

The Season of Thanks

In my mind, Thanksgiving Day is just the beginning act of a season of gratitude and joy.

Over my long life (!), many people touched my life for the better. They may not have even been aware of what they did, or if you asked them, they would say – “oh, it was nothing much”. But the impact has been tremendous.

There were Uncle Roy and Aunt Stella, who, next to my parents, were the biggest influence in my life. They widened my horizons, were my best cheerleaders, and taught me about integrity.

There was Joe Brown, who gave me my first job, working for Rhode Island Meals on Wheels. He sparked my interest in gerontology – and here I am, 40 some years later, still following that passion.

The person who praised me for something that I could do *better than my exceptionally talented older sister!* And the person who when I was 8, gave me my heart’s desire for Christmas – my very first Timex watch!

We each have great capacity for making others’ lives better. When our world is sad, confusing, scary and in turmoil, and we feel helpless to change it – we can still change **one** person’s life. We can still say an encouraging word, “see” a person’s worth and tell them, buy a first Timex watch, or encourage some young person to spread their wings and fly.

It’s a season to look back and be grateful, and one to pay it forward to someone else.

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