

LIFE RESET INTERNATIONAL

Youth Volunteering Updates



WELCOME TO LIFE RESET INTERNATIONAL!

For the new members and families.

We would like to extend our warmest welcome to all of you who have joined this great cause to bring positive changes in our community and the world. Volunteering is an active and intentional effort that has been valued and emphasized from young ages in America due to its ample benefits that many people in society can reap. The benevolent nature of volunteering not only benefits the recipients but also benefactors because they can gain both personal and professional experience as well. LR is committed to dedicating its service for youngsters to become active citizens engaged in a vast range of societal services that create lasting impacts to many lives as we hope.

DECEMBER NEWS, EVENTS,
AND UPDATES:

10/31 Katie Park,
associate editor
10/31 Aaron Kim,
publicity officer
11/04 Amy Min,
artist, mentor

*Plogging, Activity of
the Month*

12/19 Next general
meeting for all
members

MORE ABOUT LR:

What is Life Reset International?

A Nonprofit public benefit Student volunteering organization

What does it do exactly?

Publication, humanitarian relief, and local community services. Depending on students' personal interests, they can get involved in their interested areas to build hands-on experience in various fields.

The publication affairs provide opportunities for students for critical thinking on pressing social issues and raising awareness, using the power of writing. The students also get involved in the publishing process.

For the **humanitarian relief affairs**, students will learn basic concepts and principles of humanitarian operation, fiscal budgeting, allocating funds, organizing membership drive, and networking with other NGOs in selecting and contacting beneficiaries.

Local community services allow students to be engaged in various types of local services including but not limited to homeless ministry, food bank, underprivileged children tutoring, street/park adopting and cleaning, Mayor's office, and YMCA.

Which should I start with?

The purpose of providing the vast array of volunteer options is for students to **explore** and **focus** on their interest to deepen their personal and professional experience in college, career in the future. All other community services that members are involved outside of the Life Reset organization will be acknowledged as part of the total number of hours for **President's Award recognition**.

Who can join?

K – 12th grade for student members, and adult members.

Who can be officers?

High school students (service hours are given for meetings, website/social media updates, any services in organization operation)

Follow our INSTAGRAM:

@liferesetinternational

NOVEMBER:

A month that highlighted giving thanks and also change within our seasons and atmosphere. In November, LR members began "plogging" with our families to help improve our communities and environment! Life Reset members also wrote letters to the elderly through the organization, "Love for our Elders" to further our topic of *Ageism*.

As of November, we have 16 members of LR! Thank you to all who have joined.



DECEMBER SERVICES

Love for our Elders

To highlight our topic of **Ageism**, we want to look around the elderly who are suffering with loneliness, which has been intensified due to COVID-19. Mailing handwritten letters is an easy and safe way to show our love to the elderly! Through this organization, "Love for our Elders," your letter(s) will be sent to an elder man or woman at a senior facility! Check out their website for more details, restrictions, and the mailing address.

<https://loveforourelders.org/letters>



Beach Cleanups

Many of you are located in Southern California, living in areas that are only minutes to hours away from the beach! Cleaning the beach is an effective way to help improve our environment. This event will occur in **January**, and more information is to come. Due to the increasing COVID-19 cases in California, dates and events are subject to change. Also, safety precautions will be taken to go forward with this event.

Continue to Plog!

What IS "Plogging?"

Plogging is a combination of the words "jogging" and "plocka up," which is a Swedish term for picking up litter. Like the name, it originated in Sweden by Erik Ahlstrom a few years back. Now it is a popular event worldwide and so LR decided to contribute to our community by also taking up "plogging." During this task of plogging, you will need a trash bag, disposable gloves, and a mask.

Some of our members went plogging during the month of November! We encourage you all to plog and to send your pictures to liferesetphotogallery@gmail.com.

This is a great opportunity for you to **get up and get out** during quarantine to help the local environment - your body!



Agape Academy

Agape Academy is an NGO that offers free tutoring to less-privileged children nationally and instead receives donations as tutoring fees. Those donations go towards local organizations, aiming to aid their communities. If you are interested in being a tutor, you must be in grades 9-12. More information and details are on their website.

<https://www.agapeacademyinc.org>

THE REAL VIRUS

Article of the Month

In the blink of an eye, we have gone from dreading another day at school or work to dreading another day of virtual meetings. What was once known as normal daily interactions less than a year ago has turned into faraway fantasies. I'm sure if I told myself a year ago about what was to happen to the world, I would have laughed and never believed what I was talking about. I wouldn't have even understood what "Zoom" or "hybrid schedules" meant. Without realizing, we have completely changed the culture of this era. While some are thriving in these new socially distanced environments, for many, COVID-19 has been much more than just a deadly virus.

Studies have indicated that COVID-19 is associated with distress, anxiety, fear of contagion, and depression within the general population. Social isolation has led to many stress-related psychiatric conditions in people of all ages. Previous pandemics, like the Spanish Flu in 1918, have shown to be correlated with an increase in suicide rate. Likewise, research done on the 2003 Severe Acute Respiratory Syndrome (SARS) outbreak in Hong Kong has shown a significant increase in suicides of people aged 65 and above.

Furthermore, a recent survey conducted by the Kaiser Family Foundation indicates that 45% of adults in the United States have reported that COVID-19 has negatively affected their mental health due to stress and worries over the unknown. A similar survey conducted on health care professionals in China has reported 50.4% of participants to have depression, 44.6% anxiety, 34.0% insomnia, and 71.5% distress.

As we see more studies and research regarding the deteriorating mental health around the world, we must recognize the risk of the permanent effect COVID-19 will have on mental health. As a high school student, I can firmly state that I am definitely not the same person as I was when quarantine first started. Over the last few months, I have watched many friends struggling to get by each day as they are lacking the social interaction they need. I have watched relationships crumble as adults try to make ends meet for their families. I have seen teachers who are beyond frustrated and stressed to make online learning doable for the students.

As much as virtual meetings are convenient, they cannot replace in-person interaction. It is time to approach this pandemic with mental health on our list of priorities and to treat it as an important health concern. Of course, the first way we must do this is by following social distancing orders and protecting yourself and others in attempts to slow the spread of the virus. Additionally, companies and organizations should implement social media campaigns to reduce stress, fear, and loneliness within the general population. Members of the community should help each other by providing social support and maintaining social connections.

Although these things may seem repetitive to talk about, it is imperative to be aware of our mental health, especially in current circumstances. There will come a day when we can resume the life we know and love, but until then, connect with a friend you haven't talked to in a while. Make time to enjoy new activities. Take breaks from work and other duties. And most importantly, know your own emotional health.



Eunice Ahn, 11th
Ruben S. Ayala High

ZAINAB RAHIMI'S STORY



My Name is Zainab Rahimi i was born in 2/10/1997 in Qom, Iran. I belonged to a family of 5 persons, my parents and my two younger sisters. My father died 13 years ago in Afghanistan. We had such a hard life and we went through many things as a family without a man in Afghan culture. And my mother was very young at that time. I left Iran 1 year ago and I came to Greece with my uncle and now I'm here on my own. My only dream is studying and becoming a doctor which I was not allowed to do it in Iran. This is one of the reasons why I left my family and everything behind to change my life and their lives. I got to know Jesus in Lesvos which is the biggest gift in my life. I'm volunteering with one of the organizations who are providing healthcare for refugees, as a translator.

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Stay connected!

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