

HMFC provides free healthcare and wellness education to uninsured people living in poverty.



HMFC

Heart Mountain Free Clinic, | P.O. Box 1316, Cody, WY 82414

APRIL IS NATIONAL *Volunteer* MONTH



BY DAWN GARRISON, EXECUTIVE DIRECTOR, HMFC

Every April, Heart Mountain Free Clinic celebrates National Volunteer Month in honor of the volunteers in our clinic and community. It is also a great time to encourage more people to start volunteering. Heart Mountain Free Clinic is blessed to have 46 volunteers who operate the clinic on a weekly basis. Last year, we logged over 700 hours of volunteer time!

We are so grateful for the twelve churches that provide dinner for the volunteer staff! Each week 2-5 members of the church bring us dinner. Since most of the volunteers have already worked an eight to ten-hour day before coming straight to HMFC, the meal is welcomed with open arms.

In the United States, we value volunteers so much that we put a monetary value on their time. In Wyoming that equates to \$26.60 per hour (2018, Independent Sector). But money isn't the reason people volunteer. Most of us want to help those less fortunate than ourselves. We volunteer because it makes a difference.

There are many wonderful "side effects" of volunteering that make it so very worthwhile. According to Joanne Fritz, who is an expert on non-profits and philanthropy, the social, emotional, physical, and

professional benefits of volunteering are countless. Here are some of the proven benefits Fritz offers:

- Volunteering Builds Community
- Reduces Loneliness
- Increases Socializing
- Builds Bonds, Creates Friends
- Develops Emotional Stability
- Improves Self-Esteem
- Helps Those Most Affected By Mental Illness
- Promotes Longevity
- Reduces Risk of Alzheimer's
- Leads to Graceful Aging
- Improves School and College Experience
- Provides Better Job Prospects
- Volunteering Adds Fun to Your Years

HMFC is extremely honored to have these people as volunteers. We are eternally grateful for your service. You have made a positive impact on your community.

Volunteering is the right thing to do for so many reasons. If you would like to volunteer, please call 307-272-1753. You will be happy you did!

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307-272-1753

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WE'RE HERE TO HELP,
BUT WE CAN'T DO
IT ALONE.

HMFC.com
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