To live a successful life
Does not require
Money, fame, power, prestige
Or status symbols...
It's more a matter of
Being true to your own beliefs and principles,
Doing your best,
Even in the smallest of things,
And never taking for granted
The simple joys in life--
Such as laughter, a perfect day,
Or a loyal friend.

For all the money in the world
Can't buy self-esteem, character,
Contentment, love or happiness--
And these are the very things
That make life
Worth living.

However you define
Happiness and success,
May you find and enjoy them
Every day of your life.

Congratulations as you graduate.
Don’t have plans over the summer? Don't stay home and be bored.

Go out and meet new people and build up your resume. Your resume shows your hard work. Volunteering can lead you to future internships or even a job.

Most importantly, you will help to change the lives of others and your own. By volunteering you will know what you love and what you want to do in the future. When you donate time to volunteer you feel great and when people depend on you, you feel you have the power.

Volunteering shows responsibility. You can spend a week, a month or even a whole summer at a single organization.
Community Organizations

- **American Cancer Society Discovery Shop**: Volunteers are needed for a variety of positions. The Discovery Shop is located at 207 E. Alpine Ave. Call Jackie Ronzone at (209) 941-2737.
- **American Diabetes Association-San Joaquin Chapter**: Needs help with a variety of office and fund-raising projects. (209) 472-2080.
- **American Lung Association**: Volunteers are needed to assist in programs such as distribution of educational materials at health fairs, educating youth and adults in schools and businesses and assisting staff with fund-raising activities. (209) 478-1888.
- **Arc-San Joaquin**: Serving persons with developmental disabilities and their families since 1954. Please call Sharon at (209) 955-1625.
- **Armchair Travelers**: Share a national or international trip with 40 senior citizens at Delta College. Call Dot Robinson at (209) 957-5427.
- **AseraCare Hospice**: Learn how to be a comfort to a dying person and their loved ones. For more information, call Linda Amador, volunteer coordinator, (209) 474-8349.
- **Camlu Retirement Community**: Volunteer for the garden fitness walk, board games, cards, sing-a-long or just socializing. (209) 951-2030.
- **Community Blind Center**: Simple sewing in its weaving department and ceramics. 130 W. Flora St. (209) 466-3836.
- **Court Appointed Special Advocates**: Trained volunteers research a case, interview parties involved, make recommendations to the court and lend support to the children. (209) 644-5313.
- **Dameron Hospital Auxiliary**: Openings are available at the coffee cart, reception desk, surgery information desk and the gift shop in sales. If your preference is sewing or making crafts, there are openings in boutique gifts or puppets. Call (209) 461-3152 and ask for the front desk.
- **Delta Blood Bank**: Volunteer drivers are needed to transport units of blood to the Stockton Laboratory, 65 N. Commerce St., and to local hospitals. (209) 473-6471.
- **Emergency Food Bank**: Volunteers are needed for office/clerical work, truck driving and general warehouse and food handling duties. (209) 464-7369.
- **Health Insurance Counseling and Advocacy Program (HICAP)**: Volunteers needed as counselors to help medical beneficiaries navigate Medicare issues. Counseling sites in Lodi, Manteca and Stockton. Call for information. (209) 470-7812.
- **Hospice Preferred Choice**: Applications are being accepted for volunteers to visit terminally ill adults and their families in the Stockton and Lodi area. (209) 467-8902.
• **Long-Term Care Ombudsman Program:** The Department of Aging is seeking volunteers to assist people residing in long-term care facilities. Volunteers are trained and state-certified to investigate and resolve problems for residents in long-term care facilities. They also serve as mediators, resolving complaints on residents' rights, financial matters and abuse issues, dietary needs, exploitation, neglect, Advanced Health Care Directives and other concerns. (209) 468-3785.

• **Meadowood Health and Rehab Center:** Located on same campus with O'Connor Woods, 3110 Wagner Heights Road. (209) 956-3444.

• **Mediation Center of San Joaquin County:** Volunteers are needed to serve as mediators. Also seeking presenters to promote and teach conflict resolution skills. (209) 474-8794.

