



The SPARK Newsletter

This month let's talk about.....The Power of Gratitude

I know this year hasn't been the kindest or the most peaceful. At times, we have known unprecedented anxiety and fear for ourselves, our family, the people we support. And yet, no matter how daunting, we have so much to be grateful for. We are living and breathing with our minds intact. We are able to be kind, to reach out, to offer all of who we each are. When we at AABR were asked what we were grateful for, our gratitude flowed from us with ease. Pages and pages of all we are grateful for will follow here, painting a picture which was vivid, and heartfelt. With all that life has handed us this year, we were able to see so much of what we were grateful for. We noted our blessings, our families, friends, pets and abilities as just some of what filled our hearts. Despite our stressors, we are steadfast in our gratitude, our appreciation for our lives and for all those who color our world. Be well. - Mary Frank



Libby's Place (From the Desk of Executive Director, Libby Traynor)

This month the theme of our SPARK's letter is "The Power of Gratitude". Aptly so, in November we look to recognize and give Thanks for what we have which culminates in our Thanksgiving celebrations. As many families do, we have special traditions for Thanksgiving—the menu, the cooking, the table setting, the invitees. Every year my children cut multicolored leaf shaped notes and place them all over the house with a pen. Family members and friends write 'what they are thankful for'. These notes are collected anonymously and then throughout our meal the notes are read aloud. Many of the notes are heartfelt expressing gratitude for health, loving families and friends, safety and security, warm homes and full bellies.

But out of the mouths of babes....my children always remind me to also be grateful for the small things as well as the big. Over the years as they grow their gratitude notes have encompassed things like, 'hot wheel cars', 'American girl dolls', ➡

Helpful Hints & Stuff (By Eileen Keegan, Director of Human Resources)

Thanksgiving contains two of my favorite words—thanks and giving. While some people may focus on the turkey and the football games, to me it's the idea of gratitude that matters. Thanksgiving is a time to reflect and take stock of the positive things in your life; being grateful is plain good for you. Start today by writing one great thing that happened to you. Say a simple thank you or tell someone how much they mean to you. It's never too early to start practicing gratitude. Go around the table and say something that each person is thankful for. The answers will move you. Acknowledge a peer for their professional contributions with a genuine heartfelt thank you. So on this holiday of Thanks giving let us all be thankful for family, friends and co-workers, by thanking them for all they do for us and the Individuals.



'mom brushing the knots out of my hair', 'rides to school with the radio loud', 'pizza on Friday', 'movie theater popcorn' and, yes even... 'Hidden Valley Ranch Dressing'. It is a reminder that there is gratitude in even the small and everyday things around us and the small things we do for one another.

Below is an article By Lisa Firestone, PHD printed in Psychology Today called , "The Healing Power of Gratitude". It talks about the many ways being grateful benefits us, what gets in the way of feeling gratitude, how to feel more gratitude in your life. I hope you take a few minutes to read it. Gratitude is perhaps the most important key to finding success and happiness in the modern day. Knowing what we appreciate in life means knowing who we are, what matters to us and what makes each day worthwhile. Paying attention to what we feel grateful for puts us in a positive frame of mind. It connects us to the world around us and to ourselves. **Research** demonstrates that focusing on what we are grateful for is a universally rewarding way to feel happier and more fulfilled. As an important mental health principle, the benefits of gratitude extend far beyond what we may imagine. Scientific studies have found that gratitude is associated with:

- [illegible]

How can we feel more grateful? It's easy to see how this inner critic can interfere with our feelings of gratitude. It takes us out of the present and keeps us entirely in our heads, distorting how we see the world. When in this state, we are often unavailable or mis-attuned to other people. While listening to this voice, we miss out on seeing the world around us through a more compassionate realistic lens. We fail to appreciate what is good in our lives and in ourselves and others. We lose sight of the fact that we have the right to value and pursue what gives our lives meaning. We can all become more aware of this destructive voice and not let it control our actions. I talk about this subject in more detail in my blog, "Silence Your Inner Critic."

How can we feel more grateful?

