Volunteering and its Surprising Benefits

With our busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it’s true that the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Authors: Jeanne Segal, Ph.D. and Lawrence Robinson.

―Life’s most persistent and urgent question is, What are you doing for others?‖ - Martin Luther King Jr.

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Students volunteered at Gingerbread Decoration event 12/14/19 Hutchinson. Some even talked with Santa.
Students from both El Dorado, Hutchinson and Newton went to Emporia State and Kansas University. All the students enjoyed the college campus lifestyle and expressed to staff that the tour was informative and fun.

"Who is Santa’s favourite singer? Elf-is Presley!"
1/7 After-School program @ Hutchinson Public Library (Thurs) 4-5:30 each week (Hutchinson)

1/6 After-School program @ Life Inc every Mon & Thurs 4pm-6pm (El Dorado)

1/18 Butler CC Tour/Culinary (El Dorado, Hutchinson)

2/1 Senior Scholarship Day, Wichita State U. (Hutchinson, El Dorado)

2/7 Johnson County CC Tour (El Dorado, Hutchinson)

2/15 Healthy Fit (Zumba, Yoga, Healthy Eating) (Hutchinson)

2/28 WSU Tech & KWCH Station Tour (El Dorado, Hutchinson, Emporia)

3/14 STEM Switch, Wichita (El Dorado, Hutchinson)

3/20 Emporia State U Campus Visit (Emporia)

3/28 “Breaking Thru Art Therapy” @ Chisholm Trail Wichita (Hutchinson, El Dorado)

4/13 Cloud County CC Tour (Hutchinson, El Dorado, Emporia)

4/18 K-State Open House (Hutchinson, El Dorado, Emporia)

4/25 GEAR UP Senior Scholarship Day @ Hutchinson Public Library (El Dorado, Hutchinson)

5/2 Literacy Program & Arboretum Trail, Wichita (El Dorado, Hutchinson)

5/16 “Breaking Thru Art Therapy” (Ember Hope/Newton)

5/22 End of the Year Celebration in Hutchinson

5/22 End of the Year Celebration in El Dorado
I was asked to introduce any employee, student, or community agency who works with this agency in order to give support. I’m proud to introduce “Pitrice”, a loving service dog that one of my students uses to help with anxiety issues. Do you know the difference between a service, therapy, and emotional dog?

A service dog is trained to help people with disabilities such as visual impairments, mental illnesses, seizure disorders, diabetes, etc. A therapy dog is trained to provide comfort and affection to people in hospice, disaster areas, retirement homes, hospitals, nursing homes, schools, and more. Emotional support dogs provide their owners therapeutic benefits through companionship.

So, if you see a dog being walked by one of our students please ask the owner for permission to pet them because the dog might be working.

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<tr>
<th>ACT Test Date</th>
<th>Registration Deadline</th>
<th>Late Registration Deadline</th>
<th>ACT Score Release</th>
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<td>Jan 17, 2020</td>
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<td>Feb 29, 2020</td>
<td>Mar 16, 2020</td>
<td>Apr 14; Apr 28, 2020</td>
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KKGU: Region 6 would like to thank all of our partners for their continued support. With your help we are able to better serve youth in our area.

Emporia High School

El Dorado High School

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Silvia Morales—Regional Coordinator
Racquel Houston—College Access Advisor (620) 860-7334

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Vacant—College Access Advisor

El Dorado Office
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Sean Johnston—College Access Advisor

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