DECEMBER 2017

At this writing, Veteran’s Day has just passed and Thanksgiving is a week away. These events remind us to be grateful for the sacrifices of others. We have been told since we were children that it is better to give than to receive. Most of us know someone who is a caregiver for a spouse, family member or neighbor. How about giving them the gift of time? Can you fill in for them for an hour or two so they can get their hair done/hair cut, do some shopping, or some other errands that have been put off? Any amount of time they can be relieved of their caregiver duties and know their loved one is being caringly looked after is a precious gift. Maybe just going over to visit with cookies and hot chocolate and sit around the kitchen table to chat or play a game of cards? Wouldn’t this also be a wonderful thing for your children to see you doing? They learn much more from our actions than our words. This may plant the seed that will give them a caring heart. What a wonderful life-long gift for them!

Wishing you a Merry Christmas and a Blessed New Year filled with health and happiness, Your Health Ministry Board, Father Tom, Norma Drinkwine, Pat Goham, Pam Fox, Liz Hoffman, Pat Priest, Beth Collister, Ed Barrera, Bob Gionet