

Claire Ressler-Sacred Heart of Jesus School-Badin High School, page 1 of 2

Ronald Reagan once said, "We can't help everyone, but everyone can help someone". There are many people in the world who need help and many people who can help. Even if the help you give is a small gesture or a simple wave that can brighten up someone's day. In my community there are multiple ways someone can help out including making cards for our veterans, organizing food drives through schools, making meals for the first responders, and volunteering at Mathew 25 Ministries. As vice president of Sacred Heart's Helping Hands program, I have participated in all of these efforts. Helping Hands is a group that meets after school to discuss ways we can help the community and then we organize and participate in the activities. Volunteering in the community is my passion. Making an impact in the community makes me feel like I made someone's day a bit better!

While helping in the community, my family and I saw the impact others were making and we wanted to do the same. My family decided to open our home to foster children who are in need of a safe home. Being a foster family is hard at times. Especially when you have to adapt your lifestyle to fit the needs of the child. In the past 2 ½ years, we have fostered a newborn, a teenager, and a toddler. All of these kids helped us realize everyone needs love regardless of their race or age. Although there were months of classes and lots of paperwork needed for my family to become a foster family it was all worth it knowing those kids were safe, cared for, and loved. Even when we felt like giving up, we knew that the kids in our home needed us. My family's experience gave me the idea to involve the Helping Hands ministry. It can be very uncomfortable in a new unknown place. So, as a group we paint canvases for foster kids so that they could decorate their rooms at their foster homes to make them feel more at home.

Helping others is a passion of mine. I have volunteered in a variety of places. One of which is Mathew 25 Ministries. On these visits, I have sorted through hygiene products, clothing items, and toys. This helps provide families the basic necessities for themselves and their children. Once, I helped set up a Make a Wish event that Mathew 25 Ministries sponsored. I felt fulfilled organizing and setting up the Make a Wish event and it made me want to do so much more! Other service projects I have participated in are working a booth for the Fairfield Trick Or Treat festival in Village Green. This was one of my favorite service projects because helping little kids made everyone smile. Another project I have participated in was helping make a dinner for the firefighters in the Fairfield area. I helped prepare and package the meal and baked goods. As my mom and I delivered a meal to a fire house, I saw how thankful they were to be appreciated for their services to the city.

When one person does an act of kindness it can promote others to do the same and spread that same joy. There are lots of kind people in the world that do lots of kind deeds. It creates a chain reaction impacting the way other people act and care for others. Just like when my family and I decided to do foster care we were inspired by the people around us. I think that my actions have impacted the people around me and

Claire Ressler-Sacred Heart of Jesus School-Badin High School, page 2 of 2

made a difference by promoting kindness, putting others before yourself, and made me realize helping others makes me feel good it at the same time.