



# ECHC

## Elmore County Health Coalition

**National Volunteer Week April 19-25**

April 19-25 is national volunteer week. Many of you may ponder where all the volunteers in each community are, the answer is everywhere! We interact with volunteers everyday, but we often do not realize that many of these roles are not for profit. Volunteers are a vital part of all communities, as individuals find purpose and strengthen social interactions, they develop confidence and leadership skills. Volunteers are the coaches in your child's sport activities, the advocates for victims or silent causes and work behind the scenes in many non-profit organizations and events. Volunteering as an adult or youth not only creates positive experiences, but helps people find a deeper meaning in their lives, and can help prevent relapse and use of substances. Youth that engage in volunteer work are half as likely to engage in activities such as nicotine, alcohol, and the use of illicit drugs.

The Just Serve app is an excellent tool designed to help you find and sign up for service opportunities within your community, making it easier than ever to give back and make a positive impact. By downloading the app and entering your zip code, you can explore the diverse range of service activities available nearby. Whether you're interested in helping at a local food bank, participating in community clean-ups, or lending a hand at nearby shelters, the app provides a comprehensive list of options tailored to your location and interests.

March has been designated as the official month of service, a time when communities come together to focus on giving back. Though March has passed, in celebration of this initiative, the Just Serve organization has set an ambitious goal: to achieve 250,000

hours of community service. This endeavor is not only a testament to the organization's commitment to service but also a way to honor our country's 250 years of independence, which will be celebrated in 2026. By participating, you can be a part of this significant milestone and help make a lasting difference.

To further engage with service opportunities and stay informed about upcoming events, be sure to check out the local Just Serve Elmore Owyhee social media pages. These platforms are great resources for finding additional ways to get involved, connecting with like-minded individuals, and sharing your own experiences in community service. So, don't hesitate—download the Just Serve app today and start making a meaningful impact in your community!

If you are interested in additional ways to volunteer and support your community, scan the QR code to check out The Elmore County Health Coalition landing page. Here you can explore many possibilities

to get involved, including attending Elmore County Health Coalition Nicotine and Substance Use subcommittee meetings and events. This committee focuses on bringing educational resources and information about nicotine use to youth and their families and also shares resources related to substance use treatment programs for those needing help or support.

