

# SKAGWAY CHAMBER NEWS APRIL / MAY 2021



#### **Skagway Chamber of Commerce**

P.O. Box 194, Skagway, AK 99840 Tel: 907.983.1898 Fax: 907.983.2031 <a href="mailto:chamber@aptalaska.net">chamber@aptalaska.net</a> www.skagwaychamber.org

#### THANK YOU TO OUR NEW AND RENEWING MEMBERS!

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The Skagway Chamber of Commerce invites you to become a part of an exciting and rewarding organization.

Visit our Web site for more information <a href="https://www.skagwaychamber.org/joinus.html">www.skagwaychamber.org/joinus.html</a>

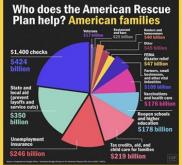


Those who bring sunshine to the lives of others cannot keep it from themselves.

J.M. Barrie

# New guidance on American Rescue Plan expansion of unemployment

insurance benefits The department issued <u>new guidance to states</u> on implementing the unemployment insurance provisions of the American Rescue Plan Act, which expanded the number of weeks many workers will be able to collect benefits.



Highlights of what's included in the new Federal Stimulus.

## Federal Stimulus Passes

On Saturday, March 6, <u>Democrats in the United States Senate passed a \$1.9</u> <u>trillion-dollar COVID-19 economic relief bill</u>. The bill was ratified by the Democratic Majority in the United States House of Representatives and <u>signed into law by President Biden</u> earlier this afternoon.

Some main highlights of the bill include \$424 billion allocated for \$1,400 relief checks, \$350 billion for State and Local aid, \$246 billion in Unemployment Insurance, \$219 billion in tax credits and aid for childcare for families, among

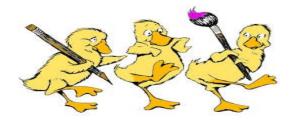
other items.

I will be working with my colleagues in the legislature to ensure that the portion of money the state receives from the stimulus goes to good use here in Alaska and will keep you updated on how the money will be allocated to citizens, businesses, and state agencies.

THEME FOR 4TH OF JULY: TOGETHER, WE CAN...

The 4th of July will be here before you know it. We are unsure exactly how it will unfold, however, we are planning on having a: Parade (may be like last years), Kids Games, Dessert Auction, Vendor sponsored booths, tents and activities, and the Ducky Derby. We are in need of people to help plan and initiate these events. If you can help or be willing to spear head any of these, please let the Skagway Chamber of Commerce know, as soon as possible.

# DUCKY DERBY TICKETS WILL BE ON SALE SOON. (WE ONLY HAVE 500 TICKETS THIS YEAR) IF YOU ARE INTERESTED, JUST CONTACT THE SKAGWAY CHAMBER OF COMMERCE AT 983-1898 OR CHAMBER@APTALASKA.NET



## Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

\* Volunteering INCREASES SELF-CONFIDENCE. Volunteering can provide a healthy boost to yourself confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a

Positive view of your life and future goals.

- \* Volunteering combats depression. Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.
- \* Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants.

#### Volunteering is good for your mind and body CONTINUED

Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.

#### I have limited mobility—can I still volunteer?

Whether due to a lock of transportation, time constraints, a disability or other reasons, many people prefer to volunteer via phone or computer. There are many projects where you can help. Writing and graphic design lends itself to working at home, and in today's digital age many organizations might also need help with email and websites.

If you think home-based volunteering might be right for you, contact organizations you like and ask what some of the possibilities might be. Some volunteer organizations may require you to attend an initial training or periodical meetings. You also want to make sure that you are getting enough social contact, and the organization is available to support you should you have questions.

#### **Volunteering: The happiness effect**

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000-\$100,000 versus \$20,000, say the researchers. Giving time to religious organizations had the greatest impact.

## MARK YOUR CALENDARS

FRIDAY, MAY 14TH SPRING STROLL

Saturday, JULY 4TH DUCKY DERBY

We are gearing up for the summer activities and would appreciate anyone that would like to volunteer to help the Skagway Chamber of Commerce out.

We are planning ahead, so please don't hesitate to contact us if you would like to either participate or help by volunteering your time and talents.

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#### **INSURANCE—BONDS**

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