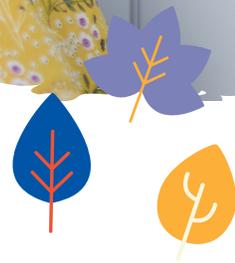




# SHARE GRATITUDE

## THIS NOVEMBER WITH YOUR FAMILY AND YOUR COMMUNITY.



There are so many ways to show support for our family and neighbors during this season of gratitude.

Here are some ways you can **Activate Change** in your community:

**1. Write letters to isolated seniors.**

With family gatherings on everyone's mind it can be hard for some in our community who will be distant from family and friends this holiday season. You can write a note to cheer someone's day.

**2.** Many of our schools are going back to in-person learning. Let's let teachers know how much we appreciate them with a **virtual thank you card**.

**3.** Support students who may be struggling with the digital divide and **donate old technology** you no longer use to help local children connect.

**4.** Share a meal and fill our food banks and support those who support our local friends and neighbors. Donate through our **virtual food drive** through Dec 4.

**5.** Thank those essential workers keeping things running smoothly, or our Healthcare workers on the front lines with a **virtual card**.

**6.** Support students and families who may need help with their technology by manning the **IT Hotline** and answer basic connectivity questions. Shifts until Dec 18th.

**7.** Leave a **note of thanks** for your mail carrier or delivery driver as they gear up for their busiest season.

**8.** **Connect with friends and family** near and far and share how much they mean to you. Call or write a note of gratitude to those you may have not connected with lately.

**9.** Know how to bake the perfect apple pie? Or have the perfect kid craft? **Share your expertise** with your loved ones far and wide with a virtual meeting.

**10. Share your family history!** What better time than Thanksgiving to look into your family's roots? As a way of giving gratitude to your ancestors, learn more about your family history and share what you have learned, ask your relatives to share memories and stories of their eldest family members.

**11.** Make **mini books** and write a story of a great family memory and then take turns sharing your stories.

**12.** **Learn more about a non-profit** that is dear to you and learn how you can support them. Give of your time, treasure or voice.

