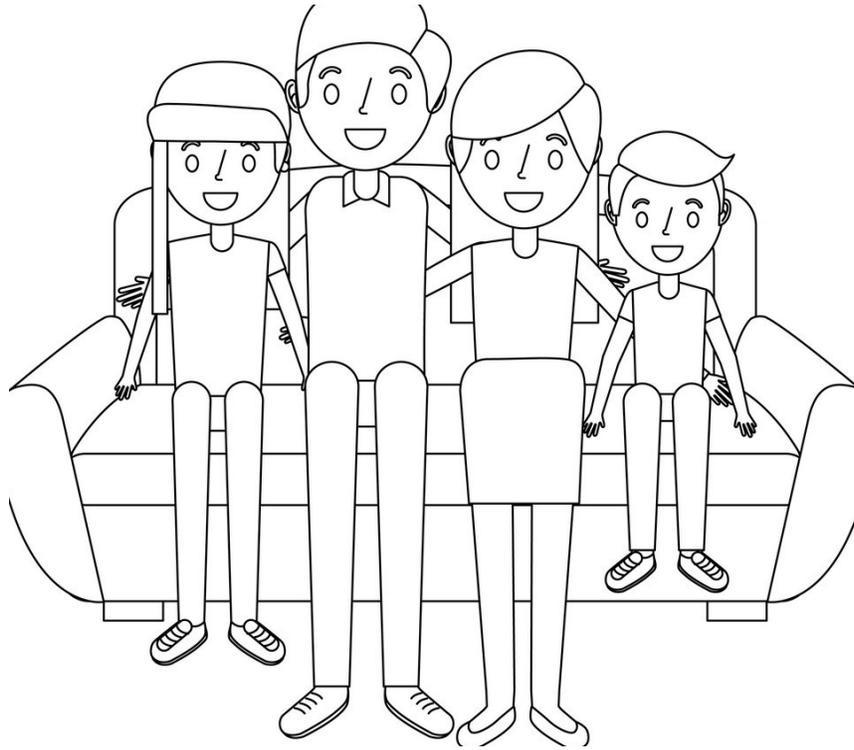


Your Family Survival Guide



Presented by Scott & Lisa Rickards





We hope this finds you well in these difficult and uncertain times. This challenge is unprecedented as it has so quickly impacted all of our lives. While at times it seems that there is no shortage of discouraging news, we are also seeing many heroes rise to the occasion in acts of selfless service. Some of you fit that description. The rest of us thank you.

This booklet will be an encouragement to you in some small way. We hope that you will make the most of this time and will look for opportunities to be a blessing to your family and others in your sphere (from an appropriate distance, of course). We will all emerge from this trial with a renewed sense of gratitude for our family, friends, health, careers, communities, freedoms, and our way of life.

While so many of us have been adversely affected by this crisis, some planning opportunities have emerged. Please let us know if we can serve you as you navigate through this time.

Sincerely,

Scott and Lisa Rickards



TEAM RICKARDS
RE/MAX Alliance Group
941-356-7040
Scott@TeamRickards.com
www.MyHomeSarasota.com

AMAZING ACTS OF KINDNESS



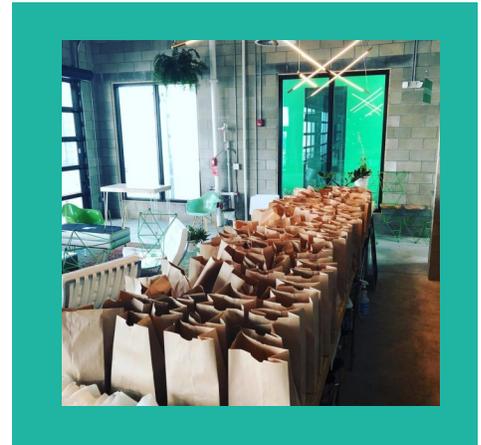
WAYS TO SUPPORT BUSINESSES

Coming together in ways to support our local businesses in both Sarasota and Manatee Counties. Purchasing a gift card will provide your favorite businesses with much needed resources to manage through this challenging time.

