

## ACTS OF GENEROSITY – IT FEELS GOOD TO DO GOOD!

Hello to all of our Compeer friends,

During this new normal that we have all adjusted to in our lives, understandably we keep the focus on ourselves and our own actions. But did you know that helping others is good for your mental and emotional health? Studies show that acts of generosity have positive effects on the brain, such as lowering stress and worry.

Generosity means being kind to others and giving to people without expecting anything in return. Being generous involves more than just giving presents to family and friends; generosity can include giving your time, energy, and kindness to anyone who could use it! Practice generosity whenever you can!

If you need continued guidance and help through this time, please do not hesitate to reach out to Compeer! We are there for you, and we will provide you with some useful resources to navigate this uncertain time. If you need immediate help, please call 911. For suicide prevention, call the Lebanon County Crisis at 717-274-3363 or Text at 741-741. The Veteran's Crisis Line is 1-800-273-8255.



## STAY SAFE EVERYONE!

### OUR FIRST ZOOM SOCIAL IS COMING SOON!

Compeer will be hosting our first Zoom social Thursday July 23 at 1 PM! The social will be split up into two parts. First, Kaity Nordhoff from SARCC will be presenting an informative training session on inclusivity, consent, and more. Second, our support group facilitator Laura Musselman will be on hand to lead an open discussion.


This social is open for all to attend! Additional details, including the link to the Zoom meeting itself, will be emailed at a later date. Mark your calendars; we hope you'll join us for this informative virtual event!



**Zoom Social**  
**July 23 @ 1 PM**

SARCC Presentation	1 - 2:30 PM
Open Discussion by Laura Musselman	2:30 - 3 PM

Further details, including Zoom link, will be emailed at a later date.





**NOTE:**  
 In-person socials are indefinitely postponed at this time. We are continuing to follow official health guidelines regarding events and group gatherings. We want you to stay safe!



  
**Friendaversaries!**

**JULY**

Peggy K. & Karen H. **7/16 - 6 Years**

**AUGUST**

Zach T. & Desiree F. **8/3 - 3 Years**  
 Deb H. & Carol D. **8/16 - 6 Years**

**SEPTEMBER**

Steven C. & David C. **9/14 - 8 Years**  
 Annmarie K. & Donna H. **9/27 - 2 Years**

**Happy Anniversary!**

July	August	September
Barbara M. 7/2	Lorraine F. 8/1	Cindy R. 9/6
Maxine A. 7/2	Jeff B. 8/3	Beverly C. 9/10
Annmarie K. 7/4	Julianne F. 8/4	Colleen P. 9/16
Megan B. 7/8	Charlene B. 8/5	Mary S. 9/17
Katie Y. 7/8	Ryan A. 8/8	Debra S. 9/29
Andrea R. 7/9	Jeffrey K. 8/10	
Zach T. 7/17	Heath W. 8/16	
Nancy L. 7/21	Amanda E. 8/16	
Michael C. 7/22	Amariany S. 8/18	
Carl M. 7/23	Amanda K. 8/18	
Desiree F. 7/26	Samantha P. 8/22	
Cheree W. 7/27	Jeff R. 8/23	
Cameron C. 7/27	Cory E. 8/25	
Danielle O. 7/27		