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Community service can be defined as work done by a person or group of people that benefits others. It is often done near the area where you live, so your own community reaps the benefits of your work.

Community service is one of the best ways to help benefit the public and give back to our community. Not only does it have positive effects on society, it also will bring benefits to our lives and personal development in a number of ways.

Gaining new skills -- Whether you're just starting a career, looking for work or trying to improve your promotion prospects, volunteering

can be a great way to learn and develop the skills you need, both practically and personally. No



matter what your age or skill level, you can seek out ways to use those skills and abilities to benefit others. Many charitable organizations offer training where it is needed and help to find all the resource and support needed to do the task or service.

Making new contacts and friendships -- Sometimes circumstances or life changes like moving to a new area or losing a loved one can leave us feeling a little isolated. Volunteering can help reconnect you with your community and can help create new friendships. An easy way to make friends is

through activities you perform together. Not only would you be helping those in need, but you



would also be able to meet some other volunteers. This benefit of

community service is especially important if you are new in an area. It is a way to meet your neighbors and show your support for the community. In addition, you could invite your existing friends to do community service with you; and through it, further strengthen your relationship and have fun at the same time.

Mental/physical health and wellbeing -- We know that keeping active, mentally as well as physically, has a powerful influence over our health and wellbeing. In a study,

more than 80 per cent of volunteers say the work they do has improved their mental health and sense of wellbeing while



nearly half think it has improved their physical health. Community service can also be a valuable way to improve and practice how to socialize in diverse surroundings.

Every individual has their own reason for volunteering and their own ideas about what it will do for them. There is no right or wrong approach, it's all about exploring the opportunities and finding what is a good fit for you.

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Top: Redemption Inside the Walls

Center: JCWSBA BBQ; Chamber Gala; JC Magazine Impact JCMO

Bottom: Naught Family Civic Award; JCESBA BBQ; Dreams to Reality career preparation







Celebrating the Stars of America's Workforce

As mentioned in last month's Temp News, C&S commemorated National Staffing Employee Week (September 11-17) with Cold Stone Creamery gift cards and t-shirts for current C&S employees.

During NSEW, a number of C&S employees stopped by C&S to pick up a t-shirt (including Harvey pictured left).

And, if you haven't already done so, the Cold Stone Creamery gift cards must be redeemed at the Jefferson City location by October 20, 2023.

Thanks again to all the awesome employees of C&S Employment Solutions!



What's happening in October:

October 9 -- Columbus Day (C&S open)

October 16 -- Boss's Day
October 19 -- Big Brothers
Big Sisters Chili Cook Off/
Cornhole Tournament (Jaycees
Fairgrounds)

October 20 -- Final day for C&S employees to redeem Cold Stone Creamery gift cards

October 31 -- Halloween



Permanent Placements

The following employees were recently offered and accepted permanent employment at their assignments. C&S would like to congratulate and thank each of these individuals for their hard work and dedication!

Julie Bentley Lisa Shepherd