<https://supportlocal.usatoday.com/city/sarasota-fl/>
<https://supportlocal.usatoday.com/city/bradenton-fl/>
<https://supportlocal.usatoday.com/city/venice-fl/>

HELPING PEOPLE IN NEED

The Rosemary District restaurant The Overton has become a sandwich factory, cranking out hundreds of bagged lunches that are delivered to nonprofits like the Boys & Girls Club of Sarasota County and Harvest House, who distribute them to people in need. The staff is packing as many as 320 lunches every day.



TAKEO♥T SRQ

HUNGRY?

[TakeoutSrq.com](https://takeoutsrq.com) encourages people like you to support local restaurants by directly contacting them for delivery or pickup rather than using third-party apps, eliminating additional fees for those ordering and allowing the restaurant to receive more profit.

AMAZING LOCAL SERVICES

SARASOTA COUNTY SCHOOLS

All Faiths Food Bank has partnered with Sarasota County Food and Nutrition Services to provide food to children and families affected by the temporary school closures. Any/All children 18 or under will be provided with food at specific Sarasota County Schools. A week's worth of food will be distributed to children every Friday at select school sites.

Food Finder: <https://www.allfaithsfoodbank.org/foodfinder/>



COVID 19 Resources:
<https://friendshipcenters.org/covid-19-updates-2/>

SENIOR FRIENDSHIP CENTERS

Senior Friendship Centers' mission is to promote health, dignity and quality of life throughout the journey of aging. Since 1973 the organization has served older adults in the community with programs and services including vital meals programs. During the COVID 19 pandemic, SFC can expedite the delivery of meals to the homebound. If you are interested, please call the hotline at: 941-556-3208.

MEALS ON WHEELS

Meals on Wheels of Sarasota delivers nutritious meals to persons in need in the Sarasota community who are unable to provide or prepare a meal for themselves. Program provides 7 home delivered meals per week. Program may also provide pet food. We are available to assist the mentally or physically impaired, disabled children and adults, seniors, veterans, pregnant women and new mothers with nutritional needs as well as those unable to provide a meal for themselves or their families during the COVID-19 pandemic. We request a donation of \$6/meal, but no one is turned away for lack of ability to pay.

Website: <https://mealsonwheelsofsarasota.org/get-meals.html>



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TIPS

HELPFUL TIPS

Bored at home? Worried you aren't getting enough physical activity? Here are a couple of activities including a CDC tutorial on making your own mask and a few exercises you can do at home to help improve your strength and balance.

MASK TUTORIAL
EXERCISES

YOU HIT THE JACKPOT!

Read this original take on a classic illustration about selfless decision making and maximizing your most precious resources. How will you spend your jackpot?

GOOD READ

FUN

FUN ACTIVITIES

Get everyone (no more than 10!) around the table and flip to this section. Let the kids read the jokes or test your knowledge of Moultrie businesses with our very own crossword puzzle. Includes **50 activities** for the whole family!

JOKES & RIDDLES
MOULTRIE CROSSWORD
50 ACTIVITIES FOR FAMILY

TABLE OF CONTENTS

COME
TOGETHER

TABLE TALK

Come together around the table as a family and use this list of topics and conversation starters to get to know each other more than ever before.

TABLE TALK

GRATITUDE NOTES

Even during times of trouble, we all have a lot to be thankful for. Use these encouraging quotes as reminders to count your blessings every day. Circle your favorite!

GRATITUDE NOTES

BE
THANKFUL

USE OF CLOTH FACE COVERINGS TO HELP SLOW THE SPREAD OF COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

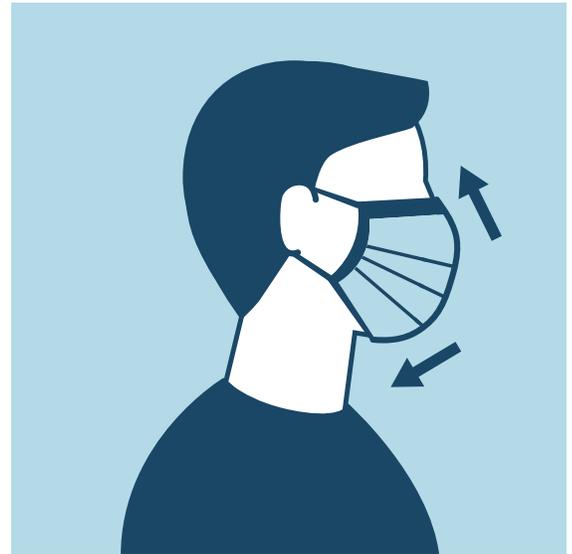
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



