



PREMIER IN THE COMMUNITY

JANUARY 2016



NATIONAL MENTORING MONTH

January is Weight Loss Awareness Month, National Codependency Month, Stalking Awareness Month, Slavery and Human Trafficking Prevention Month, and Healthy Weight Week, and since 2002 - National Mentoring Month. It was inaugurated in 2002 by President George W. Bush and was spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service.

NMM celebrates mentoring and the positive effect it can have on young lives. Its goals are to raise awareness of mentoring in its various forms, recruit individuals to mentor, especially in programs that have waiting lists of young people, and promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring.

Their website, <http://www.nationalmentoringmonth.org/>, allows you to enter your zip and find someone to mentor or to find a local partner at the state level. January 17th is mentoring Day while January 21st is Thank Your Mentor Day.



ASSOCIATE SPOTLIGHT – MICHAEL AGUIRRE

This month's Associate Spotlight shines on Michael Aguirre, Premier's Director of Medical Economics & Reporting. Michael has attended a number of beach cleanups, has run the Eric Patrie 5K benefitting firefighters 3 times, and has spearheaded the Men's Health Awareness event (known as Movember) for two years running.

Michael is also involved at Saint Thomas More Catholic Church in Boynton Beach. He volunteers throughout the year including Christmas, Easter, and Thanksgiving. His involvement in community events both inside and outside Premier sets a great example for others.

VOLUNTEERING MAKES THE PERFECT NEW YEARS RESOLUTION

Welcoming a new year offers a wonderful opportunity to make new choices and take new chances in life. Whether you reflect proudly on your many accomplishments in the past year or you can't wait to turn a new page and look toward the future, the new calendar year is an opportunity to do the things that might have been on your back burner. If you've been thinking about volunteering for years or have been contemplating your resolutions for the new year, consider donating clothes to Good Will for people trying to find work or teaching kids how to read. Dosomething.org has a resolution wall to help students follow through on these resolutions and adults can jump in too.

Why volunteer? Volunteering has been linked with increased levels of happiness and decreased depression. People who volunteer report physical, mental, and emotional health benefits. Doing Good is Good for You: 2013 Health and Volunteering Study reveals key benefits of volunteering that make a positive impact on people's health including feeling better mentally, physically, and emotionally. Volunteers help create and support healthy communities.

Make volunteering a reality this year. It's never been easier thanks to all the online opportunities.



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 \$600,000 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.



PREMIER EXPERTISE. PREMIER SERVICE.