



Wellness Committee

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Mindful Moment

Newsletter

May Wellness



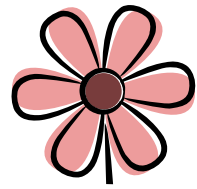
Volunteering isn't just good for the community it's good for YOU! As 9-1-1 telecommunicators, giving back can boost your mental health, build new skills, and reignite your passion for this profession. Whether it's mentoring, community events, or supporting a cause you care about your impact matters.



Floridaapco.org



LET'S VOLUNTEER!



VOLUNTEERING IN YOUR AREA

Volunteering is a great way to give back to your community

What to See

We will explore the different benefits of volunteering and highlight some organizations

How can you help?

Volunteering can benefit you, individuals in need, and your community. They also provide valuable services and resources.

Highlights

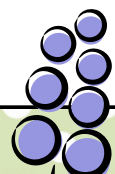
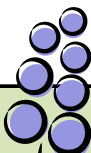
We will explore

- American Cancer Society
- Habitat for Humanity
- Ronald McDonald House
- Meals on Wheels
- United Way

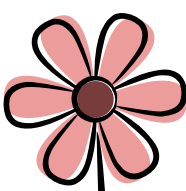

...and more!

Find Opportunities

Search Groups in your area at
<https://www.volunteerflorida.org/>



How does Volunteering affect you?



Volunteering Can Better You

By giving back to your community there are ways that you are going to be able to see what you can bring to your community

As a Volunteer...

You gain a sense of purpose, develop valuable skills, improve social connections and boost mental and physical wellbeing.

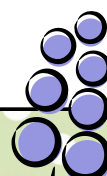
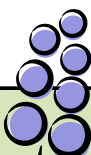
How Do You Start?

Find something that interests you. See what times you are able to volunteer and research local organizations or online platforms. You can also find them in local schools, community centers, or the organization itself.

Benefits to You

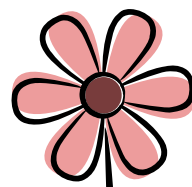
- Sense of Purpose
- Reduce Stress
- Meet New People
- Improves Mental and Physical Wellbeing
- Improves Self Esteem
- Skill Development
- Develop Confidence
- Increase Physical Activity

Alone, we can do so little. Together, we can do so much.

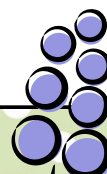
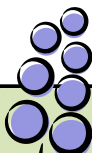




Volunteering Benefits To You

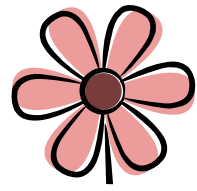


Volunteering offers numerous benefits, both for individuals and the communities they serve. In Florida, a state rich in diversity and natural beauty, volunteering not only strengthens communities but also provides personal well-being and growth opportunities. Many of the benefits of volunteering include enhanced well-being, social connections outside of your normal work and social circles, as well as physical health benefits which contribute to increased longevity. Engaging in volunteer work has been shown to improve mental health by reducing stress, anxiety, and depression. It fosters a sense of purpose and accomplishment, contributing to overall happiness and life satisfaction. Individuals that participate in volunteer activities help build new social networks, which help to foster a sense of community and belonging. Regular volunteering has also been linked to improved physical health, including lower blood pressure and reducing other chronic conditions. It helps to encourage an active lifestyle and can be particularly beneficial for older adults working in sedentary jobs such as Public Safety Telecommunicators.



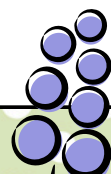
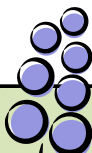


Volunteering Benefits To Your Community



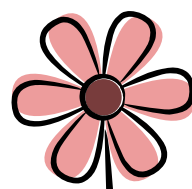
So how do the benefits help the community?

