



GRATITUDE

I find it especially challenging to write this on the day after the election. This is the season when we give thanks, we count our blessings, and we open our hearts and homes to those who are not as fortunate. The Thanksgiving holiday reminds us to stop and think about our gratitude for family, friends, health and more. Gathering with these special people during the holidays gives us the opportunity to tell them how much they mean to us.

When was the last time you said “Thank you” to someone? Not just “Thanks for passing the salt,” but “Thanks for encouraging me to follow my dream.” Sometimes people don’t know they have played a significant role in your life journey, and it means so much when you express your thanks. When was the last time you said “I love you?” Too often people assume that other people know they are loved, or find it awkward to say these words. But think about how wonderful it feels when someone says “I love you” with warmth and sincerity. These simple words can heal wounds that have accumulated over years.

After months of deep and vicious acrimony across this nation, it seems particularly appropriate to seek opportunities to reach out, not only to our closest friends, but across our differences, to find openings to express gratitude and love and pledge our support.

Let me start by expressing gratitude to those who enable PSRC to serve others:

- ◆ All the individuals who have supported PSRC’s annual appeal and attended our fundraising events this year.
- ◆ 70 community partners who provided rooms, programs and other in-kind support.
- ◆ 67 businesses and corporations who sponsored our events.
- ◆ More than 400 volunteer instructors, facilitators, GrandPals, HomeFriends, board members, office and event assistants.
- ◆ And, especially, the staff.

Together with the hundreds who attend classes, groups and events, and those who seek assistance, we are an inclusive, welcoming community which cares deeply about the well-being of all aging adults. PSRC would not exist without your contributions to our funding, our vision, our work.

Thank you!

Susan W. Hoskins, LCSW