



The Life Enrichment Center AT OYSTER BAY

Acts of Kindness for the New Year
By Silvana LaFerlita Gullo, Executive Director

" A simple
act of kindness
can make
a tremendous
impact on
a person's
life. "

I have always been inspired by random acts of kindness and was encouraged by my parents throughout my life to think of others not just at the holidays but as a way of living. No act of kindness I've seen is more powerful than what I witnessed recently while visiting my mom. A fellow resident at her assisted living facility spends his day connecting with others by saying hello, lightly touching a shoulder or a hand and offering a kind word. While trying to lift the spirit of others, his own spirit is lifted when someone responds with a smile.

My hope for 2016 is that we can become Oyster Bay's "Ambassador of Kindness". Everyone can get involved by offering random acts of kindness to each other daily. Many of us already do...so this should be easy!

No boundaries of age, financial status, language, ethnicity, culture or religion prevents us from experiencing the joy of positively touching someone's day. Both the giver and the receiver are profoundly affected by small acts of kindness.

At Lunch: Instead of walking directly to your table, share a moment with a Member or guest you don't know, introduce yourself to a newcomer, invite someone to your table, or say hello to someone you've never spoken to before. Your kindness might encourage someone who feels alone or out of place to feel welcomed.

While at the Center: Consider volunteering to assist with a myriad of projects that offer a rewarding opportunity to positively affect others and the future of our Center. Use your talent, learn a skill or share your ideas to make a difference.

Executive Director's Resolution for the New Year: Our quest to create a "model" Center keeps the staff and I so busy we rarely have the chance to enjoy your company. So beginning in January, I will host a monthly 'town hall' meeting inviting Members, staff and an occasional guest to join us for an hour of open discussion. "**Let's Talk**" will give us the opportunity to spend quality time together. I look forward to getting to know each of you better.

Regardless of the challenges you faced I hope you found the silver lining in 2015 and that you welcome the New Year with open arms. We look forward to a year filled with kindness for you all!

"No act of kindness, no matter how small, is ever wasted" ~ Aesop

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