

## *Kindness in the Community*

*By Nina Novikoff, HR Director*

The holiday season; there's no other time of year quite like it. It's a time for families and friends to reunite and be grateful for all they have, including each other. It is also a time to consider those who don't have family and friends to share smiles, memories, and warm embraces with. A time to consider the needs in our community that can be met through simple and sincere gestures of kindness.

I certainly hope during this season of giving, you find the inspiration to give a little more, whether volunteering at our nursing home and assisted living facility, shoveling a neighbor's walkway, or simply smiling at a stranger passing by. You can

donate to the local food bank, shop locally, compliment a coworker on their choice of Christmas music; even return an overdue library book.

A simple act of kindness can truly change someone's perspective of the season, our community, and even their outlook on life. Please take some time this holiday season and extend your kindness and good intentions to those around you. For inspiration, the Random Acts of Kindness Foundation is a great place to start: <https://www.randomactsofkindness.org/>.

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>.*

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