1. Challenge your critical inner voice. We can start to feel more gratitude by quieting the negative thoughts that turn us against ourselves and the people we love. The [critical inner voice](#) is a destructive thought process that hurts us in our daily lives by shaming us and warning us against others. This inner critic is like a dark cloud over our heads, sprinkling thoughts like, "Today is just going to be one of those days. It's all too stressful. Just keep your head down." Sometimes, the critical inner voice floods us with an all-out downpour, "Nothing will go right! Everyone is just looking to you to fix everything. You can't handle this!" This voice can even sound soothing with thoughts like, "Just take care of yourself. No one else will." Or, "Don't bother making an effort. You have nothing to offer anyone."

2. Act grateful and be more accepting. This sounds obvious and simplistic, but it's a plain truth that, just as acting more loving connects us to our feelings of being in love, expressing more gratitude makes us feel more grateful. We can engage in acts that will help us connect to our feelings of gratitude, from small gestures like looking the barista in the eye every morning as she serves us coffee or thanking a co-worker for a helpful task he performs regularly. It can mean taking time to call a friend to express our gratitude or doing something thoughtful and unexpected for our partner to make his or her day easier and to show how much we appreciate him or her. In each of these acts, we should strive to be present and absorb all that occurs. We should try not to divert our eyes or slough off the warm responses we may receive.

3. Practice mindfulness. Psychologist Jack Kornfield recently said in an interview, "The cultivation of [mindfulness](#) ... really allows us to become present for our own body, for the person in front of us, for the life we've been given. Out of that grows, quite naturally, the spirit of gratitude."


4. Awaken your sense of wonder. When we follow the suggestions offered in this blog, we can become more in touch with ourselves. Our senses will be awakened, and we will have more responses to what we see, hear and feel. We will be better equipped to experience what psychologist [Kirk Schneider](#) describes as an essential component to a fulfilling life, awe.

As Jack Kornfield put it, "We have the privilege of the lavender color at sunset, the taste of a tangerine in our mouth, and the almost unbearable beauty of life around us, along with its troubles ... We can either be lost in a smaller state of consciousness—what in Buddhist psychology is called the 'body of fear,' which brings suffering to us and to others—or we can bring the quality of love and appreciation, which I would call gratitude, to life."



Enjoy the little things, for one day
you may look back and realize they
were the big things.

- Robert Brault

 SayingImages.com



Jamaica Estates's..... **HOT PIX of the MONTH**

Movie: Unhinged
Music/CD: Snoh Aaelegra
Book: Broken Crayons Still Color
(David Weaver)
Restaurant: Shaking Crab
Fragrance: Bloom (Gucci)
Food: Lasagna
Stress Reliever: Rest and Relaxation

Cocktails by Kathy

Fresh Whiskey Sours

INGREDIENTS

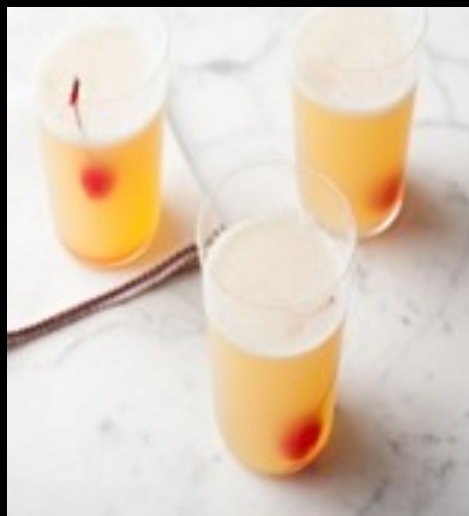
3/4-1 cup Jack Daniel's Tennessee Whiskey
1/2 cup freshly squeezed lemon juice (4 lemons)
1/2 cup freshly squeezed lime juice (4limes)
2/3/cup sugar syrup (see note)

Ice cubes

Maraschino Cherries

DIRECTIONS

1. Combine the Whiskey, lemon juice, lime juice & syrup. Fill a cocktail shaker halfway with ice and pour in the drink mix 2/3 full. Shake for 15 seconds and pour into glasses. Add a Maraschino Cherry and serve ice cold.
2. Note: To make the sugar syrup, bring 1 cup of water & 1 cup of sugar to a boil, and simmer until the sugar is completely dissolved. Chill before using.