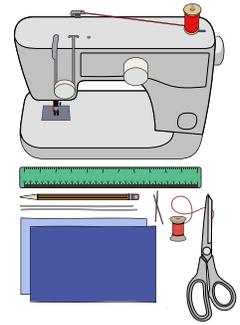
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cdc.gov/coronavirus

Sewn Cloth Face Covering

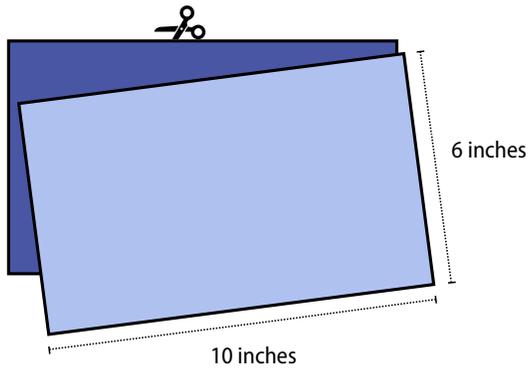
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

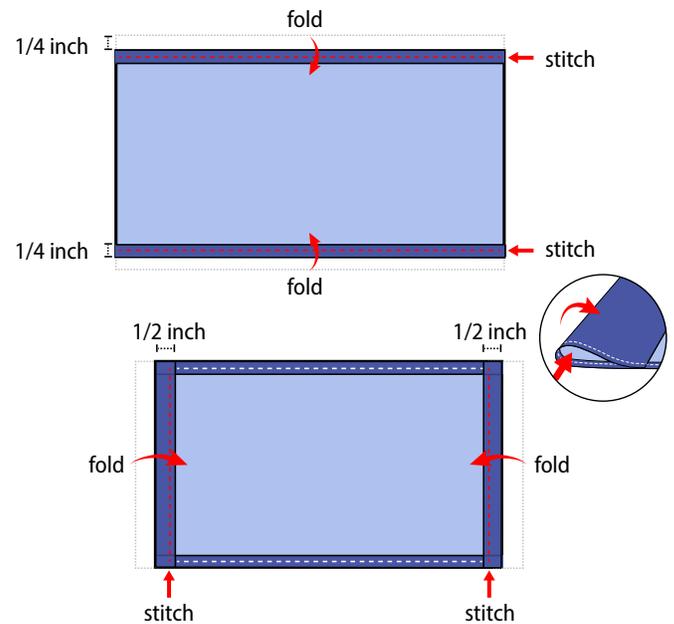


Tutorial

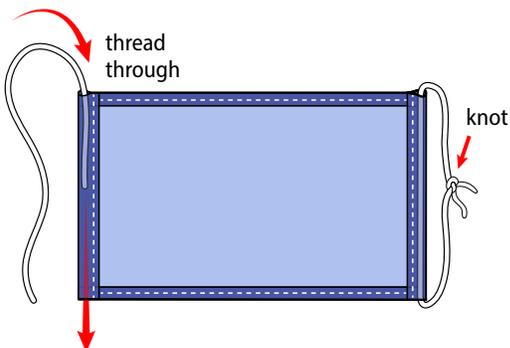
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



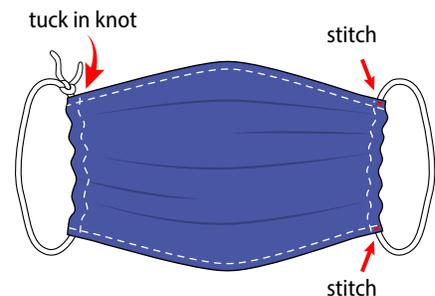
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

