For Immediate Release

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**The Key to Happiness: Volunteering**

**Volunteers Needed for Summer Program at St. Vincent and Sarah Fisher Center**

May xx, 2014 — DETROIT — Help others, get happy. According to a study in Social Science and Medicine at the London School of Economics, the amount of volunteering and amount of happiness directly correlates. Researchers examined the relationship between volunteering and measures of happiness in a large group of American adults and they found the more people volunteered, the happier they were. [St. Vincent and Sarah Fisher Center](http://www.svsfcenter.org) is offering Detroit-area adults an opportunity to ‘get happy’ and help change a child’s life in the process. The nonprofit Center needs volunteers for its July 8 through August 21 summer learning program, which is free to first through fifth-grade students.

“Volunteers are an integral ingredient to the menu of services we offer to Detroit children,” explains Diane Renaud, Executive Director/CEO of the Center. “In addition to the ‘happiness effect,’ volunteering also offers a way to get connected with the community, benefits the mind and body, and provides a means of fulfillment.”

Guided by SVSF staff, volunteers work one-on-one with children, teaching traditional curriculum and life skills — inside and outside the classroom. The Children’s Summer Education Experience is a six-week learning program. Children often do not retain information from the previous school year, this program focuses on creating a year-round learning environment, to prevent summer math and reading loss.

The program meets weekly on Tuesday, Wednesday, Thursday, 1 p.m. to 4 p.m. In addition to helping children build reading and math skills, the program provides students with experiences that they do not have in their typical school classroom.

People interested in participating are encouraged to call volunteer coordinator Sister Marie Judith Haupt at (313) 535-9200, ext. 3104. All volunteers receive orientation and training, and are assisted daily by the Center’s dedicated staff. Help change the world of a child, get happy.

**About St. Vincent and Sarah Fisher Center**

Celebrating 170 years of continuous service to the community, St. Vincent and Sarah Fisher Center is one of Southeastern Michigan’s oldest organizations. The secret to its longevity is that it evolves as the needs of the community change. For more information, call 313-535-9200 or visit <http://www.svsfcenter.org>.