SCALLOPS ONE - TWO - THREE

INGREDIENTS

6 SLICES BACON (PORK OR TURKEY)
12 SEA SCALLOPS RINSED AND
DRAINED
3 TABLESPOONS FRESH LEMON JUICE

DIRECTIONS

PREHEAT OVEN TO 350 DEGREES F
CUT BACON SLICES IN HALF
WRAP EACH BACON HALF AROUND A
SCALLOP (USE A TOOTHPICK TO
SECURE IN PLACE)
DRIZZLE LEMON JUICE OVER
SCALLOPS
PLACE ON COOKIE SHEET
BAKE IN PREHEATED OVEN FOR 15-20
MINUTES OR UNTIL BACON IS
COOKED
SERVE WARM

What Are You Grateful For?

November, 2020

I am grateful for my health, my family, my friends, to be able to work, to love and support and all the good things I receive from Mother Nature.

I am grateful for God's blessings, my family, health and my new AARE family.
Linda

This year has been the toughest for me. So thankful for my health and being strong enough to help all those around me. I am thankful for my family @ AARE. Without them I don't know how I would've done it.
Gama Mueen

I am grateful you kept my husband and my family safe and my co-workers but challenging. We all persevered. You be our protector. You all are our strength.

I'm thankful for my family and friends and all the love in my life. I'm grateful for my health and to be able to love to work with people I care about.
Barbara Sheridan



What Are You Grateful For?

November, 2020

I'm grateful for
the love and laughter
that I share with my
daughters, grandchildren,
family & friends who are
as close as family.
as close as Belfast.
Caron Belfast

I am grateful for
my son, daughter and
my Grandson. I am also
very grateful for my companion
Doranne. She is my Rock!

I'm grateful
for life. In times
like these I feel
blessed to be alive with
so many deaths that
occur due to the pandemic.
Also grateful for my family
and friends. Diana Benjamin

I'm grateful for
my health, my family of
good friends, my love of
reading & my cat, Comet
who I really should
have named "Comet"!!
Tiffany Trach

I'm grateful
for friends, family
and life. Amen!
Ruth Edolio

I am truly grateful
for life and that
God has blessed me with
a wonderful husband and
three beautiful daughters.
What a blessing!
Debrae Henry.

I am grateful for my
children and my family.
God has blessed me and
covered me from this
Covid-19 virus. I am
grateful that all my
individuals are
healthy. I want
God to continue
to shine his
blessings on
me & my
surroundings
Abonita
Dishon

November, 2020

I'm grateful
for my family,
health and the
ability to be optimistic
Kara-fun!
I am
no

Karauf how Calypso Monday
I am grateful for the
health & my family
the art of my life

I am grateful
for my family,
friends, grand
children!!

Katherine

ab
I am thankful
for waking up
every morning and
for my family
that I love

I am grateful
for the health of my
family, and that
my close friends
are doing well.

! I am sincerely
grateful for all the
blowing I will experience
the love
Best love

I am grateful
for my family,
health and
all the wonderful
things life has
given me.
-Jessica

for my family
I'm so thankful
to wake up every day
to see another day
I am thankful
that every one care to each other
and wake up smile and healthy
My family and friends
I am thankful
I have placed

I am Thankful
for the opportunities
to join AABR
and this wonderful
journey!

I am grateful
that 2020 is
almost over.
Jessica P.

I am grateful for my
wonderful family friends
& co-workers. Ursula
is a greatful

Wake up smiling
grateful for my
family, friends
and greatful friends
for the people God has pb
in my life each day.
I am ~~greatful~~ ^{greatful} ^{greatful}
GREATFUL
for my wife
son, Andy
friends
Mike
Thankful
Aunt a
do

Truly grateful for
friends & family - I a
the good Lord has
given me - per
- Marianne of

I am grateful for the humor,
perseverance and strength
of everyone I know - especially
this year!

one year!
LYNN Roffman
I Am grateful
for all the blessings
and my friends
+ family being in
good health.
Rebecca
I am grateful that people
accept me for what
I am. Debbie

Thankful for all the support from
K&N and its employees
during this difficult time
-Patrick



What Are You Grateful For?