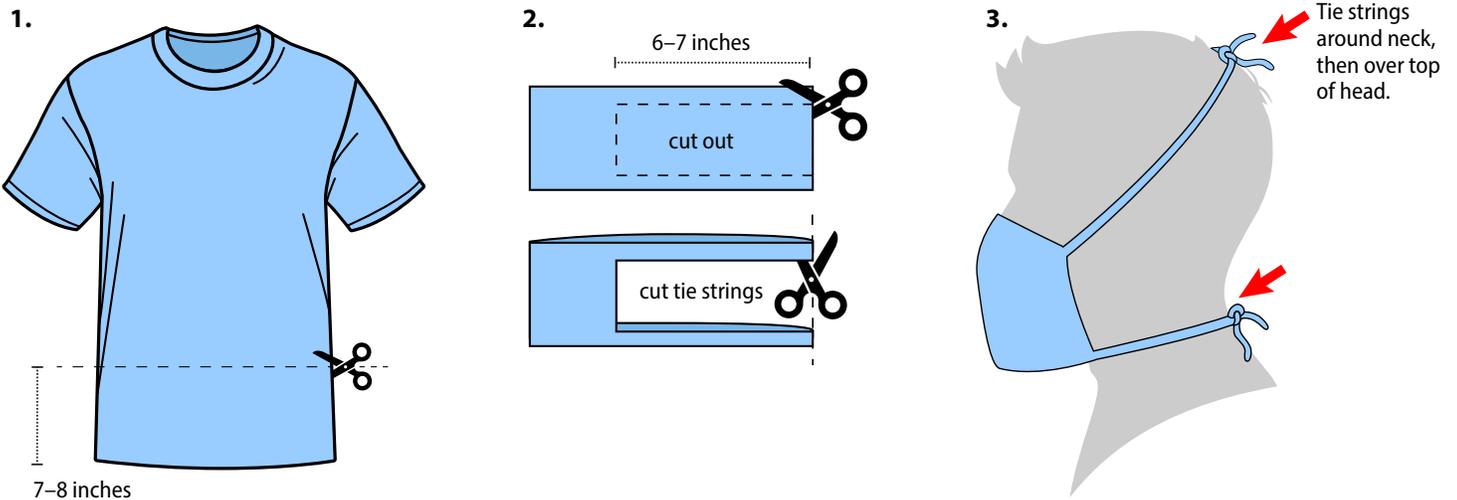


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

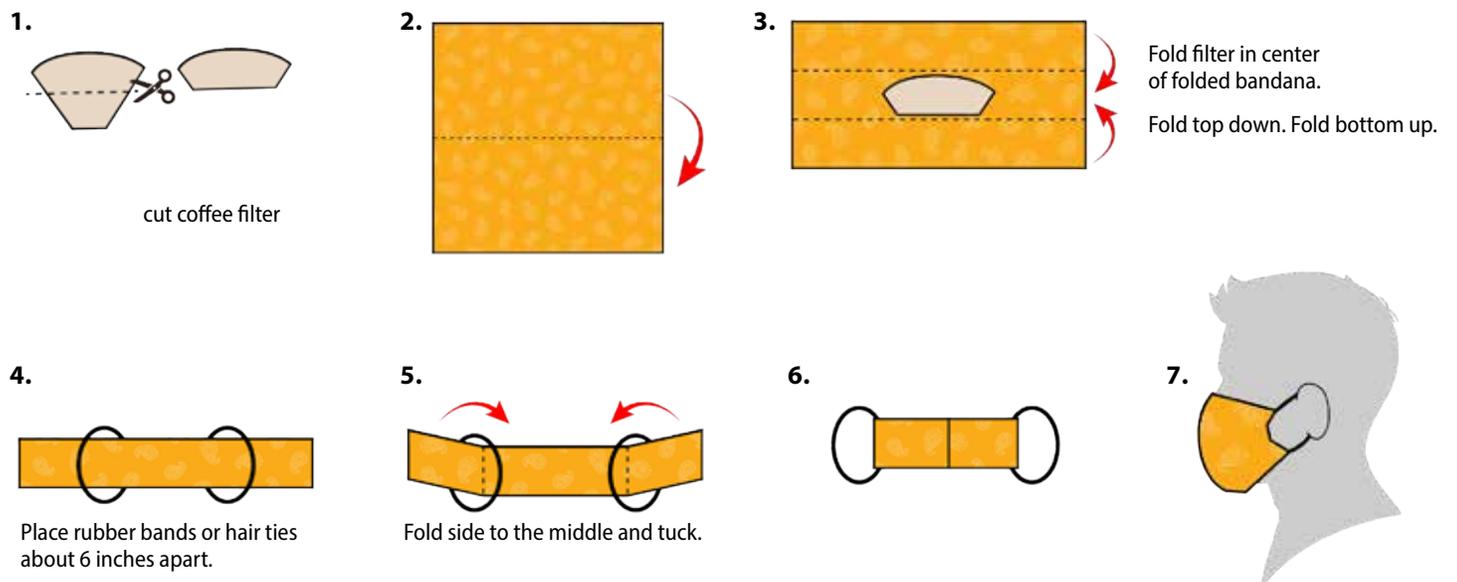


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



14 EXERCISES FOR SENIORS TO IMPROVE STRENGTH AND BALANCE

In Canada and around North America, falls are one of the leading causes of injury and death for senior citizens. However, you don't have to fall prey to slips and falls. By exercising, you can improve your balance and your strength, so you can stand tall and feel more confident when walking.

READ ON TO FIND 14 EXERCISES SENIORS CAN DO TO IMPROVE THEIR BALANCE.

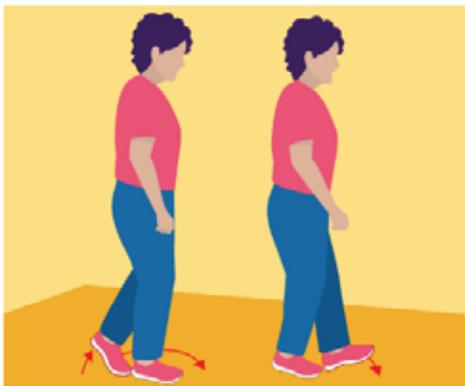
Exercise 1: Single Limb Stance



It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

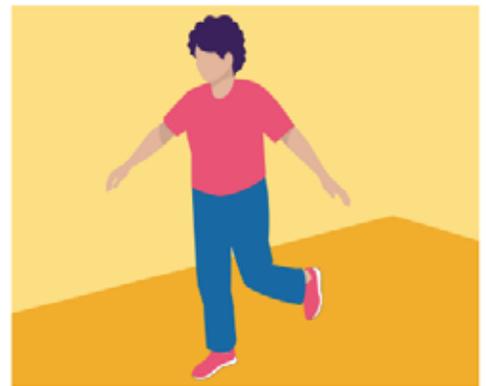
Exercise 2: Walking Heel to Toe