- **Strengthened Community:** Volunteering contributes to the overall wellbeing of communities by supporting local organizations and initiatives.
- **Increased Social Cohesion:** You can foster a sense of community and belonging, connecting with people who share interests and values with you.
- **Positive Impact:** You make tangible impacts in the lives of others and improve quality of life.
- **Promoting Social Change:** You can be a catalyst for positive change by supporting causes that address issues such as poverty, inequality, and environmental concerns.
- **Fostering Global Citizenship:** You can encourage people to become involved in international development and humanitarian efforts.





Volunteer Organizations



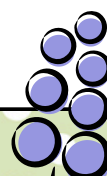
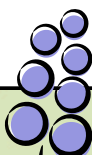
American Cancer Society

The American Cancer Society helps individuals affected by cancer and their families by providing support, resources, and advocacy to improve the lives of those that are impacted by cancer. They offer various programs, including lodging, transportation assistance, financial assistance, emotional support, education, fund cancer research, and advocate for policy changes.

By volunteering, you help ensure that everyone has an opportunity to prevent, detect, treat, and survive cancer.

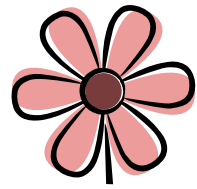
You can Volunteer at:

<https://volunteercommunity.cancer.org/s/volunteer-opportunities>





Volunteer Organizations

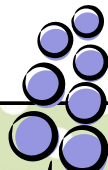
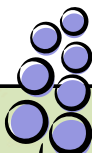


Habitat for Humanity

Habitat for Humanity works with people in your community and all over the world to help them build or improve a place they can call home. Habitat homeowners help to build their own homes alongside volunteers and pay an affordable mortgage. You get a chance to improve your skill set by helping a family to make repairs and improvements to their existing home or get instructions on how to use new-to-you tools to build new sites.

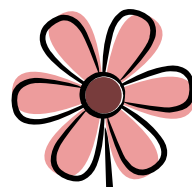
You can volunteer at:

<https://www.habitat.org/volunteer/near-you>





Volunteer Organizations

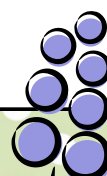
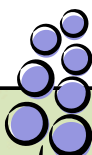


Ronald McDonald House

Ronald McDonald House provides home-like facilities that help families with children receiving treatment, a place to stay near the hospital, free of charge. These houses offer comfort, support, and resources to help families focus on their child's health. They also have family gathering rooms for those that do not need to stay overnight.

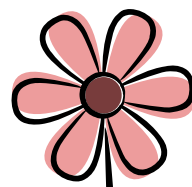
Find Volunteer opportunities at:

<https://rmhc.org/get-involved/volunteer>





Volunteer Organizations



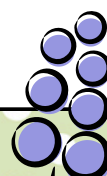
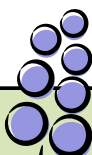
Meals On Wheels

Supporting more than 5,000 community based programs across the country that are dedicated to addressing senior hunger and isolation, this network delivers a comprehensive solution that begins with a meal and is proven to enable independence and well being through additional benefits of tailored nutrition, social connections, safety, and much more.

They provide socialization, keep an eye out for seniors wellbeing, look for safety concerns at the residences, identify services for seniors, offer home repair and modification services, and also help out with pets.

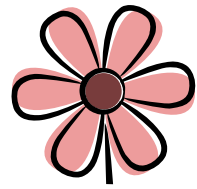
Volunteer at

<https://www.mealsonwheelsamerica.org/americaletsdolunch>





Volunteer Organizations

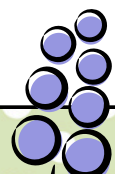
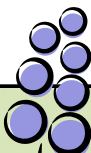


United Way

By focusing on improving people's lives and building stronger communities by addressing issues in health, education, and financial stability, the United Way is able to achieve this through various initiatives, including fundraising, supporting local partner agencies, and mobilizing communities to take action. They do fundraising events and then distribute the funds to a variety of local organizations. They keep administrative and fundraising costs low, ensuring that the selected organizations are able to receive a larger amount of funds.