November, 2020

I am grateful everyday that I wake up and take a breathe

I am grateful for my kids and grandkids kbelgr

I'm thankful for health, life and my family. TP

I'm grateful to know
God, My family and
friends, Health.
Maureen Gray

I'm grateful of having a Job
Nathaniel Green

I'm grateful for life,
health family, my marriage,
my beautiful daughter.
Nadege Coliste

I am grateful for good
health, strength, friendship,
kindness, compassion and
love. And most importantly
the love of God and family.
Shanelle McDowell

I'm very grateful
that all my family
my individual and co-workers
are safe + healthy
Thanks God
Aixa Hewlett

I am grateful for
my Health and
my Family
Carlister Rutledge

I AM GRATEFUL FOR
LIFE, HEALTH AND FAMILY
BRIANNA GORDON

I am grateful every day
I wake up to see another
Beautiful day, family and
friends and I'm grateful
for my Job.
Laren Burnham

I am grateful for
life, health and strength
low to the ground



What Are You Grateful For?

November, 2020

I am Grateful For life. Being Able to wake up Everyday is a blessing. I Am also grateful for good health, family, and My Job. "Gratitude turns what we have into enough, and more. It turns denial into acceptance, Chaos into order, Confusion into Clarity. ... it make sense of our past, brings Peace for today, and creates a vision for tomorrow."

Quote By Melony Bestie
SBamy

I am grateful for life, health and streng. My kids and my job 2020 has been tough for most, but a blessing for me. Shantelle Gomez.

I am grateful for overall life. That I and all my family are healthy. During these trying times.
Rhonda Smith

I am grateful for Life, My family, My job and recovering from Covid-19. I am also grateful for the Blessings and opportunities that were given ~~to~~ me. I pray for World Peace and Love and a brighter future. Christopher Jones.

Sherron / Mutzin IFA Moore

I am grateful for my job, life and waking up everyday its a blessing working with these wonderful individuals.
Marisa Newell

I am grateful for life and good health
I am grateful to be born with a daughter that is smart and full of life
I am grateful to have a job and don't need for nothing. ~~At last~~ I am grateful to have a heart that loves God.
From April Moore

I'm Grateful for Life. -Gary Taylor



What Are You Grateful For?

November, 2020

Everyday when my eyes open,
my feet hit the ground,
and I'm in my right mind.
-Marcie-

I am grateful for life, thanking God
for every new day that I'm blessed with,
and most of all to have family and
friends to share the moment with.

Margaret

I am grateful ^{for} the
opportunity to live life
and live it in such
a way that life is
blessing: everyday ^{& I}
wake up ^{is a blessing} Kizzy ☺

Grateful for LIFE and Family also my job.
Thankful for good times, great co-workers +
administrators.



What Are You Grateful For?

November, 2020

Life, family, Grateful to God. For my
Daughters. A roof over my head.
Job to go to.

Hervise Whitley

Thankful to be alive another day. Grateful for
my Job and duties. Thankful for my family
and everyone I encounter with.

Cristal Jackson

Thankful for waking up with a sound mind each
day Thankful for family, friends and a Job and
also my my co-workers

Jivienne Peck

I'm grateful that we get to
see other day everyday. I also see
more kindness in people now to each
other... I'm happy that we have the
opportunity to see.

Elsie Gross



What Are You Grateful For?

November, 2020

From Michael: I am grateful for having a very supportive family (my husband + 2 children) during this very difficult time. I cherish the good health and the happy times that I am sharing with my family. I am very proud of the way you and your colleagues and individuals ^{on my} ^{2 children} have ^{shown} ^{enriched} ^{the way} ^{you} ^{live} ^{and} ^{work}. I am grateful for my family, life, home and job. I am also thankful for knowing that we all have a chance to have a better future. This is due to a vaccine and change in ~~showing~~ ^{knowing} more about COVID 19. ^{CRASH} ^{help} ^{needed}

I'm grateful for my Daughter and grandson, Immediate
Support from my family and friends. Life and my
health plays an important part. I cherish the
ongoing support with my colleagues as well. I'm forever
grateful.