You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling.

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

Exercise 3: Rock the Boat



Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

Exercise 4: Clock Reach



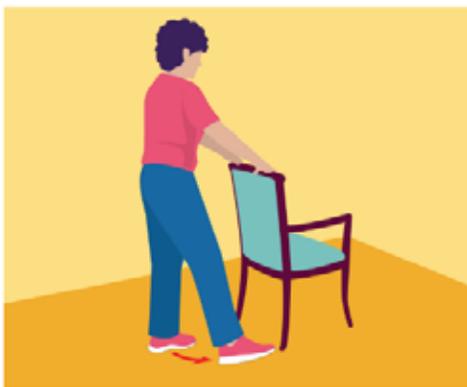
You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.

Exercise 7: Side Leg Raise



You'll need a chair for this exercise to improve balance.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.

Exercise 5: Back Leg Raises



This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.

Exercise 8: Balancing Wand



This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.

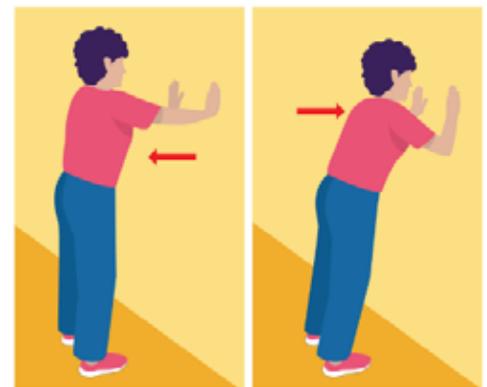
Exercise 6: Single Limb Stand with Arm



This balance exercise for seniors improves your physical coordination.

Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.

Exercise 9: Wall Pushups



As long as you've got a wall, you can do this strength training exercise for seniors.

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

Exercise 10: Marching in Place



Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

Exercise 11: Toe Lifts



This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.

Exercise 12: Shoulder Rolls



This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.

Exercise 13: Hand and Finger Exercises



The following are exercises to improve flexibility. You don't need to stand for these.

In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.

Exercise 14: Calf Stretches



These strength training exercises for seniors can be performed sitting or standing.

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

This and more information can be found at

www.lifeline.ca/en/resources

Here are some more great resources!

STAY SAFE!

www.NCOA.org/covid-19

www.CoronaVirus.gov

www.BenefitsCheckUp.org

www.CDC.gov

YOU HIT THE JACKPOT!

IMAGINE YOU WIN THE LOTTERY. For those of us that may have a moral objection to playing the lottery, imagine that you find the winning ticket or received it as a gift. Is everyone back with me, now? Good.

So you hit the jackpot, but the prize comes with very interesting fine print. There is no lump sum option, so you have to take the annuity. The payout is \$86,400 per day! Yes, PER DAY! You are set. \$86,400 will hit your account each day via direct deposit, but there is a catch. The entire amount must be spent by the end of the day, or the remaining daily balance is forfeited. Yes, it's use it or lose it. Whatever isn't spent, invested, or donated will be zeroed out at the end of the day before your fresh \$86,400 is deposited the next morning.

One more thing: this jackpot is not transferrable. In other words, the income stream will end when you pass away. Now at this point, as your financial advisor, I am going to strongly encourage you to buy some life insurance. You have to protect that income, and I can help you with that. But, I digress...back to the story.

At this point you are pretty excited, right? You are now guaranteed over \$31.5 million annually. There are so many options. Of course, there are things that you want to purchase, and there's no time to waste...you must do it today. In addition, you are generous and there are so many people and organizations that you want to bless with a donation. That would be so much fun! In addition, you know that I am already hard at work on comprehensive financial plan, ensuring that we meet all of your goals in the most efficient way possible, while being a great steward of this prize. While this is a huge blessing and opportunity, you also realize the great responsibility that comes with this kind of wealth. There is some pressure, but you'll take it. You are going to make the most of every dollar, every day.

Now here's the kicker: The jackpot is real. But the prize isn't money, it's time. These are not dollars, but precious seconds. In this scenario, we are all already recipients of this jackpot. There are 86,400 seconds in every day. We can't carry them over to tomorrow. Yesterday is gone, and the time we wasted was forfeited. We are not guaranteed tomorrow, and we are not ultimately in control of so many aspects of life. Over the past several weeks, this has become clearer than ever.

 *This illustration originated with author Marc Levy. I heard it many years ago as a kid and I have always remembered it. Please share this story with your children or grandchildren and talk about how you can maximize your most valuable resource, time, both individually and **as a family.***



JOKES & RIDDLES

Our family loves jokes and children like to try and make up their own.

We hope your family enjoys this list.

“THERE IS NOTHING IN THE WORLD SO IRRESISTIBLY CONTAGIOUS AS LAUGHTER AND GOOD HUMOR.” - CHARLES DICKENS

Where do all of the rabbits live in Georgia?

Albany (All-Bunny)

What did the policeman say to his tummy?

“Freeze! You’re under a vest!”

What did one math book say to the other?

“I’ve got so many problems.”

Why can’t you ever tell a joke around glass?

It could crack up.

How do you know when a bike is thinking?

You can see its wheels turning.

Why did the daddy rabbit go to the barber?

He had a lot of little hares.

Why do we never tell jokes about pizza?

They’re too cheesy.

Did you hear the joke about the roof?

Never mind, it’s over your head.

What kind of nut doesn’t like money?

Cash-eww.

Why is it so windy inside a stadium?

Because there are so many fans.

Why didn’t the lamp sink?

It was too light.

Why shouldn’t you tell secrets in a cornfield?

There are too many ears.

How do you stop an astronaut’s baby from crying?

You rocket.

What did the fisherman say to the magician?

