

Dear Family and Friends,

As we approach Thanksgiving, it allows us the opportunity to “give thanks”. Thankfulness is really a personal choice each and every day. If you are like me, you may find it easy to rattle off a long list when things go well or when you feel well. However, you may feel challenged to dig deeper when you don’t feel well or face hardships. I truly believe it is critical for us to remember a spirit of thankfulness on good days and also on days that are bad.

I have learned the power of giving thanks for small things, big things, special things, and simple things. This habit allows our mind to absorb encouragement, gratitude, and appreciation to channel our daily energy and mood in a positive way. After all, it is easy for us to list all the things that go wrong. So, we must re-route our brains daily. Sometimes, we may simply be thankful to see the sunshine or for our health. But if you are reading this, you are like me and can add thankful to be alive to the top of the list.

As an activity in November we will be recording what we are thankful for. I am thankful for the opportunity to care for so many amazing seniors. I am thankful for a great team of caregivers to help deliver amazing care each and every day. I am grateful and thankful for family and friends who brighten my life and make me smile and laugh every day. Life is filled with so many things to be thankful for. There’s so much that we may take for granted on a day to day basis. It is important to pause and remember all of the little things in life and cherish them.

Soon we will all gather for Thanksgiving dinner. May we all take a few moments to reflect on the people, places, and memories which have shaped our lives through each decade. The decades come and go but the memories remain for us all. Sometimes, it is the simple pleasures and joys we relish most. Some simple yet amazing memories to be thankful for may be:

- Seeing Chick-A-Dees at a feeder
- Enjoying a sunset
- A cup of coffee with a friend
- Taking a walk
- Breathing in the crisp fall air
- Hearing your favorite person laugh
- Watching the leaves change colors

Over the years I have purchased many raffle tickets for various fundraisers. My most recent purchase was a \$20 ticket and this one ticket was the lucky ticket. I won a beautiful 2018 Polaris 570 ATV. I was so shocked when they drew my name, what a fabulous surprise. I am thankful for the beautiful red ATV. I named the ATV Hazel after my dear Grandma. I felt it was fitting to name it after my Grandma since it was for a church benefit. Hazel dedicated her life to numerous church fundraisers, bazaar’s, church activities, church dinners, and anything else that would add money to great causes.

My Grandpa bought his first 3 wheeler in the early 80's and then moved on to ATV's. I am sure my Grandma Hazel and Grandpa Cliff were smiling down from heaven as I sat on the beautiful red ATV. Hazel and I would go on many rides together enjoying the seasons of the northland. May you and your family have a blessed Thanksgiving holiday.

Sincerely,

*Natalie Zeleznikar*, CEO