Rebekah Arch

Grateful for my loving fiancée and four adorable nephews. - Zach Grill

I am grateful for my loving fiancée and four adorable nephews. - Zack Grillo

I am grateful for the experiences that I have gained working with AABR as an Instructor and a Day Program Coordinator. I will use the experiences for future endeavors. Thanks to all involved in making my stay at AABR worthwhile.

I am grateful for my Health a family. 2020 has been a year of forgiving and being thankful. Also a year of gain + a year of loss. We have to be thankful for each + everything that is given to us. Let special love not hate

Pamela Ross

I am grateful for life good health
and strength my love ones family friends
neighbour the people that comes along
life journey.
J. Palmer



What Are You Grateful For?

November, 2020

I am grateful
for the support
that I get from
My Colleagues
when things are
going bad.

Tamara Johnson

I am grateful to wake up
each day have my strength
and good health. And be around
amazing people everyday.
-Joelle

I am truly grateful
for the Berkowitz
Team. Working together
hand in hand doing an
amazing job to take
care of the individuals
we serve. Bibi Salim Zubka

I am grateful for
my coworkers and
the joy I see on
the individual's face!
Yvelande Milord.

I am grateful for
life, health, strength
and my Berkowitz
Team.
Venesha Edwards

I am grateful for
life, health, love, family
and my individuals
Chavez Smith

I am grateful for
giving the opportunity
to work with the
Individuals at Berkowitz
for the past 2 years.
Delniqua Wilson

I am grateful for my
Job and the Individuals
that I work with!
Wonita Singh

I am grateful for
the opportunity to give
care to the Individuals
and my years of service.
A Smith.

I am grateful for
the Individuals
P. Utpebor



What Are You Grateful For?

November, 2020

I am grateful
for my Leuchuck
Family!!
-Khea R.

I'm thankful for the and the blessings
I receive daily. *[Signature]*

To Be Alive!
Sandra

To be Alive
in Sheriff

I am grateful
for Life!!
Kathy

I am grateful
for my family, friends and
the staff and individuals whom
I have the pleasure of sharing
and interacting with. Most of
all grateful for my Leuchuck family.
[Signature]

-Leuchuck- IRA

I am grateful
to open my eyes
to live another day/week
I am grateful to be
able to go home
on the weekends
free when they are
not in a great mood
I am grateful
to be working
with this company
and my team
[Signature]

I am grateful
for life, many
didn't make it
to be alive today
especially with the
year we have
most important
I am grateful for
awesome coworkers
at Leuchuck family &
friends.

I am grateful for my family
friends, co-workers. With so many
people without a job, I am blessed
to still have my job? I'm doing a job
I truly love (working with the individuals)
[Signature]

I am grateful
for Health straight
life for my family
for us being able
to be alive for a good
over head and good friends.

[Signature]

I am most grateful for the
individuals that I work
with at Leuchuck all of the
individuals are filled with
unique character - To

"I am grateful for life, and the promise of a brighter tomorrow,
I am grateful that I have been favored with great health.
Am Marie - Asst Manager

Avonda Grant:- I am grateful for life, health, strength and happiness.
I am also grateful for my family and my Job. _____ Ag.

Rozanne T - I am grateful for life, family and
having a good home to live in.

Leura Pasoscki - I am grateful for my family, friends, + life.
Also, I am grateful that I have a job and the opportunity
to work with wonderful people.

Seena Rossi - I am grateful for health, life and all my friends and family. I am
also grateful to people in my life that genuinely make me happy - times

I am Thankful for a job. for my family, friends, life and most importantly
I'm thankful for the presence of God. _____ OBrown

I am Grateful for the Ability and chance to continue
to share God's love in this world. with family & friends

I am grateful for my daughter, having a job, + a roof over
my head, but most importantly the man Above, "God". Ter-Jude

I am grateful to be alive! (RM)

Am extremely grateful for having
the Most Loving and Supportive
Mother, thoughtful friends, good family
a job and waking up each
day by the grace of God
Nancy Poku

**GRATITUDE
TURNS WHAT
WE HAVE
INTO
ENOUGH.**



What Are You Grateful For?

