

## Find out why good things happen to good people

**Author(s):** Susan Shultz; Times Reporter    **Date:** January 15, 2009    **Section:** News  
We all know giving is good for **the** soul. But is it also good for **the** body?

According to Dr. Stephen Post, author of "Why Good Things Happen to Good People," giving can not only lead to a healthier life, it can lead to a longer life.

Post is **the** guest speaker at **the** C.A.R.E. luncheon, sponsored by **the** Human Services Planning Council of **The Community Fund** of Darien on Jan. 30.

Dr. Post and his co-author Jill Neimark offer 10 ways of giving to improve your life, including celebration, generosity, forgiveness, courage, humor, respect, compassion, loyalty, listening and creativity.

C.A.R.E. Darien is a townwide campaign to build a "**Community** of Accountability and Respect for Everyone" in Darien. More than 70 local organizations, agencies, schools, churches, nursery schools, town departments and businesses are co-sponsoring this effort.

Post said that an effort to encourage others to be giving and care about one another is crucial, especially for teenagers. "It is really important. Kids at this age are so wrapped up in **the** Xbox and text messaging," he said.

He said that **the** best way to reach kids to be positive in a social way is through **the** schools. And **the** combined endeavor like **the** C.A.R.E. Campaign is important because it reaches businesses and many other groups as well.

"People who are socially engaged do live longer, at least by several years if not more, than those who are not socially engaged," he said. Post said that studies have shown even volunteering a few hours a week can make a difference. Volunteering does benefit **the** needy, but it also benefits **the** volunteers, Post said.

**The** C.A.R.E. campaign encourages all who live, work and play in our **community** to be accountable for personal actions and respectful of one another.

Since its kick-off in September, participating organizations have sponsored numerous activities and programs throughout **the** town. In addition, posters, bookmarks, decals and stickers have been displayed and distributed to encourage friends and supporters to do their part in creating a healthier, happier, more generous culture in our town.

Post will also be speaking to Darien High School students at their Volunteer Fair Assembly in **the** morning. Post said that **the** program at **the** high school is "fabulous." "Not all schools appropriately acknowledge and celebrate **the** volunteerism that goes on with their students in **the** **community**," he said. "Obviously, they really care about volunteering," Post said.

**The** C.A.R.E. Darien luncheon will be held at Wee Burn Country Club from noon to 2, Friday, Jan. 30, and will cost \$40 per person. This is an event to raise awareness; it is not a **fund-raiser**. For more information, contact **the Community Fund** at 655-8775 or e-mail [lisa@communityfunddarien.org](mailto:lisa@communityfunddarien.org).

For more information about **the** C.A.R.E. Darien campaign, visit [care.darien.org](http://care.darien.org). For more information about **the** luncheon, visit **the Community Fund** Web site at [CommunityFundDarien.org](http://CommunityFundDarien.org). For more information on Stephen Post's book, visit [Why Good Things Happen.com](http://WhyGoodThingsHappen.com). [sshultz@darentimes.com](mailto:sshultz@darentimes.com)