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As we ease into the holiday season, remember all that you are thankful for and keep those thoughts every day. Here are some words of wisdom from Dear Abby that can make this easier.



Grateful Rhythms

Recently, after some of the trials and tribulations my vibrant 90-year-old husband has faced, I'm deeply grateful that he is receiving the proper care and guidance from his doctors.

As I shared in my [September blog](#), I take on the role of an advocate in challenging situations. We all need someone with patience and determination to ask the right questions when a loved one starts to decline (even if they are not a senior) whether physically, mentally or both. It is truly a balancing act.

To my family, friends and clients, here is a piece by Abigail Van Buren of "Dear Abby" fame on the importance of gratitude.

Dear Readers:

... How's your health? Not so good? Well, thank God you've lived this long. A lot of people haven't. You're hurting? Thousands – maybe millions – are hurting more. (Have you ever visited a Veteran's hospital? Or a hospital for crippled children?)

If you awakened this morning and were able to hear the birds sing, use your vocal cords to utter human sounds, walk to the breakfast table on two good legs and read the newspaper with two good eyes (or even one), praise the Lord! A lot of people couldn't.

How's your pocketbook? Thin? Well, most of the world is a lot poorer. No pensions. No welfare. No food stamps. No Social Security. No Medicare. In fact, one-third of the people in the world will go to bed hungry tonight.

Are you lonely? The way to have a friend is to be one. If nobody calls you, pick up the phone and call somebody. Go out of your way to do something nice for somebody. It's a cure for the blues. [READ MORE](#)



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