volunteers under 18 must have a responsible work group leader present with them. Minors must have a volunteer information sheet filled out and signed by a legal guardian. Work group leaders are responsible for 15-17 year olds in their group.

### *Volunteer Quarters*

We strive to provide a clean and safe environment for volunteers and work groups. We have two main sleeping rooms for volunteers. The volunteer quarters include twin size bunk beds. Newly remodeled bathroom facilities and showers are available for use. Please respect all Lend-A-Hand grounds and please keep your area clean and tidy.

### *Safety*

Please do not come to the Center if you are sick or running a fever. If at any point during your time with us you feel ill or are injured please tell your group leader and Lend-A-Hand staff. While working pace yourself and do not overextend or engage in risky behavior. Wash your hands regularly and keep your areas clean and neat. Be sure to check for ticks

We encourage all visitors, volunteers, and work group members to be vaccinated against Covid-19 and to take proper precautions. Be sure to abide by any and all local, state, and federal guidelines relating to infectious disease.

In case of emergency dial 911.

### *Preparing to depart*

As work groups prepare to depart the Center, be sure to help clean up. Clean out your sleeping areas and be sure to not leave anything behind. Work groups should sweep and mop rooms and strip the beds and put linens in the laundry hamper. Pick up trash bags in the Center and bring the trash to the dumpster.

### *Surrounding Area*

#### *Area Attractions/of Interest*

#### [Cumberland River/Thompson RV Park](#)

This park has a playground and walking track. And a put in for kayaks so come enjoy the Cumberland River!

#### [Dr. Thomas Walker State Park](#)

Learn more about the history of the area by visiting Walker Park.

#### [Cumberland Falls State Resort Park](#)

Located about an hour from the Center, go visit Cumberland Falls and see if you can catch a sight of the world-famous moonbow!

#### [Cumberland Gap National Historic Park](#)

Check out this national treasure and visit the museum and hike the trails!

#### [Pine Mountain State Resort Park](#)

Hike up to Chain Rock!

See also:

[Barbourville Tourism](#)

Barbourville regularly has festivals and special events so be sure to check out Barbourville Tourism.

#### *Local church directory*

There are many churches on the Creek and lots in the county. The local paper the Barbourville Mountain Advocate publishes a church directory, so be sure to check out the different churches nearby.

#### Donations

The Lend-A-Hand Center relies on generous donations and grant funding. We are always looking for additional monthly donors and community partners.

Donations can be made via check sent to:

Lend-A-Hand Center  
3234 KY 718  
Walker, KY 40997

One time and recurring donations via PayPal on our website:

<https://lendahandcenter.wordpress.com/support/>

#### Research & Resources

##### *Suggested Readings: Appalachian History and Social Issues*

Eller, Ronald D. 2008. *Uneven Ground: Appalachia since 1945*. Lexington, KY: University Press of Kentucky.

Harkins, Anthony, and Meredith McCarroll, eds. 2019. *Appalachian Reckoning: A Region Responds to Hillbilly Elegy*. Morgantown, WV: West Virginia University Press.

Billings, Dwight, and Kathleen Blee. 2000. *The Road to Poverty: The Making of Wealth and Hardship in Appalachia*. Cambridge: Cambridge University Press.

Gaventa, John. 1980. *Power and Powerlessness: Quiescence & Rebellion in an Appalachian Valley*. Urbana, IL: University of Illinois Press.

Portelli, Alessandro. 2011. *They Say in Harlan County: An Oral History*. New York: Oxford University Press.

Scott, Shaunna L. 1995. *Two Sides to Everything: The Cultural Construction of Class Consciousness in Harlan County, Kentucky*. Albany: State University of New York Press.

Fisher, Stephen L., ed. 1993. *Fighting Back in Appalachia: Traditions of Resistance and Change*. Philadelphia: Temple University Press.

Fisher, Stephen L., and Barbara Ellen Smith, eds. 2012. *Transforming Places: Lessons from Appalachia*. Urbana, IL: University of Illinois Press.

Goan, Melanie Beals. 2008. *Mary Breckinridge: The Frontier Nursing Service and Rural Health in Appalachia*. Chapel Hill, NC: The University of North Carolina Press.

Weise, Robert S. 2015. "Socially Relevant History: Appalachian Kentucky in the Twentieth Century." *Register of the Kentucky Historical Society* 113(2-3):321-55.

#### [Lend-A-Hand Center History Resources](#)

See <https://lendahandcenter.wordpress.com/history/> for videos, chapters, and news articles.

Kemner, Peggy. 2000. *I Am With You Always: Experiences of a Nurse Midwife in Appalachia*. New York: Vantage Press.

Gall, Irma. 2008. *Walk With Me*. Self Published.

Gall, Irma. 2017. *The Stones Cry Out*. Lulu Publishing Services.

Engle, Kathryn S. 2013. "To Lend A Hand: A History and Analysis of the Lend-A-Hand Center in the Stinking Creek Community of Knox County, Kentucky." MA thesis, Center for Appalachian Studies, Appalachian State University, Boone.

Engle, Kathryn. 2018. "Stinking Creek Stories: Memory, Agriculture, and Community in Rural Southeastern Kentucky." *Register of the Kentucky Historical Society* 116(3 & 4):457-508.

Engle, Kathryn. 2021. "Cultivating Community Economy on Stinking Creek: The Lend-A-Hand Center Grow Appalachia Gardening Program." *Journal of Appalachian Studies* 27(1):10-33.

Fetterman, John. 1967. *Stinking Creek*. New York: Dutton.

#### [Lend-A-Hand Center Nondiscrimination Statement](#)

The Lend-A-Hand Center does not and shall not discriminate on the basis of race, color, religion (creed), gender identity, gender expression, sex, age, national origin (ancestry), disability, marital status, health status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our Board, staff, volunteers, vendors, and clients.

The Lend-A-Hand Center is an equal opportunity employer. We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, religion (creed), gender identity, gender expression, sex, age, national origin (ancestry), disability, marital status, health status, sexual orientation, or military status.