“Pick a cod, any cod.”

Why did the cookie go to the doctor’s office?

He was feeling crummy.

What kind of tree fits in your hand?

A palm tree.

Where do steaks go dancing?

A meatball.

What kind of music scares balloons?

Pop.

Why can’t your hand be 12 inches long?

Because then it would be a foot.

Why should you never pay up front when getting your watch fixed?

You have to wait until the time is right.

What do you call a bear with no teeth?

A gummy bear.

Did you hear about the two guys

who stole a calendar?

They each got six months.

What do you call a cow with no legs?

Ground beef

Why can’t you give Elsa a balloon?

She’ll Let It Go.

Why can’t Cinderella play soccer?

Because she’s always running away from the ball.

How does Darth Vader like his toast?

On the dark side.

How did the barber win the race?

He knew a short cut.

What did one hat say to the other hat?

“Stay here, I’m going on a head.”

Why did the scarecrow get a promotion?

He was outstanding in his field.

What did the buffalo say when his son left for school?

“Bison!”

Why should you never trust stairs?

They’re always up to something.

Why don’t scientists trust atoms?

Because they make up everything.

What did they Baby corn say to the Mama corn?

“Where’s Pop corn?”

What do you call a parade of rabbits hopping backwards?

A receding hare-line.

What is Forrest Gump’s password?

1forrest1

Why couldn’t the bicycle stand up by itself?

It was two tired.

What happens when a frog’s car dies?

He needs a jump. If that doesn’t work, he has to get it toad.

BELOW ARE 50 IDEAS FOR FUN FAMILY ACTIVITIES.

Cut out your favorites, mix them up in a bowl.

Let your kids or grandkids draw them out to decide where to start.

PLAY HIDE AND SEEK.	THROW A FAMILY DANCE PARTY.	TRY A NEW COOKIE OR NEW CAKE RECIPE.	FILM YOUR OWN COOKING SHOW WITH YOUR PHONE.	MAKE A TIME CAPSULE.
GO FOR A WALK.	PLAY CHARADES.	START A JOURNAL.	INTERVIEW A FAMILY MEMBER.	DRAW OR PAINT A SELF PORTRAIT.
GO CAMPING IN THE LIVING ROOM.	PLAY A BOARD GAME.	PLAY HOPSCOTCH.	MAKE FLASHCARDS OF SOMETHING YOU ARE LEARNING.	DESIGN AND GO ON AN INDOOR TREASURE HUNT.
PLANT A GARDEN.	HAVE AN INDOOR PICNIC.	LISTEN TO AN AUDIOBOOK OR PODCAST	MAKE YOUR OWN POPSICLES.	CREATE A FAMILY TREE
LEARN A NEW CARD GAME.	LEARN HOW TO JUGGLE.	PRACTICE ORIGAMI <small>(RESEARCH TEMPLATES ONLINE)</small>	MAKE A MAZE ON THE FLOOR WITH PAINTER'S TAPE	MAKE CHALK DRAWINGS ON THE SIDEWALK
PLAY INDOOR VOLLEYBALL OR SOCCER WITH BALOONS.	HAVE A PIZZA PARTY.	MAKE PAPER AIRPLANES AND SEE WHOSE PLANE FLIES THE FARTHEST.	PLAY DRESS UP WITH MOM AND DAD'S CLOTHES.	FIND BUGS IN THE BACKYARD
CLEAN OUT YOUR CLOSET.	FACETIME OR ZOOM WITH FAMILY AND FRIENDS.	HAVE A TEA PARTY.	CREATE A NATURE SCAVENGER HUNT IN YOUR BACKYARD.	PLAY THE FLOOR IS LAVA.
SNUGGLE ON THE COUCH AND READ YOUR FAVORITE BOOKS.	REARRANGE YOUR ROOM.	HAVE A PILLOW FIGHT.	MAKE AN OBSTACLE COURSE.	HAVE A FAMILY MUSIC NIGHT.
BUILD A GIANT FORT OUT OF BLANKETS, FURNITURE AND PILLOWS.	PUT ON A PUPPET SHOW.	MAKE A SCRAPBOOK.	DO A PUZZLE.	CREATE A NEW DESSERT.
PLAY 20 QUESTIONS.	DECORATE A TSHIRT.	CREATE YOUR OWN BINGO CARDS AND HAVE A TOURNAMENT.	PLAY HANGMAN AND TIC-TAC-TOE.	WRITE LETTERS OR DRAW PICTURES FOR FAMILY & FRIENDS

