

Clinton County Democratic Party Newsletter



March 2024

"In the face of impossible odds, people who love this country can change it." - Barack Obama



Volunteer - It's Good For You!

By Melany Mack. We all know that volunteering helps our communities, but did you know that it is also good for you? A growing body of research shows that volunteers who give of themselves also receive. Benefits of volunteering include positive feelings (also known as the "helper's high"), greater trust in others, and increased social activity.

Helping others also may bring health rewards. According to Mayo Health System, volunteering provides benefits such as improved physical and mental health, especially for those over the age of 60. This might be related to a reduction in stress and an increase in the sense of meaning and appreciation that volunteers experience. Reduced stress decreases the risk of some physical and mental health problems such as heart disease, stroke, depression, and anxiety. A report by the Corporation for National and Community Service cites lower mortality rates, greater functional ability, and lower rates of depression later in life for those who volunteer.

Perhaps the best reason for volunteering, however, is captured in this quote from an unknown author: "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." Dr. Seuss puts it even more succinctly: "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Note: See below for upcoming volunteer opportunities with CCDP. We hope you can join us!



Education Priorities Take Center Stage in Governor's Budget

In an informative blog piece, Tim Hughes details the many education-related highlights in Governor Gretchen Whitmer's 2025 budget plan. Notably, the budget makes good on a promise (ahead of schedule) to expand free pre-K programs to every 4-year-old in Michigan. A sampling of the many other robust programs includes a tuition-free program for community colleges, an increase in per-pupil spending, dedicated revenue for increased mental health resources, and larger line items for special education and at risk students. To read Tim's complete article, visit **CCDP's website**.



Don't Miss CCDP's Annual Banquet!

By Matthew Boak. Mark your calendars for **Friday, May 3**, and join us for CCDP's Spring Banquet. We are excited to present an engaging lineup of speakers and an opportunity for Clinton County Democrats to get fired up for the 2024 election. CCDP members, watch your email for information regarding location, ticket sales, and speakers.

Not a member? Now is a great time to join! You connect to us through the Michigan Democratic Party. **Membership levels** start at \$10 per year, and there is also a **free basic membership**.



Join Us April 4 in St. Johns

CCDP's next meeting will take place on Thursday, April 4, at the Clinton County Courthouse, with social time at 6:30 p.m. and the meeting at 7:00 p.m. Find all of our meeting dates on **our Events Page**.

April CCDP Volunteer Opportunities

Tree Wrapping with the Clinton Conservation District

- April 16-18 from 9am-4pm each day at the Clinton County Fairgrounds.
- Volunteers can show up whenever they are able and can stay for as long or as little as they are able.

Adopt-A-Highway Cleanup

- Saturday, April 27 starting at 8:30am at 7585 W Grand River Hwy, Watertown Twp, MI 48906.
- MDOT reflective safety vests and trash bags will be provided.

Carpool Lot Cleanup

- Sunday, April 28 starting at 1pm at the carpool lot located at 5900 S. Williams Rd., St. Johns, MI 48879.
- Once this lot is cleaned, we will move south to the Round Lake Road carpool lot, located at 2377 E. Round Lake Rd, DeWitt, MI 48820.
- Trash bags will be provided.

Please RSVP to CCDP Vice Chair
Matthew Boak at
vicechair@clintoncodems.org



©2024 Clinton County Democratic Party | PO Box 232, DeWitt, MI 48820

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®