

Executive Director Sarah Kelly



Greetings my fellow Ruritans and Happy Holidays. Have you answered my call? Have you been intentional with your actions, communications, and planning? Have you lived life with an enthusiastic, positive attitude with the will to win and the dedication to make a difference?

If you have, you may have already experienced what I want to share with you in this message. “Only by giving are you able to receive more than you already have.” – Jim Rohn

Volunteering by giving of your time, talents and treasures can have surprising personal benefits. Volunteering can connect you with others, counteract the effects of stress anger and anxiety and bring fulfillment to your life. Volunteering can combat depression and it makes you happy. Volunteering can increase self-confidence, provide a sense of purpose and helps you stay physically healthy.

My doctor once told me, “If you don’t move it, you will lose it.” This applies to both your body strength, and mental acuity. Studies have shown that volunteers have a lower mortality rate. We walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. I have also found when I am focused on giving to others, I am less likely to be concerned with my own worries and challenges.

So, what I wish for each of you this holiday season is to embrace the joy of giving. Embrace it not only for the good it will do for your community and those you serve but embrace it for yourself. Serve with compassion, enthusiasm, an open mind, and a willingness to pitch in wherever needed. Soak up the fellowship within Ruritan, spread goodwill to your friends, relatives, associates, and neighbors, and receive more than you already have.

Finally, I want to thank the Ruritan National Board of Directors and Staff for their dedication to Ruritan this year. I am appreciative and grateful to work with you in my first year as Ruritan’s Executive Director. I want to commend the board and board committees for meeting more frequently than ever before. The more times you get together to talk about the health and well-being of our organization, the more times you can affect the health and well-being of our incredible organization.

I want to commend the staff for going above and beyond every day to support our members, the board and myself. The staff cares abundantly in doing the very best for the organization and have been instrumental in moving our organization forward day to day.