



VOLUNTEER to Stay Healthy!

You've probably heard about, and even experienced, the good feeling that comes with doing volunteer work. Many people report that supporting a favorite cause or charity provides a sense of fulfillment and satisfaction.



The great news is that, according to a 2013 study conducted by Carnegie Mellon University, genuine altruism plays a role in contributing to physical wellbeing as well as providing social and emotional benefits.

Why not explore volunteering as a way to support a cause, connect with others and reap some potential health benefits—a win for everyone!

New to Volunteering?

Begin by considering your values, interests and skills. For example, do you appreciate nature and like to be outdoors?

You can be part of a team cleaning up litter at local parks, neighborhoods or beaches.

Consider becoming a trail guide or scouting volunteer and share your passion with others. Use your green thumb to support a community garden project.



Opportunities to Volunteer

Volunteer opportunities to provide food for those in need are many.

- Consider serving food at a local shelter, delivering meals to home bound individuals or collecting canned goods for donation to a food pantry.
- Enjoy being with others? Why not volunteer at a nursing home visiting the elderly, or support local veterans?
- A passion for reading may be well suited for literacy programs that help children and adults learn to read or speak English.
- For those looking for some motivation to get active, look for a local charity walk, run or bike ride. It's a great way to get some exercise while raising money and awareness of an important cause.

Ideas for Volunteering

Participating in volunteer activities is good for people of all ages. Volunteering as a family is a great way for children to learn social responsibility and for parents to model behaviors that demonstrate their values.

Schools and religious organizations are great places to look for family volunteer opportunities. Devoting personal vacations for volunteering can be done locally, nationally or internationally.

Volunteer experiences can be a great resume builder for a young adult or could lead to a fulfilling second career for a retiree.

When looking for a place to volunteer, be sure to learn about the organizations you wish to support.

Ask questions about their needs and expectations.

Do they offer training and other support to volunteers?

What is the time commitment?

Consider your own availability and preferences as well in order to assure a good fit.

Many nonprofit organizations have volunteer coordinators to help match individuals to the right position.

To find volunteer opportunities in your community, check out local hospitals, The Red Cross, United Way or other non-profit agencies.

The website communitywishbook.org can help link volunteers to local organizations.





Desktop Dining and Other Dietary Dilemmas

Is your desk also the kitchen table of your workplace? Is that empty table in the dining room for work food frenzies? Here is some for food thought to make your meals safe and socially acceptable.



As many of us often eat "al desko", it is important to keep them free from bacteria as well. If you are one of the many brown baggers, keep food safety in mind and promptly place your lunch bag in a refrigerator or keep it in an insulated bag with an ice pack. You are the boss of your brown bag.

Prior to eating, wash your hands or at the very least, use a moist towelette or hand sanitizer. We often think of the bathroom as a breeding ground for bacteria, but overlook the invisible bacteria that exist on our telephone, computer mouse, and keyboard. Regularly give your work area a clean slate.

The workplace is a venue for profit sharing, job sharing and food sharing. We do not want to be generous about sharing germs. Be considerate of your co-workers and avoid double dipping into that shared tasty black bean salsa. Keep cold foods cold and hot foods hot. Keeping perishable foods out at room temperature is not a cool thing to do. One way to keep perishables cold is to put them in an ice bath. If the hot food is no longer hot and has been sitting out for more than 2 hours, toss it.

If several people are bringing in yummy delights, try to stagger them. You do not want the food that will be consumed at lunch sitting out since breakfast. To enjoy the festivities without overindulging, have one group of coworkers bring in food for one party. The next time another group supplies the menu. We don't all need to bring in something each time.

Preventive Care

Everyone needs an ounce of prevention.

Preventive health care can help you stay healthier throughout your life.

Click [HERE](#) to learn more about recommendations for preventive care.

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Baked Banana Oatmeal



2 cup old fashioned oats	1 egg
1 teaspoon baking powder	1/3 cup brown sugar
1/2 teaspoon cinnamon	1 3/4 cup milk
1/4 teaspoon salt	1 Tablespoon butter, melted
2 ripe bananas	1 teaspoon vanilla

DIRECTIONS:

Preheat oven to 350. Coat an 8x8 baking dish with spray. In large bowl, combine oats, powder, cinnamon and salt. In medium bowl, mash 1 banana.

Add egg, sugar, milk, butter and vanilla. Whisk until well combined. Add to oat mixture, stir until combined. Chop remaining banana and stir into oats.

Transfer to prepared dish and bake until lightly browned, 30 to 35 minutes. Let stand 5 minutes before serving.