



AL'S CORNER

by Al Amico

Hi Everyone,

My sincere hope is this edition of Al's Corner finds you all well, as this is certainly a crazy time in our lives. This quarter I wanted to focus on "The Power of Giving". The power of giving comes from selfless acts where you simply give from your heart. It could come in the form of words, gifts, a physical nod of acknowledgement, lending a helping hand, etc. The beauty is every human being has this ability no matter their financial status. As the old saying goes, "it is better to give than receive". There is actually real science behind the benefits of giving but I won't pretend to be an expert in that field. It's important to be aware we all have the power to improve the lives of others while making ourselves feel good at the same time. I love win-win situations! I truly believe a full meaningful life includes the joy of giving and it must be without expecting anything in return. We should never give to others simply so we can gain, and it's never too late to start. I recently joined several co-workers at a local food shelter to help prepare and serve food to some less fortunate neighbors. This experience helped me to better understand the circumstances of others, to be empathetic and open minded. There are so many important causes out there that always need support. Hopefully this will inspire you to find something you are passionate about where you can make a difference. Remember... giving comes in many forms, shapes and sizes. A simple smile can give the gift of happiness to others, as the odds are great, they will smile with you.

Until next time wishing you all health, happiness, love and prosperity.

Sending you all a big hug and SMILE 😊

Sincerely,

Al