

## ***Holidays: A Time to Create Precious Memories***

Every year, as we approach December, my mind begins a journey along many back roads of my past. I can't seem to have a quiet moment without day-dreaming of days gone by. There's just something special about the holiday season.

Today I recalled that at 9 years of age I got roller skates for Christmas. Of course it was winter, so I headed to our very tiny basement and proceeded to glide (OK, truth be told I wasn't exactly gliding in the beginning) in circles feeling on top of the world.

As a young mother I also recall making trips up north to spend the holidays with family. The trip home was always "cozy" as we fit my husband and I, our two kids and all the presents from grandparents and siblings into that car. I remember wondering if our loving parents ever considered how we would get those big box toys home. Somehow it always worked out.

There are smells of old family recipes, sounds of numerous conversations going on at the same time, that family member with the distinctive laugh, all blending to make memories that last a lifetime, and then some.

What treasures do you carry with you at this time of year? The holidays have many different looks for different people. However you pass through this season, here are a few small touches that may enrich your memories of the holiday season:

- If you're struggling with what to get someone, consider buying them a journal

where they can share their personal thoughts. Take the first page of that journal and share a story of some special time you spent with them, what it meant to you, remind them of how important they are to you. Being told how much you're loved never gets old.

- If you have a neighbor, church friend, someone who's touched your life this year, bake them one of your old family recipes. And write down the recipe so they can enjoy it again. Make sure you put your name on the recipe so each time they make it they can reflect upon their special friendship with you. The gift that keeps on giving.
- If you have a young mother in your family, consider creating a mini cookbook with some of their favorite family recipes in it. Not only does that pass the recipe to the next generation, but it also will likely carry some stories along with it.
- If you are mourning the loss of a loved one this year, consider reaching out to someone else who may also be grieving. Whether they lost a loved one, are facing health set backs, had to relinquish their driving privileges, or maybe have no local family to celebrate with. A simple phone call, a neighborly visit, or sharing a bit of your holiday meal can not only bring them joy, but it will likely soothe your own pain.

I wish each of you a blessed holiday season.

*This article is a reprint of a blog posted by  
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