November, 2020

I'm thankful
for being alive
F.J.

I'm thankful for my
Health, Strength, Family
Employment
RS.

I'm thankful for good
friends and family.
-Nyle Aitken

I'm Thankful to be Alive
for My Health, Family,
Friends

I'm Thankful for being able to
help my neighbors
Benjamin
Bry

I'm thankful for
my family and
friends through
the years
Bob morn

I'm thankful for my life
kids & family. Thankful
for God for good health,
and prosperity. ~~JS~~

I'm thankful for
Bob! Wonderful
Send off lunch,
☺️ ❤️.

I'm Thankful for the
Chances family, the Richmond Hill
families I've gotten the chance
to work with throughout the years.
And most importantly my family at
home. Thank You & Have a
Wonderful Thanksgiving

Tonika

I'm thankful for
a beautiful, loving
and fierce mother
- Quadir Gaines

I am thankful to be
able to work again.
NO one close to me
has gotten sick with
the virus. I pray we
all continue to strive
and survive this. Ameen
❤️



What Are You Grateful For?

November, 2020

I am thank for life, good health my family, friends and a Job. Denise Edmunt.

I am grateful for life, family and friends. I'm also grateful for the opportunities to uplift people who reach out for encouragement during these trying times. -Brittney Bonetti

I am grateful for family. Shanaia Samal.

I'm grateful for love of family + friends, health + freedom and the opportunity to work with or individuals. -Jaune Brewitt

I am grateful for my existence and family support - Marica Morris

- I am thankful for my good health, family, friends and my extended family AABR. Thankful for the deep support during these difficult times and most of all for my lifelong faith that keeps me going. In the

I am grateful for my son and the entire family of mine. I am also grateful for my job, my friend and co. work. That of all the relationships I have, the Lord Jesus. In the health and strength He has given to me daily. - Carolyn

I am thankful for my family, friends and ^{our} health each and every day. Shelby Cattle



What Are You Grateful For?

November, 2020

Firstly I am grateful & thankful for the Lord allowing me to remain safe & healthy during this time of the COVID 19 virus.

I am grateful for my company (AABR) for keeping our doors open and taking full control of the virus (keeping our surroundings clean - a good working environment).

I am thankful for each & every member of staff who are making the extra effort in going to and from work helping & securing the individuals.

I am grateful for the health of myself, ~~staff~~ my friends and family.
 Jay Y. Green.

I am grateful that the Lord has me and my family covered and thankful for my friends, job and family. J.O

I am grateful for life health and strength. MA.

I am grateful for good health and my family. LM

I am happy and grateful for good health and family. JS

I am grateful for family and friends. And that a vaccine will be out soon for the COVID 19. BS

I am grateful for my health, family and friends. JS

I am grateful for being in this Beautiful World. KL



What Are You Grateful For?

November, 2020

I am grateful for
life family and
good health
Colleen Dunley

I am grateful for
life and health
M. Haught

I'm grateful for my
health, family, kids
and my job.
Sandra Elie

Grateful for
life - God allowing
me to wake up
in the morning & good
family Patricia Newton

I am grateful
for my life
and health
and family
Stacey

I am Grateful
for my life and
my family!
Kenyatta Beep

I Am Grateful
For my life,
Health, Family,
Friends my job
All that God has
done for me.
Kadria S Simms

I am
grateful for
my family & friends
Carmel H.

I'm grateful
for mind, body
& soul
Angie Thomas

I am Grateful
for God's blessings,
My Life, Health, Loving
Family & Kind friends
and coworkers
Lance

I'm very Grateful Thank's full
for everything in my life, God's
love first and life and my job
My Manager very thank's, the best part
is good. Thank's I got good health
Grateful for My Kids' Friends & family
Thank you ABR God's Bless.
Debra Hays

I am grateful
for family, good
health and
life in general
Debra Hays



What Are You Grateful For?

