

## **Volunteering It Does a Body Good.**

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of making a difference in their community. However, there is also growing research that shows volunteering provides individual health benefits in addition to social benefits. Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

*taken from [nationalservice.gov](http://nationalservice.gov)*

*provided by Olmsted County Public Health Services*

## **Mayo Clinic Child Car-Seat Safety Program**

The Mayo Clinic Child Passenger Safety Clinics are conducted at Fire Station No. 4, 1875 41st Street NW, Rochester, MN by Mayo Clinic Employees who have been trained and certified as Child Passenger Safety Inspectors. Rochester Fire Department provides space within the fire station for the inspections to be conducted out of the weather. Child Car Seat Safety inspections are held once a month at dates and times listed at [RochesterMN.gov](http://RochesterMN.gov). Trained & Certified personnel will instruct you on proper child safety seat installation. Call 507-255-5066 to make an appointment.

*taken from [rocheatermn.gov](http://rocheatermn.gov)*

*provided by Olmsted County Public Health Services*

## **Families Urged to Have Wells Tested Yearly**

About one in six U.S. households use private wells for drinking water. Though safe to drink from when properly cared for, well owners should watch for several potentially dangerous contaminants, most notably nitrate and coliform bacteria. Nitrate, which can come from sewage and fertilizers, is especially a problem for infants younger than 3 months, because they cannot break it down. The presence of coliform often indicates contamination from sewage. Families should also have wells tested before a new infant is brought into the house or after structural damage or changes to or near the well source. Also, well owners are encouraged to talk with local health experts about what else their water should be tested for, based on known issues in the community, such as radon or agricultural runoff.

*Taken from [health.gov](http://health.gov)*

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## **Water Safety**

Nationally, drowning is one of the top causes of death in children under five, and many of these accidents occur during the summer when children are more likely to be around water. If you own a pool, install a gate or other barrier to the water. Never leave your child unsupervised near a pool, even if they know how to swim. Appoint "designated watchers" at any social gatherings where children are outside near water. Learn CPR, and, if possible, make sure all babysitters and other caretakers also know CPR. Remove toys from the pool when not in use, which will be an added temptation for children to wander nearby. Adults are also at risk for drowning or submersion-related accidents. Adults need to be aware of their surroundings – watch for warning signs of strong currents, and never dive or jump into water unless you are sure it is deep enough. Never drink alcohol before swimming, boating or participating in any water activity. Alcohol is involved in approximately 25-50% of adolescent and adult deaths associated with water-related activities.

*[Myfamilyminute.com](http://Myfamilyminute.com)*

*provided by Olmsted County Public Health Services*