

...Benefits

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of

your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments.

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. Volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

When it comes to volunteering, passion and positivity are the only requirements

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Hendricks County Historical Museum News

August 2021



The mission of the Hendricks County Historical Museum is to collect, preserve and interpret items relating to the people, places and events of Hendricks County and to stimulate public interest in the heritage of the county through education, exhibits and special programs.

President's Message

Dear Friends of the Hendricks County Historical Museum

How do you see it : "Summertime, and the Living is easy", or "Hot town, Summer in the City"? I was a city kid and the Lovin Spoonful's 1966 song seemed to describe summer as I saw it, or felt it, in the pre-air conditioning days.

By the time this newsletter is out after one of my favorite summer activities; the Hendricks County Fair will have wrapped up for another year. We are so lucky to have such a great facility in the Fairgrounds Complex where we will again host our long awaited Roaring 20s Dancing with the Hendricks County Stars. Your support and our fundraisers will help us continue with very needed upgrades to our building at 98 West Broadway. This summer has also meant a return to more visitors touring the Museum and some fun events like the American Girl Doll Party. The Board loves our history, and always looks to the future in how to best share our enthusiasm.

Yesterday I heard a question that made me very happy, "Grandma, can we go to the Museum?" Of course I said yes. It is no surprise the Jail is a favorite area, especially the graffiti (I think it makes it real). My granddaughter loves the children's bedroom. I did feel old having to explain how to dial the rotary phone!

—Pat Baldwin,

Museum Board President

Looking to give back locally and make connections?

Become a volunteer

**Grant Writing, Event Planning,
Event Staffing
Connecting with us
on Social Media
"Muscles"- Event Set Up
and Event Take Down,
Decorating**

If interested, email
hcmuseum@co.hendricks.in.us
for this and other opportunities.

DON'T BE LEFT HANGING!

Stay informed!

www.hendrickscountymuseum.org
Or on Facebook and Instagram!



We 
Volunteers
Volunteer Appreciation Day

www.hendrickscountymuseum.org

PO Box 226, 170 S. Washington St., Danville, IN

Volunteering and its Surprising Benefits

Editor's Note: This is part of a lengthy and very informative article written by Jeanne Segal, Ph.D. and Lawrence Robinson, found at www.helpguide.org. HelpGuide is a small independent nonprofit that runs one of the world's top 10 mental health websites.

Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering

doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedication your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Volunteering as a family

Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

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Volunteer Appreciation in September

Our volunteers are amazing! We cannot function without them, and we appreciate the skills, knowledge and hard work they bring to everything we do, from tours, to cleaning, to fundraising and social media.

On **Monday, September 13** there will be a *Volunteer Appreciation Night* at the Train Station at Ellis Park, Danville at 6:30. It will be an evening of refreshments, recognition, fellowship and some surprises.

The kids LOVE the Museum!



The American Girl Doll Party was a huge success! Approximately 90 people and their dolls came to the Museum on June 12th, Destination Downtown Danville Day. (Photos by Tim Macsay)

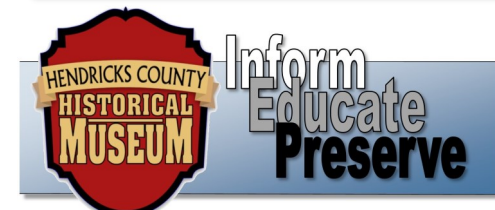


Liam and Clara Portwood, grand-kids of Board President Pat Baldwin, spent an afternoon at the Museum with Grandma.



I have been a volunteer docent at the Museum for five years, since I was nine. I love getting to learn something new every tour and hearing people's stories. I love to be transported back in time and get to better understand how far we've come. One of my favorite things to do is help take care of the dollhouse in the children's room. A favorite memory: I really enjoyed meeting the last sheriff's son during a tour. He had so many fun stories about living there as a teenager! It made the museum feel even more real.

—AUDREY EATON



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Phi Delts storm the Museum!

Eighteen ladies from Phi Delta Kappa visited the museum recently. They were here in Danville for a convention and this was their field trip. Thank you ladies for stopping by, and thank you for your \$100 donation! Come back again soon. (Photos by Tim Macsay)



This month Linda Cook has been training the Digital Project team on working with compound objects.

Mark Belloni has joined the volunteer team, working on the project during museum hours. Welcome, Mark, and thank you!

If you are interested in receiving your newsletter via email instead of snail mail, please contact the Museum, museum@co.hendricks.in.us, or call 317-718-6158.

We currently pay almost \$900 a year sending out the newsletter.

Friends of the Hendricks County Historical Museum Membership Levels and Benefits

- \$25 Homesteader** Your donation will be used to further promote our programs to Inform, Educate, and Preserve the Museum!
- \$100 Settler** Entitles you to 2 discounted DWHCS tickets (\$10 off each)
- \$250 Pioneer** Includes all benefits of Settler level plus a listing on our website
- \$500 Trailblazer** Includes all benefits of Pioneer level plus a museum polo shirt
- \$1000 Founder** Includes all benefits of Pioneer and Trailblazer levels, plus a special sponsor listing in event programs

Members at all levels will receive the quarterly newsletter.

"Dancing with the Hendricks County Stars" is really "stepping out"!



DWHCS Decoration Committee members (l-r) Diane Coiro, Sally Lawson, Diane Hunt and Marty Carter display the dining table centerpieces to be used during the August 21st

Our eight dancers are busy taking lessons at Arthur Murray and contacting friends and family to buy tickets in honor of their performances. If you haven't bought your tickets yet, now is the time! As a member, you get \$10 off each ticket! Just make this note in the discount box: hcmemb.

The event is August 21 at the Hendricks County Fairgrounds.

If you have one of our DWHCS business cards which states "\$70 / ticket", please know that this is only a promotional piece, not a ticket itself. Some have mistaken this card for an actual ticket. We are not printing tickets. Your name will be at the registration desk if you buy a ticket online or by mailing a check to the museum.

Don't forget to credit your ticket to a specific dancer if you have a favorite. It will go towards his/her "People's Choice" award!

Buy tickets at www.hendrickscountymuseum.org, or by mailing a check for \$70 per ticket to the museum.



Volunteer Barbara Eldridge is proudly showing off our new tablecloth furnished by the Locker Room in Danville that we will be able to use at all of our engagements! (Photo by Deanna Hindsley)

The Great Chocolate Caper Car Rally

Saturday, Oct. 9, 2021

Pre-registration starts Sept. 15th by calling Tim Macsay 317-718-1453

Rain or Shine!

Still \$10 per car! 30 car limit!

Thank You to Our Current Sponsors