November, 2020

I Dalinda is grateful for being employed During a pandemic
I am grateful for being employed at A.A.B.R. during the time
of Covid-19. — ~~SS~~

I am grateful to have a God and his Family too — ~~SS~~

Being alive — ~~SS~~

I am grateful life, health and strength, — ~~SS~~

I am grateful for having a job during the pandemic and
for health and strength and the support of my management
staff.

I'm grateful for good health, family, life, my
children. ~~SS~~

I'm ^{grateful} for Good Health ~~SS~~

I'm grateful to be a part of the team ~~SS~~

I'm grateful for being myself and having the things I have
in my life — ~~SS~~



I'm grateful for what I have and don't have in life. I strongly
believe that God is in control of everything we are going through. I am
also grateful to be part of the AABR family because thanks to
each of you, I'm developing new skills that allow me to become a
better person and worker, learning from each other, including
the individuals I work for, giving them 100% of me. ♥ 😊 ♥

Dalinda A. Espinoza



What Are You Grateful For?

November, 2020

KEANE (AESAR) is THANKFUL FOR Good Health, MY JOB, Family and Good Friends.

Pamela Jack: Through all the changing scenes of life of sorrow and in joy am happy to be alive.

Gladys Palmer: I am Thankful for waking up each day I am also Thankful that my family are healthy, safe and individuals and most of all I am thankful that I still have a job to go to. I am very Blessed.

CHARMAINE KERR: Thankful for God's Mercy and Grace to see each day. THANKFUL for still having a job and for Health and Safety for my family, friends and co-workers.

Husnaini Ramadani: I am very grateful for my life, good health my family, my job and God love for me every day to taking care of all my needs.

I am grateful to be alive especially surviving the COVID-19.

I am grateful for my family & friends.

THERE IS
always, always,
ALWAYS
something
to be thankful for



What Are You Grateful For?

November, 2020

I am great for life and my family & friends. → K. Phinn.

I am grateful for my family. - Judith

I am ^{grateful} for life, my family and Friends. - Mfalma

I am grateful for Life family my Job and friends
Diana

I am grateful for my beautiful daughter - R Bourne

I am grateful for my life, my family, my job, and most of God.
I am grateful for my life my family my Job and my friends

I'm grateful for my life, family, food and my health and my job. I also grateful for the staff that I work with. Frances

I am grateful for my job and being able to provide for my family. I am grateful for life and friends. Esan.T.



What Are You Grateful For?

November, 2020

I am grateful for life and my family.

Louise Benfield

I am grateful for good health and family
Natalie Hill

I am grateful that God woke me & my family
up everyday. Yvonne Pate-Dixon

I am grateful for my friends & family — ^{my mother} ~~my mother~~ ^{Royce}

I am grateful for my family
and another day of life.

Wendy Smith Lewis

I am ever grateful for life ^{for surviving}
~~God (finger cross)~~ for not experiencing 'implacable loss'
in family & friends. — N. Campbell

I am grateful for life, and all of the added blessings
each day and family. — Tiffany Thomas.

I'm grateful for God's blessings.

I'm grateful for my family & health. ~~Ruth Jones~~

M. GEORGES

I'm grateful for good health, life and my family — K. Mac

I am grateful for God giving me, life, health, love ones / ^{marly}



What Are You Grateful For?

November, 202

Health, good Family Relationship, ability to provide for necessities of Daily living.

Having good long standing Friends.

having my mother and other Relatives to keep in touch with and enjoy each other company when possible.

Grateful for God's loving kindness during this time of stress and sadness on earth.

Grateful to have a Job to keep me stable at this time.

For God giving me the a breath to breath during this stressful time

For my Family For everything they do for me

For Waking me up this merning.

I'm Grateful for life

I'm Grateful for health, wealth, and Strength


I'm Grateful for friends & family in my life

I'm Grateful for having opportunities to help me grow and become more successful.

- Roland Brown



What Are You Grateful For? November,

I am Grateful For life, health and Strength.
and that I am Give the Opportunity to
experience life and all that it has to
offer with Family and Friends that
love me  ~~Grateful~~



I'm grateful to just be
alive and well. Thankful for
my family as well as the
family/Team I work with.
Thank for knowing all individuals
at Cornell. (M.M. for H.B. AS. C.G. B.K.)

