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June 2024 Hope Newsletter

Hope-Filled Organization:

Greater Good Science Center

University of California, Berkeley



Greater Good in Action

SCIENCE-BASED PRACTICES FOR A MEANINGFUL LIFE

Our Mission: The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society.

Based at the University of California, Berkeley, one of the world's leading institutions of research and higher education, the GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional well-being, we help people apply this research to their personal and professional lives.

Since 2001, we have been at the fore of a new scientific movement to explore the roots of happy and compassionate individuals, strong social bonds, and altruistic behavior—the science of a meaningful life. And we have been without peer in our efforts to translate and disseminate this science to the public, including through our award-winning online magazine *Greater Good*. Click on this link to [Greater Good](#).

Though much of our work draws on psychological research, its scope is wider than the individual's. Instead, we try to support cultural shifts in the ways people view human nature, understand the sources of true happiness, and value their connections to one another—all to promote a kinder and more compassionate society.

To achieve that overarching aim, we focus on these long-term, large-scale outcomes:

- A shift in conventional wisdom about human nature, so that the public views kindness and compassion as no less “natural” to humans than selfishness and aggression.
- Greater awareness about the keys to social and emotional well-being, including the factors most likely to cause people to act on their instincts for kindness and compassion.
- Greater demand for programs that foster the social-emotional well-being of their participants, driven by greater awareness about the research-based benefits of these programs.
- Deeper understanding within educational institutions of how—and why—to support social-emotional development, nurturing a new generation that is better equipped to deal with conflict, handle stress, and widen their circles of kindness and compassion.
- Higher levels of emotional well-being within institutions—specifically in families, schools, workplaces, and the health care system—better preparing people to respond to others with care, equanimity, and generosity.

To learn more about the Greater Good Center, click on this link: [Greater Good Science Center \(berkeley.edu\)](http://GreaterGoodScienceCenter(berkeley.edu))

Hope-Filled Organization:



**Volunteer Center
of Racine County**

Mission Statement: Premier resource for youth, adults and seniors of all abilities to make a difference in our community through volunteerism.

Vision: We envision a community where every person discovers their power to contribute to the well-being of the community through volunteering; while offering various, needed programs to the community.

Volunteers are the Heart of the Community

For a wide range of volunteering opportunities in Racine County, we have a database of opportunities that you can search and explore. This database is FREE to all users, including agencies who would like to utilize the database to advertise their own volunteer opportunities. To see the database of opportunities to volunteer, click on this link: [Opportunities | Volunteer Center of Racine County, Inc. \(galaxydigital.com\)](https://galaxydigital.com/volunteer-center-of-racine-county)

Here is a partial list and brief description of some of the Volunteer opportunities in Racine County:

Community Service: We serve as the point-of-entry to community service in the area. We are accredited by the Racine County Court System to validate and record court-mandated community service hours.

Skill Bank: Skill Bank is a service for residents of Racine County *who are 55 years* and older who need minor work done to their homes or yards. Our workers provide services as volunteers and donations are offered between the worker and the homeowner.

MyRIDE: MyRIDE is a complimentary transportation service for 55+ Racine County seniors who are no longer able to drive themselves. Service includes rides to medical appointments, grocery shopping, running errands and more.

Youth Volunteer Corps: We engage youth in team-based service experiences that build life and work skills while inspiring a lifetime ethic of service.

AmeriCorps RSVP Seniors: AmeriCorps RSVP Seniors offers one-stop-shopping for people 55+ who want to find fun and fulfilling volunteer opportunities in their local community. AmeriCorps Seniors will help you find the service opportunity that's right for you!

Hope-Filled Organization:

SNOW CITY ARTS



Snow City Arts inspires and educates children and youth in hospitals through the arts.

Working closely with the Family Services and Child Life departments and Chicago Public Schools in-hospital teachers, we deliver one-on-one arts education to children and youth at our four Chicagoland partner hospitals:

- Rush University Children's Hospital
- Ann & Robert H. Lurie Children's Hospital
- Children's Hospital University of Illinois
 - Cook County Health

What We Do

Snow City Arts' professional teaching artists engage children and young adults in inpatient and outpatient pediatric units at our partner hospitals through in-person and virtual workshops in visual arts, media arts, music, creative writing, theatre, and dance. Teaching artists collaborate closely with SCA program leadership, each hospital's Child Life staff, and in-hospital teachers to create and deliver rigorous, standards-based arts curriculum that is differentiated to serve each child's individual needs.

Working with Snow City Arts, children and young adults in hospitals experience the joy and empowerment of artistic self-expression, discover new talents and interests, and engage in creative decision-making activities in an environment where personal choice can often be limited.

Snow City Arts also works with in-hospital teachers, the Chicago Public Schools Department of Arts Education, and the CPS Office of Diverse Learners Supports and Services (ODLSS) to ensure that students are eligible for classroom credit, stay on track with their learning, and even improve their grades.



The Arts:

In these challenging times, here's a music video which makes me smile. I hope it does the same for you.

Bring Me Sunshine



Bring me sunshine in your smile
Bring me laughter all the while
In this world where we live there should be more happiness
So much joy you can give to each brand new bright tomorrow
Make me happy through the years
Never bring me any tears

Let your arms be as warm as the sun from up above
Bring me fun, bring me sunshine, bring me love

To enjoy this 5 minute music video, press on control and click on this link:
[The Jive Aces present "Bring Me Sunshine" \(Morecambe & Wise theme\) - Bing video](#)

Share this Newsletter!

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:



Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>
Or send me an email (robert@robertbeezat.com) with the name and email address
of the person you think would be interested. I will then contact them.

Thank You