



PREMIER

IN THE COMMUNITY

MAY 2014



MAY IS A GOOD MONTH TO FIND A VOLUNTEERING OPPORTUNITY

There's a lot going on in May! National Physical Fitness and Sports Month, South Asian Heritage Month, Asian Pacific Heritage Month, Haitian Heritage Month, and Jewish American Heritage Month, in addition to Asthma Awareness, National Bike Month, National Pet Month, National Historic Preservation Month, National ADHD Awareness, and Celiac Awareness.

There are people, animals, and causes out there waiting to make you feel better about yourself. Try volunteerguide.org or Volunteermatch.org and let them help you!



Associate Spotlight: Whitney Glover

Premier Claims Specialist Whitney Glover is this month's volunteer associate in the spotlight. Whitney recently helped with the silent auction at the Shuzz event mentioned in last month's newsletter. She also made the Blood Donor Honor Roll at Premier's last blood drive, along with Shari Basye, Debbie Clark, and Elizabeth Henriquez. Whitney has also volunteered at church to help give out home goods to lower income families, and also donates clothing and shoes every month – ok only one pair of shoes but plenty of clothing.

As a Mom, Whitney gladly volunteers on a daily basis ☺. And most importantly, the majority of the staff at Premier is constantly thanking her for her time and effort. Finally, Whitney has already registered for the Firefighter Eric Patrie 5K Run/Walk on March 18th.



Giving Helps You Overcome Stress

To help someone you don't know, you have to overcome the natural impulse to avoid risk. Every time you help a stranger, you are reaching out a little, and that can make you feel vulnerable. The theory is that to overcome those fears, your body releases a hormone called oxytocin, which helps you buffer stress while increasing social trust and tranquility.

This "compassion hormone," it turns out, is very good for your body. "You are limiting exposure to stress hormones like cortisol," says Brown. "That may be one reason why helping behavior is related to longevity."

David R. Hamilton, who holds a Ph.D. in organic chemistry, frequently contributes to the Huffington Post and recently described the "5 Side Effects of Kindness". Kindness makes us happier. Kindness gives us healthier hearts. Kindness slows aging. Kindness makes for better relationships. Kindness is contagious. Face it. We're wired for kindness so we should take advantage of it.

ABOUT PREMIER EYE CARE

Premier's People, Planet, Profit triple bottom line means we are dedicated to helping the community. Contributions to 501(3)(c) charities since 2012 have topped \$400,000 and include diverse groups like the American Heart Assoc., the Drug Abuse Treatment Assoc., the Girl Scouts, Kenya Rescue, Tampa Crisis Center, Prevent Blindness, and more. Stay tuned for company-wide opportunities.

