

Happy May Day! Today, May 1st, marks the halfway point between spring and summer.

A FUN event for TODAY, Wednesday, May 1 is Grow Your Gratitude @ 5-7pm
Outdoor Location, John's Family Courtyard

Learn about how to care for a plant (free plant with attendance), but also how to better care for yourself!

[Podcast #69](#) is focused on the Engaged Learning Fund. This fund is something students at Gustavus can apply for (up to \$1,500) to help them participate in a career related opportunity. The Center for Career Development developed the [Engaged Learning Fund](#) thanks to the generosity of Gustavus Alumni donors. These funds are designed to assist students who are in need of funding to complete career related learning opportunities. Listen [HERE](#).

Heather & Heidi

Due TONIGHT, Wednesday, May 1, 2024 by midnight:

- Mayo Clinic Caring Hands program 2024-2025, Apply [HERE](#)
- Parkinson Exercise & Kickboxing program 2024-2025, Apply [HERE](#)
- Ecumen Hospice program 2024-2025, Apply [HERE](#)

- **NEW this 2024-2025 academic year**, FIG Leader applications, Apply [HERE](#) *please note this particular application has a recorded portion, so plan accordingly.

Additional FIG program information:

+F.I.G. stands for: First year Interest Group

+Connects an upper class pre health student leader with a first year pre health student.

+Goals of the program provide: Access to Resources, Build Community & offer support.

Mission of Mercy- Dental Summer Volunteer Opportunity

JUNE 7-8, 2024

Duluth, MN

Volunteer registration is open!

[Volunteer Registration](#)

Mission of Mercy is focused on helping underserved populations of children and adults to receive dental treatment that they, for whatever reason, cannot obtain. Since its inception, MOM events have helped over 275,000 patients and provided over \$190 million in free dental services.

Thinking about Volunteering this Summer?

- Allina Health – [Ways to volunteer](#)
- CentraCare – [Volunteer in St. Cloud](#)
- Fairview – [Volunteer](#)
- Fairview East Locations (St. John’s, St. Joseph’s, Woodwinds) – [Volunteer](#)
- Fairview Minneapolis Locations (MHealth UofM, Masonic Children’s Hospital) – [Volunteer](#)
- Mayo Clinic – [Volunteer in Minnesota](#)
- U of M – [Learn more about volunteering at a hospital](#) (links to each health system)
- [Learn more about volunteering in the medical field](#)

Muscular Dystrophy Summer Camp Volunteer Opportunity

True Friends Camp Courage
Maple Lake, MN (close to Buffalo, MN)

Flyer below with additional information
One Week: Saturday June 15 - Friday June 21
Kids ages: 8-17

Great experience if you are interested in going into the health field:

- Volunteers are needed to work with campers on a 24 hour basis for ONE week.
- Some campers are fairly independent but others may need help with all or some of their ADL’s.
- The volunteers also help with activities such as swimming, zip line, arts/crafts, fishing, archery, etc.

Contact: Deb Johnson Klier, ebklier@aol.com, '78, Nursing Major

Gusties will shine

NEW [90 second VIDEO](#) featuring our Volunteer partnership programs

Click on the photo of Ezedin Seid, '24 below to watch!

