

Mitch Seaworth Calls for Stronger Support of Community Service and Local Volunteering

Bismarck resident encourages others to take small steps that create lasting impact

Bismarck, North Dakota Oct 23, 2025 ([IssueWire.com](https://www.IssueWire.com)) - In a time when communities feel increasingly disconnected, [Bismarck local Mitch Seaworth](#) is encouraging people to look closer to home for ways to make a difference. His message is clear: you don't need to start big—just start somewhere.

Seaworth, a lifelong resident of Bismarck, has spent years volunteering with local organizations including the Central Dakota Humane Society, the Salvation Army, soup kitchens, and his church. “Giving back is just something I believe in,” he says. “Bismarck has given me so much, and volunteering is one way to say thank you.”

His favorite volunteer experiences come from working at the animal shelter. “I've seen animals come in scared and unsure,” Seaworth explains. “But with a little time and care, their personalities start to shine. You realize how much good a safe, loving home can do.”

According to the ASPCA, over 6 million companion animals enter U.S. shelters each year, yet many are overlooked. Seaworth urges more people to consider adoption or simply lend a hand. “You don't have to take an animal home to help. Just showing up—cleaning, spending time with the animals—it matters.”

Experts agree that community involvement strengthens mental well-being, reduces isolation, and creates stronger civic bonds. A Mayo Clinic report notes that consistent volunteering improves mood, lowers stress, and connects people across age and background.

Seaworth believes anyone can contribute in meaningful ways. “Start small,” he says. “Maybe it's one Saturday at a shelter, or helping a neighbor, or collecting donations for a local cause. It doesn't have to be huge to be helpful.”

He also emphasizes that service doesn't always look the same for everyone. “Some people take photos for nonprofits, others build websites or deliver meals. We all have different skills. Use what you've got.”

Ways to Get Involved Locally:

- Volunteer at an animal shelter or pet adoption event
- Donate supplies or time to local organizations like the Salvation Army
- Help serve meals at soup kitchens or food pantries
- Support community events, fundraisers, or local clean-up days
- Offer a skill—photography, writing, logistics—to a cause that needs it

For Seaworth, community service is less about the spotlight and more about consistency. “If more people helped just a little, we'd see a big difference,” he says.

About Mitch Seaworth

Mitch Seaworth is a community volunteer, photographer, and [lifelong Bismarck resident](#). A graduate of St. Mary's Central High School and a student at Bismarck State College, he holds certifications in coaching and paraprofessional support. He volunteers regularly with the Central Dakota Humane Society, the Salvation Army, local soup kitchens, and his church. Outside of service work, Mitch enjoys

travel, fishing, photography, and exploring national parks across the U.S.

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