

DID YOU KNOW

Did you know that You Can Make A Positive Impact In Your Community?

At this time of year, it's easy to get caught up in all the fun of the season. It's natural and I encourage you to enjoy it all. However, I would ask you to take a moment and think how you may bring some light into the lives of others during the holidays and into 2019 by making a positive impact where you live.

You can do this in many ways but let me suggest a few to get you started.

1. Reach out and check in. We've all dealt with moments of loneliness, but seniors are more prone than most because they tend to not be as socially active as they once were. You can help those dealing with loneliness by reaching out to them. You can visit an elderly neighbor, a local senior living center, or a veteran's center. Bring a board game.
2. Donate your change. Consumers are unaware of the huge impact their spare change can make, no matter how tiny it seems. Have you ever donated a few coins in the collection box at McDonald's or Wendy's? If so, you and many others have provided millions to Ronald McDonald House Charities or to the Dave Thomas Foundation. These groups help support sick children and adoption services around the world.
3. Stand up for a cause by investing time and energy on "what can be." When you see something that bothers you, do some research to understand the "why", and help come up with new solutions. Don't be afraid to innovate.
4. Inspire a child. The opportunities are endless, and the commitment time is very flexible. You can help a child build their self-confidence, avoid bad behaviors, and improve in school. Your local elementary and high schools can provide specific volunteer opportunities in the community. You can even get ideas through your social network or religious association. A small investment of your time can change one child's life.
5. Animals in our communities need help too. You can adopt, you can foster, or you can grab a leash and help walk the dogs in shelters. They are in cages and need regular exercise (bonus: you are getting exercise too). You can adopt through a local shelter.

The opportunities are limitless to get involved. Step outside your comfort zone and determine that you will make a difference in someone's life. Who knows they just might make a difference in yours!