



P.O. Box 123 Clayton, New York 13624  
[www.ClaytonOperaHouse.com](http://www.ClaytonOperaHouse.com)  
315.686.2200

***For Immediate Release***

May 20, 2010

Media Contact: Amy Flack

Executive Director, Thousand Islands Performing Arts Fund

315.686.1037 (not for publication)

**Clayton Opera House Volunteer Meeting**

Clayton, NY - Want to find the Fountain of Youth? You can! It turns out that people who volunteer stay healthier and live longer than people who don't. Studies have shown that volunteering helps you stay in shape--it gets you out of the house, on your feet, and keeps you active. Pitching in also makes you happy. Volunteers report more satisfaction with their lives, higher levels of self-esteem, and lower levels of depression. It can also build brain power. A Johns Hopkins University study found that people who volunteer cut their risk of Alzheimer's disease in half!

If you're ready to get started but aren't sure where to volunteer, the Clayton Opera House is hosting a meeting for all past, current and future volunteers for the upcoming 2010 season on Wednesday, June 2 at 5:30 pm. Anyone interested in signing up to act as ushers, help with backstage work, lend a hand with artist hospitality, assist with mailings, or to be an Opera House

greeter are invited to attend. The meeting will take place in the ballroom located on the third floor of the Clayton Opera House. Experience is not necessary and training will be provided.

If you would like to be a member of the crew of more than 40 volunteers who play a vital role in the Opera House's operations, please come join us! For more information, please phone Jennifer at 315-686-2200 or via email at [boxoffice@claytonoperahouse.com](mailto:boxoffice@claytonoperahouse.com).

###