TABLE TALK

SOME OF US HAVE BEEN SO BUSY that we've forgotten the value of the family table. Through all time and across all cultures it has been about much more than simply nourishing the body. As families gather and share a meal together, souls are meant to be nourished as well. Besides the good gift of a delicious meal, the family table is set to offer soul-strengthening gifts of identity, belonging, and community.

This season has pressed the reset button in all of our lives. In the midst of the significant uncertainty, maybe we have more opportunity than we've realized in a while to pause and be present – to settle in and talk and laugh and share and listen. It would be a great gain if we can make the most of these times and emerge from this season with a renewed conviction of the power of the family table.

Table talk is a great way to establish community in your home, as well as modeling authentic sharing and respectful listening. Below are a few questions to use as conversation starters. You could pick one question and each take turns answering it. Or, let each person pick a number between 1 and 20 and answer that question.

1. WHAT IS ONE OF YOUR FAVORITE GIFTS YOU'VE EVER RECEIVED?
2. WHAT WAS THE BEST THING THAT HAPPENED TO YOU TODAY?
3. IF YOU COULD ASK GOD ONE QUESTION, WHAT WOULD IT BE?
4. WHAT THE BEST THING THAT HAS EVER BEEN INVENTED?
5. WHAT IS YOUR FIRST MEMORY?
6. IF YOU COULD JUMP INTO ANY BOOK AND GET TO KNOW THE CHARACTERS, WHAT WOULD IT BE?
7. IF YOU HAD A MILLION DOLLARS AND YOU HAD TO GIVE IT AWAY, HOW WOULD YOU DISTRIBUTE IT?

8. IF YOU COULD MEET ANYONE IN THE WORLD,
WHO WOULD YOU CHOOSE?

9. IF YOU HAD TO MOVE TO ANOTHER COUNTRY FOR A YEAR, WHICH
COUNTRY WOULD YOU CHOOSE?

10. WHAT'S YOUR FAVORITE THING ABOUT THE PERSON SITTING ON YOUR
RIGHT?

11. WHAT'S YOUR FAVORITE PLACE YOU'VE EVER BEEN?

12. IF YOU COULD HAVE ANY ANIMAL FOR A PET, WHAT WOULD IT BE?

13. WHAT MAKES YOU REALLY HAPPY?

14. WHAT MAKES YOU REALLY SAD?

15. WHAT IS SOMETHING THAT MAKES YOUR FAMILY SPECIAL?

16. WHAT 3 WORDS DESCRIBE YOU?

17. WHAT DO YOU THINK YOU'RE GOOD AT?

18. WHAT WOULD YOU LIKE TO LEARN HOW TO DO?

19. WHAT DO YOU WISH YOUR FAMILY WOULD DO MORE?

20. WHAT ARE YOU LOOKING FORWARD TO?



GRATITUDE NOTES

**GRATITUDE IS TIMELESS
AND UNIVERSAL BECAUSE
GRATITUDE CHANGES
EVERYTHING.**

Circle your favorite note of gratitude.

"It's one thing to be grateful. It's another to give thanks. Gratitude is what you feel. Thanksgiving is what you do." – Tim Keller

*"No matter what our circumstances, we can find a reason to be thankful."
– Dr. David Jeremiah*

*"When it comes to life the critical thing is whether you take things for granted or take them with gratitude."
– G.K. Chesterton*

"Gratitude is a decision of the will, and if a decision of the will, the choice resides squarely with us. Deciding to be thankful is no easy task. It takes work." – Chuck Swindoll

"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude." - A.A. Milne

Some people grumble that roses have thorns. I am grateful that thorns have roses.
- Alphonse Karr

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
- Albert Einstein

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

"So much has been given to me. I have no time to ponder over that which has been denied."
- Helen Keller

...and remember
we're in this together

SCOTT & LISA RICKARDS

