

Community Service and its Impact

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Past Governor, Capital District, 2016-2017



Today's Program

- Volunteering and its Surprising Benefits
- How your involvement creates a positive impact on your community and those who live there.
- Personal testimony from two Kiwanians on how their club's involvement has a positive impact in their community.
- COVID 19...things you can do NOW!!



Special Guests...

Wesley Brown, Smithfield, VA
Annual Fishing Clinic

Cheri Hartman, Roanoke, VA
Kiwanis Centennial Playground





Surprising Benefits of Volunteering

Research has proven that volunteering helps in increasing happiness, contentment, peace and gives a sense of wellness of mind, soul and body.



Did you know that...

Volunteering...

- ✓ Helps in increasing happiness
- ✓ Is a great way to make new friends and strengthen existing relationships
- ✓ Is contagious and promotes positive behavior in others
- ✓ Gives a sense of fulfillment in life



Volunteering also...

- ✓ Counteracts the effects of stress, anger, anxiety & depression
- ✓ Increases self-confidence
- ✓ Helps you stay physically healthy

And most importantly...brings

FUN!





Impact on your Community

- Build play grounds/ball fields in under privileged neighborhoods
- Weekend snack packs
- Stocking of food banks
- Car seat checks
- Neighborhood library stands
- Mentoring students



Ways You Can Help Your Community Amid COVID-19

Amid the COVID-19 crisis, supporting our local communities is essential during these challenging times. As cities and towns ask their residents to stay home to slow the virus' spread, many of us are grappling with how to be there for each other when we can't be near each other. We must forge ahead in a remote capacity and share ideas to safely connect with our neighbors and offer assistance to those most affected by the pandemic.

Here are just a few ways to show support to those right outside your door.
We're all in this together.



Follow your state's guidance

Practice Social Engagement

Help your local food pantry: Contact your local food pantry. Your support will help them provide food items for families in need.

Check on neighbors and family members, especially those who live alone, are elderly, have health or mobility issues or are caring for children.

Support local businesses, schools and child care centers: When possible, purchase gift cards to local shops businesses online that you can use once storefronts reopen, and uplift those who are trying to keep afloat.

Provide support to frontline health workers and first responders: Many health workers are not able to stay at home and are working around the clock, so take on tasks that they don't have time to do as an expression of gratitude. Delivering a home cooked meal, is a great way to say thank you for all you do.



- **Give blood** if you're able: Red Cross and other organizations are in dire need of blood supply and have safe, healthy ways for you to donate.
- **Assist in local fundraising efforts:** Look into options that provide much-needed supplies to families, such as Amazon Wish Lists, as well as the work of your local community and other volunteer organizations.
- **Take care of yourself and others:** Practice patience, kindness and mindfulness. Encourage others to do the same!





One Last Thing

<https://www.facebook.com/watch/?v=1085347915160368&extid=SepjmJOxhTIYfd1g>

Thank You