



Life Reset International

Youth Volunteering Updates
November 2020 Edition



Welcome, LR Families

We would like to extend our warmest welcome to all of you who have joined this great cause to bring positive changes in our community and the world. Volunteering is an active and intentional effort that has been valued and emphasized from young ages in America due to its ample benefits that many people in society can reap. The benevolent nature of volunteering not only benefits the recipients but also benefactors because they can gain both personal and professional experience as well. LR is committed to dedicating its service for youngsters to become active citizens engaged in a vast range of societal services that create lasting impacts to many lives as we hope.



More about LR!

- What is Life Reset International Foundation?
A Nonprofit public benefit Student volunteering organization
- What does it do exactly?
Publication, humanitarian relief, and local community services
Depending on students' personal interests, they can get involved in their interested areas to build hands-on experience in various fields. *The publication affairs* provide opportunities for students for critical thinking on pressing

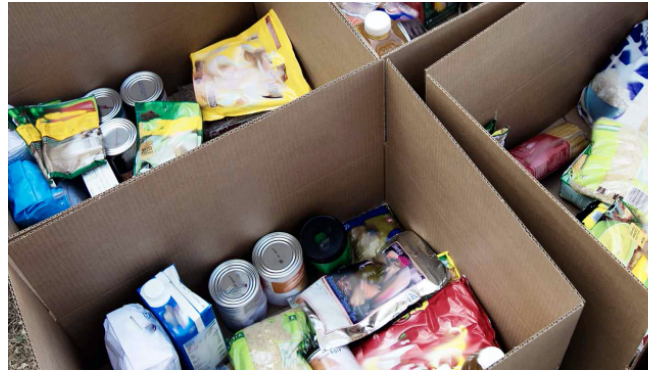


LR families will grow together!

social issues and raising awareness using the power of writing. The students also get involved in publishing process.

For *the humanitarian relief affairs*, students will learn basic concepts and principles of humanitarian operation, fiscal budgeting, allocating funds, organizing membership drive, and networking with other NGOs in selecting and contacting beneficiaries.

Local community services allow students to be engaged in various types of local services including but not limited to homeless ministry, food bank, underprivileged children tutoring, street/park adopting and cleaning, Mayor's office, and YMCA.



Currently, we provide virtual volunteering opportunities during Covid-19.

- Which Should I start with?

The purpose of providing the vast array of volunteer options is for students to explore and focus on their interest to deepen their personal and professional experience in college, career in the future.

All other community services that members are involved outside of the Life Reset organization will be acknowledged as part of the total number of hours for President's Award recognition.

- Who can join?

K - 12th grade for student members, and adult members

- Who can be officers?

High school students (service hours are given for meetings, website/social media updates, any services in organization operation)



November Services

1. Plogging

What is “plogging?”

- Plogging: Jogging + “plocka up” (a Swedish term for picking up litter)
- Originated from Sweden a few years back by Erik Ahlstrom.
- Now plogging is a popular option for organized events.



Why are we talking about Plogging?



Life Reset International members will now be able to earn hours, not only through articles, but through jogging and picking up trash!



It helps our bodies AND the environment!



This is something that we can all do during quarantine in our local areas!

How is it going to work?

Members will submit photographs of them plogging (Photo = evidence)

Photo submissions will be posted on our social media and website to encourage civic engagement!

2. The Voice of the Month

Ageism

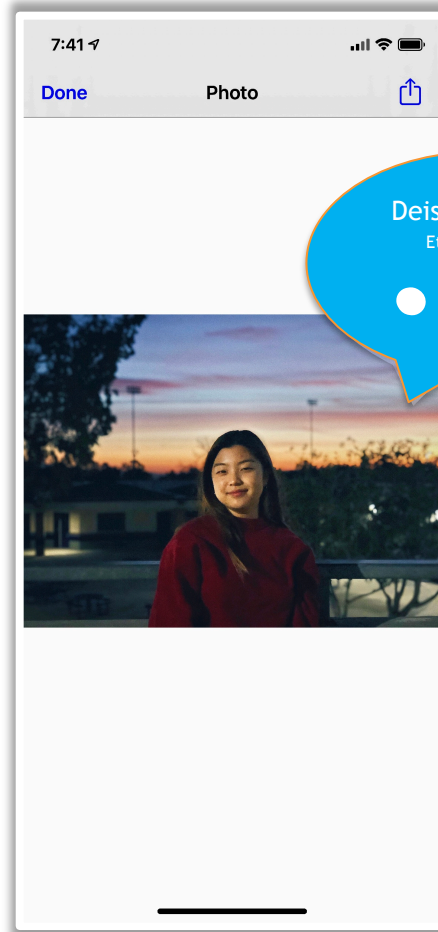
As the major holidays are fast approaching, we want to look around the elderly who are suffering with loneliness, which has been intensified due to Covid-19. You may raise awareness by researching on ageism or issues on the elderly. You may also write warm letters to touch the hearts of the elderly via the “Love for Our Elders” organization. You can simply forward the letters to us, and we will send to the organization.



The Article of the Month

Adrian is a young boy, currently 5 years old, who lives in the Philippines. He enjoys art and drawing, playing hide and seek, listening to Bible stories, playing with toy cars, and simply walking. He is only 5 years old, yet he has the family duty of cleaning. Where he lives, typical homes are made of dirt floors, wood walls, and tin/corrugated iron roofs. Approximately 163,100 residents reside in this area and the average worker earns about \$54 a month, deeming this area as impoverished. Many share common health problems including and not limited to, pulmonary diseases, asthma, allergies, coughs, fevers, and the flu. Adrian became a victim of the health conditions of this area and unfortunately suffers from asthma, where healthcare is greatly limited due to his location and his single parent's salary.

Through Compassion International, I have been supporting and sponsoring Adrian by providing \$38 a month. This \$38 provides an education, health care, and support for his future. For you and me, \$38 is probably two fast-food meals for our family or maybe even a nice hoodie, but for Adrian, it provides him money for doctor's appointments, a decent education, and actual care. Compassion International fantastically paves a connection between the sponsor and their child through letters, so I have been writing to Adrian monthly. He draws me pictures and simply says thank you since he is only 5. For some reason, the two-word phrase, "Thank you," brought me to tears the first time I read his tousled letters. The small act of giving \$38 deems itself like nothing; however, this is more than half of an average worker's salary in Adrian's world, which can pave the way out of an impoverished world.



Deisha Son 12th
Etiwanda High



LR Officers

Thomas Lee	Editor-in-Chief
Deisha Son	Senior Editor
Johannes Ha	Associate Editor
Ted Kesoglou	Associate Editor
Katie Park	Associate Editor
Eunice Ahn	Secretary
Junhee Kim	Treasurer
Irene Huang	Publicity officer

Board of Advisors

Konstantinos Vrongistinos, Ph.D.

Young Hwang, Ph.D.

Y. Hannah Cho, Ph.D.

Mentors

Paulie Cho, Kyle Cho, Linette Choi, Michelle Yoo, Calebe Lee, Andy Lee, Joseph Park

Get Connected



Liferesetinternational.org

Liferesetinternational@gmail.com