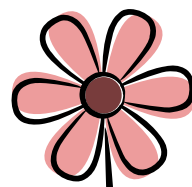
You can volunteer at:

<https://www.unitedway.org/get-involved>



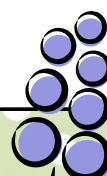
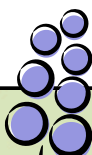


Volunteer Organizations



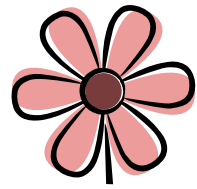
Environmental Conservation

Organizations like Florida State Parks and the Florida Department of Environmental Protection welcome volunteers for activities such as park maintenance, wildlife monitoring, and environmental education. Florida Fish and Wildlife Commission along with various local counties along the Florida coastline offer beach and park cleanups throughout the year.





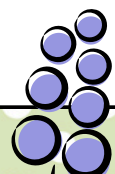
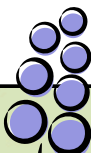
Volunteer Organizations



Community

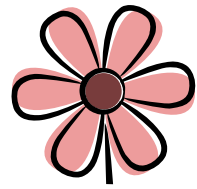
Organizations such as Feeding South Florida and Keep Florida Beautiful engage volunteers in food distribution, community clean-ups, and local improvement projects. Feeding South Florida is one of the largest and most convenient ways to volunteer. This organization feeds thousands of children, families, and senior citizens each year.

They offer opportunities to build and deliver food boxes to seniors throughout the community. Community food drives also offer corporate opportunities to give back and help those less fortunate.





Volunteer Organizations

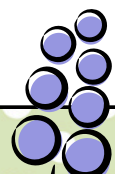
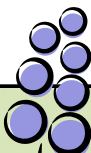


Animal Welfare

Facilities like the Peace River Refuge and Ranch provide avenues for individuals interested in animal care and wildlife conservation.

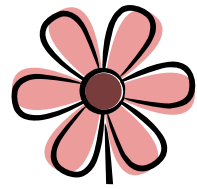
For those interested in exploring volunteer opportunities, Volunteer Florida serves as the state's official platform, connecting individuals with organizations in need of assistance.

Engaging in volunteer work not only contributes to the betterment of society but also enriches the lives of volunteers, making it a rewarding endeavor for anyone looking to make a positive impact.



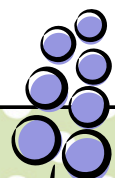
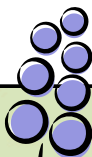


Volunteer Organizations



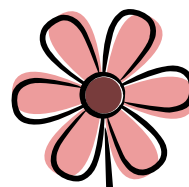
Organizations Supported By Our Team

Support Students of Gilchrist County looks for volunteers to work one on one with students to support them in learning and school-related activities. This can range anywhere between mentoring/tutoring students, assisting staff in different areas of the school, or serving in extracurricular events and school functions. Being in Gilchrist county and raising children in the area, our team member advocates for them to help develop students in some of the most important years of their lives. Through this program, they are able to reach students on a more personal level and foster a working relationship within the schools to promote for changes or enhancements that need to occur for improvements to continue.





Recipe of the Month



Fruit Salad

Ingredients

- 1 container of blueberries
- 1 container of strawberries
- 1 container of pomegranate seed
- 4 kiwis
- 2 mangoes
- 3 cutie oranges
- 1 lemon
- 1 lime
- Honey

Directions

1. Combine ingredients in a large bowl.
2. Squeeze lemon and lime juice over fruit
3. Add honey you can put as much as you want in moderation. Refrigerate overnight and enjoy the next morning.



Wellness Committee

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Natalia Duran
Sally Panozzo
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Josephine Rios

We want to hear from you! Reach out to the wellness committee at

Wellness@floridaapco.org