**Retired Senior Volunteer Program:** RSVP of San Joaquin County helps people age 55 and older find service opportunities in their home communities. Participants serve in organizations that range from hospitals and youth recreation centers to local police stations and education facilities. Call Olivia Briesmeister at (800) 510-2020 or (209) 468-2208.

• **Road to Recovery program:** The American Cancer Society needs drivers to transport cancer patients to and from their treatments. (209) 941-2679.

• **SJC American Red Cross:** Volunteers are needed in Tracy and the rest of San Joaquin County. The American Red Cross helps communities prepare and respond to disasters. Call Harper at (209) 466-6971.

• **St. Joseph's Medical Center:** Assist with visitor information, mail, newspaper and flower delivery to patients; transporting patients to their rooms or to X-ray; assisting in the gift shop, providing gifts and information to new mothers and more. (209) 467-6527.

• **St. Mary's Interfaith Dining Room:** Needs kitchen helpers; clothes sorters/distributors in women’s/men’s departments; volunteer doctors, dentists, nurses and hygienists; interpreters; project organizers; gardeners. (209) 467-0703.

• **Stockton Animal Shelter Friends:** Pet lovers needed at the Adopt-A-Pet Center, 7475 Murray Drive, Suite 19, for pet adoption counseling, animal care and transport, general office duties, special event planning and temporary foster homes for puppies and kittens. (209) 956-3647 or (209) 937-7096.

**Stockton Interfaith Caregiver Program:** Provide volunteer assistance for seniors 60 and older who live at home and want to maintain their independence, dignity and quality of life. (209) 461-5112.

**Live else where? Please check with your local volunteer organizations.**
College Freshmen Can Lose the Anxiety of Going Home for Summer Break.....

Many college freshmen have completed their very first year at a college away from their hometown. The past year has been a lesson in a variety of subjects: applying for and receiving student loans, moving away from home for the first time and being independent, living on campus, living with dorm mates, full course loads, studying for college courses, meeting new friends, extracurricular activities, part-time jobs, etc.

The first year at college can be very difficult and stressful. For many freshmen there is a lot to take in and absorb. There are many new things of which to become familiar, and it can be difficult to get settled. With so much going on, some freshmen actually become a little depressed. It can take weeks or months for these students to adapt to their new surroundings and become relaxed.

Can Students Really Go Home?

While trying this past academic year to get acclimated to college life, students had many opportunities to travel home for the many holiday breaks throughout the year, from four-day weekends to the much longer winter break. These trips home could be difficult on both students and their parents. After being away from home and living independently, many students did not know what to expect when they arrived home. It simply did not feel the same. Parents also had their own anxiety about having their children back home. Although students and parents were anxious to see one another, students realized that after living away from home, you really can’t ever go home. Simply stated, after living away, things at home never are the same.

When you arrive home after living on your own, things are different. You have been at college and you now may see things differently: new ideas, more knowledge and new friends. You are growing up and are more independent than you ever have been. The relationship with your parents changes in many ways.

Therefore, going home can cause a lot of anxiety. The summer break is longer than any other and lasts a couple months. You have been away from home for a year and there is a big adjustment for both you and your parents. You now are used to living your own life, and that may not exactly reflect the life of your parents.

At school you had a class schedule, went out with friends, and you did not have to answer to anyone. You may find that when you are home, your parents expect you to account for all the time you spend outside of the home. They still may try to enforce a curfew.

Remember to Communicate

It is important for students, their parents and siblings to keep the lines of communication open. Things have changed for everyone involved. It also is important not to take advantage. For instance, if you have been on your own and did your own laundry while at school, do not expect your mom now to do your laundry. If you want to keep that independence and have your parents take you seriously, prove to them that you are independent. Do your own laundry and never expect your parents to pick up after your mess.

You probably want to keep in touch with your college friends, and that is normal and fine. Your parents may wonder why you are not spending that much time with the family. It is not necessary to spend every waking moment with them, but make sure you do make time for your family. The family home should not be a place to sleep and throw down your belongings. Try to balance your family and social life.

Keep Your Parents in the Loop

Keep your parents and siblings up to date about your life at college, what you are studying and learning from your classes – any activities, new friends and jobs you may have. It helps to keep your parents in the loop so that they do not feel totally left out of your new life.