

OWB Staff Volunteer at East Middle School in Worcester

By **SHELBY SMYTH**

WORCESTER—UMass Chan Medical School Office of Well-Being (OWB) staff volunteered Dec. 29, 2022, at East Middle School to freshen the 100-year-old building by painting walls and brightening the ambiance for students. Joining Government and Community Relations staff were **Chayanne Chataigne**, Wellness Program coordinator; **Gladys Matos**, Well-Being administrator; **Courtney Neustadt**, Employee Assistance counselor; and **Shelby Smyth**, Wellness Program manager.

OWB staff strive to practice what they preach, as it relates to wellness. Volunteering is one of the areas OWB believes in. Through volunteering, we improve our physical, emotional, and social wellness, as we contribute to the health of our community.

This was a big undertaking and the OWB crew had fun doing it.



It feels great to get out and do something for the youth in our community. It's not often enough that we take the time to show we care.



We get as much joy as the students who will walk into clean and fresh hallways. It does make a difference; It looks and feels so good.

The smallest changes and acts of kindness through service can have a long-lasting and positive impact on individuals and communities. It also demonstrates to the recipients that they are important, supported, and belonging.

OWB is fortunate that volunteering is easy to do through the leadership of the Government and Community Relations Office's [UMass Chan Cares](#) volunteer initiative. Eligible employees are encouraged to take up to 16 hours of paid time-off each calendar year to perform volunteer services during regular business hours.

To learn more about the volunteer-time policy, [click here](#). Be sure to also read the other volunteer-related stories in the January 2023 issue of *The Scoop*.

OWB IN THE NEWS

Local media covered UMass Chan employees' volunteering at East Middle School. Click on the links below to read the news.



- [Spectrum News 1](#)
- [\(Worcester\) Telegram & Gazette](#)
- [Health Care Today](#)

Shelby Smyth was recently named Office of Well-Being's Wellness Program manager. The Scoop congratulates her on this well-deserved promotion.