I am grateful for the gift of life.
after been infected with Covid-19 and is
well. I am also grateful that I have
a Job, my family is recovering from
the loss of my oldest son. However
God has been Good and I'm Thankful
for his many Blessings.



What Are You Grateful For?

November, 2020

I am grateful that I serve A god who Takes care of me continually. I am happy for life itself, a job to work in and with a distinct community who are blessed and highly favored of god and who needs my love and personal care and understanding as they grapple with their Circumstance.

I am grateful of the various implementations and operations of Management as I pray for wisdom on their behalf as they implement decisions in these increasingly challenging times.

Pasencia Carman

What Are You Grateful For?

November, 2020

I am beyond grateful to be alive. I am grateful for my family and My close friends. I am grateful for the energy I have everyday to get up and help some one who can't help themselves. I am grateful for my talent because that and Music is apart of who I am. I am grateful for the people ive met while working with them, they changed my view of the world so much.





Congratulations on Your Promotions!!!!

**Diane Benjamin to Associate
Director of Residence**

**Venise Labb, Carnacchio IRA,
Manager**

**Sydia Wisdom, Parkway Ladies
to Assistant Manager**

**Shanice Thomas, Linden Ladies
Assistant Manager**

**Crisann Earle to Bladt Residence,
AM Shift Supervisor**

**Wendy Smith-Lewis-Carnacchio
to AM Shift Supervisor**

**Marissa Newell, Linden Ladies to
PM Shift Supervisor**

**Kyle Aitken, RH-II to PM Shift
Supervisor**

Welcome to Residential!!

Tatiana Singh—Linden Lds, Mgr

**Jenny Simon-Thomas-Parkway
Lds, Manager**

**Happy
Thanksgiving**



**“Blessing Bags” Holiday Drive
for the Homeless**

**Angee Thomas—Klamar is
spearheading a holiday drive
for the Homeless.**

Items Needed:

**Socks, Scarves, Hats, Gloves,
Personal Cleansing Wipes,
Masks, Sanitary Napkins/
Tampons, Toothbrushes,
Toothpaste, Soap, Shampoo,
etc.**

Collection Location:

Main Office—Ed & Training

Main Office—

At Temperature Station





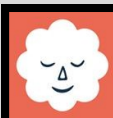
IMPORTANT INFORMATION

For Self-Care & Emotional Support-
The Best Free Meditation Apps you can Download

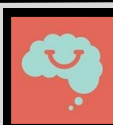


Insight Timer -#1 Free App for Sleep, Anxiety and Stress. 14 million people +

www.headspace.com/ny—Provides meditation and mindfulness resources to New Yorkers. Free guided meditations, at-home mindfulness exercises & additional resources for help w/rising stress & anxiety.



My Life: Stop, Breathe and Think—a custom designed meditation app based on your feelings, state of mind and body to come up with a specific meditation for you.



Smiling Mind

—Very short meditations to help adults and young people develop healthy coping skills,

**New York
Mental Health
Hotline**

1-844-863-9314

**Free emotional
support,
consultations and/or
referrals to a provider**

Comprehensive Counseling Center—offering Tele-Therapy in areas including depression, anxiety, grief and bereavement (718) 830-0246, (516) 594-0247. Accepts United Health Care, Medicare, etc.

GriefShare.com—free Grief & Bereavement Groups

24/7 New York State HOPEline (OASAS)

Call 1-877-8-HOPENY or text 467369 Re: Addiction

Center for Suicide Awareness—

Free emotional support for ANY difficulty/struggle

Text HOPELINE (4673-5463) to 741741

United Health Care—Call the number on the back of your Insurance Card to get in touch with professionally trained mental health experts.

Safe Horizon Hotline: 1-800-621-4673 (HOPE) or www.safehorizon.org
For victims of domestic violence, sexual assault, emergency housing, etc.

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)



Just need to talk? Overwhelmed? Stressed out?

We're here for you.

SPARK Employee Assistance Program

Caron Gelfand, LCSW, ACSW (516) 319-8618

Mary Frank, LCSW (718) 517-0360

Confidential, Short Term Counseling, Referral