

# Weekly CONNECTION

September 5, 2025



**PRESBYTERIAN**

Volunteer Services

## SPOTLIGHT:

Would you like to be one of the lucky volunteers who helps at this event?:

Name: **KKOB Golf Tournament**

Location: Tanoan Country Club

Purpose: Proceeds benefitting Presbyterian Healthcare Foundation

Date: Monday, September 22nd



Three shifts available for two or three volunteers per shift, or volunteers can choose to stay all day.

**6:30 - 9:00AM**

**9:00 - 12:00PM**

**12:00 - 4:00PM**

Tasks: managing check in, "selling" raffle tickets, sitting at hole-in-one holes

Food is provided!

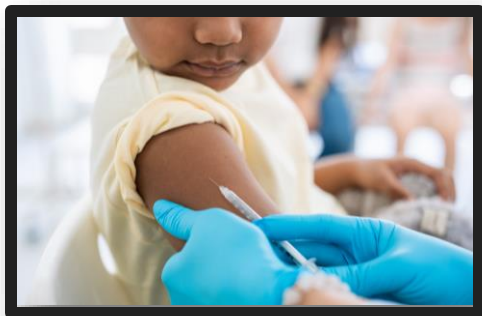


Contact Ebone S. Garcia  
to sign up

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## COMING UP:



Respiratory season is coming soon. Start planning your annual FLU and COVID shot and don't throw away the receipt!

The second annual Personal Security Workshop is October 17th from 9 a.m. to 1 p.m. at the Cooper Center. Attendees are employees and volunteers. The agenda includes great speakers and hands-on demonstrations:

- o A renowned mixed-martial arts trainer will demonstrate defensive tactics for the clinical setting.
- o The Albuquerque Police Department will offer insights about crime in New Mexico and techniques for staying safe.
- o The Solutions Group will provide lunch for attendees.
- o There will be drawings for prizes.
- o Space is limited to 250 attendees.

Contact your volunteer manager to sign up by October 10th

## RSVP

**What:** Volunteer Services Town Hall Meeting

The upcoming Town Hall is your moment to *shine*! Come share your ideas, join the conversation, and connect with PHS leaders. Your presence makes the discussion more powerful and helps shape what comes next for Volunteer Services.

**When:** October 15, 2025, at 1:30-2:30pm

**Where:** Presbyterian Rev. Hugh Cooper Administrative Center, Hinton Auditorium; 9521 San Mateo Blvd NE, Albuquerque, NM 87113

**How:**

<https://www.signupgenius.com/go/10C084BAFA92BA7F4CE9-57938740-october#/>

# Volunteering offers a wide range of benefits that positively impact both mental and physical health.

According to the Mayo Clinic, volunteering **improves mental health**, especially for older adults, by **reducing depression and anxiety while promoting better physical health**. Engaging in volunteer work also helps reduce stress; research highlighted by HelpGuide suggests that committing just two to three hours per week provides significant benefits.



Physical activity is another advantage, with Harvard Health Publishing noting that regular volunteerism among adults over 50 **can lower the risk of developing high blood pressure**. Additionally, Western Connecticut State University emphasizes that volunteering **boosts self-confidence**, offering a sense of accomplishment and pride.



Volunteering also provides a **sense of purpose**, as noted by the National Institutes of Health (NIH), and **combats depression**, according to the Mental Health Foundation. It **enhances social skills, fostering a sense of belonging and connection**, as observed by the Dr. Annise Mabry Foundation. Finally, a study cited by AARP found that volunteering can **lower the risk of dementia**, with volunteers scoring higher in cognitive testing than non-volunteers. Overall, volunteering is a powerful way to improve well-being, build connections, and enhance life satisfaction.



Presbyterian Volunteer Services is working to bring in new volunteers eager to make a difference, just like you. Whether you are passionate about community outreach, patient care, or administrative support, there is a role for everyone. Volunteering at PHS is a great way to meet like-minded individuals, develop new skills, and give back to the community. We have assignment flexibility whether you want to volunteer as a group, or individually, for a one-day event or sign up to do long term assignments.



## **HELP WANTED:**

### **Kaseman Hospital**

- Gift Shop
- Emergency Department
- Behavioral Health
- Advanced Care Planning

### **Presbyterian Hospital**

- Info Desk: Looking for a volunteer on the weekends
- **Patient Access/Registration: Urgently needs volunteers any day from 8am-12pm**
- Gift Shop Tuesday, Friday, and/or Saturday afternoons

### **Rust Medical Center**

- Gift Shop
- Food Services
- Physician's Office Building

### **Santa Fe Medical Center**

- Family birthing center
- Rehab/Physical Therapy
- Surgery
- Radiology



 For more details or to express interest, please email [cdantico@phs.org](mailto:cdantico@phs.org)