

June 2016

Camp/Lodge Officer
Newsletter



ASSURED LIFE ASSOCIATION

the fraternal link

Fraternalist of the Year

The deadline for nominations for Fraternalist of the year came and went without any nominations. I neglected to remind you of the deadline so that may account for the oversight. With this in mind, I have extended the deadline for nominations to June 30, 2016.

Were there any members that stood out with respect to their service to the camp/lodge and community last year? If so, please nominate them for the Fraternalist of the Year!

You will find the guidelines and nomination form on our website under Camp/Lodge Leaders. You can also submit a short, online nomination form; also available on our website under the Camp/Lodge Leaders link.



Last Year's Fraternalist of the Year—Moe Nielsen of Des Moines, IA Lodge 15.

Deadline extended to June 30, 2016

National Member Food Drive Do It For Your Health

I want to share an article that appeared in the Assured Life Blog on April 20, 2016. Did you happen to read it?

Of course the biggest

benefit of volunteering and organizing a food drive is the sense of satisfaction and the feeling of making a difference in your community.

But are there health benefits as well?

Indeed! In its publication "The Health Benefits of Volun-

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2015 Fraternal Year in Review Available

Thank you all for completing your camp/lodge annual reporting for 2015. 99% of our camps/lodges reported which is better than it has been in the last few years.

As a result of your reporting, the 2015 Fraternal Year in Review is available on our website under the Camp/Lodge Leaders link. This report summarizes the information you reported as well as provides a history of how 2015 stacked up to previous years. We also summarize Society fraternal spending in the review.

So, take some time and read the review. After all, you helped create it!



National Member Food Drive, con't

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teering – A Review of Recent Research,” the Corporation for National & Community Service (CNCS) found volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.”

“Comparisons of the health benefits of volunteering for different age groups have also shown that

older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.”

So even though many of us are in our senior years, participating in our national food drive with a

camp/lodge food drive and food build event will benefit our health and those dealing with hunger! Make plans for your camp/lodge food drive today.



We are on Facebook!



With our name change behind us, we have created a new Facebook page to engage with our members in social media.

Some of you may recall that we tried this a few years ago with

www.facebook.com/assuredlifeassociation

little or no success; probably due to the confusion our old name had with other societies.

We created this space to inform members about Assured Life’s national member service campaigns, member benefits, events and volunteer activities as well

as provide a place for members to interact and share their experiences.

We hope that you will participate in our community and **like our page. Please share this with your members.**