

Home Care Assistance

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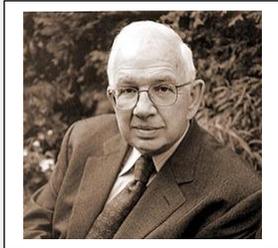
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Our website is:

www.HomeCareAssistanceCleveland.com

Check us out by clicking on the links at the bottom of our website to connect on Twitter, Facebook, LinkedIn and Google+.

We appreciate your 'Likes', Friendships, and Follows!



Harold Kushner

When you are kind to others, it not only changes you, it changes the world.



Hope you had a great
VALENTINE'S DAY



This month, I am going to modify our normal newsletter and devote it to **Random Acts of Kindness (RAK)**. We seem to be living in an unprecedented time when anything said can be twisted, turned and criticized. I'm convinced that everyone feels compelled to share their opinions, whether right or wrong, and without any consideration of their impact on the listener, including loved ones. Accordingly, let's try to be kinder to one another and not sweat the small stuff (*Don't Sweat the Small Stuff*, by Richard Carlson).

Here is the website for the **Random Acts of Kindness Foundation** - <https://www.randomactsofkindness.org/>. Last week was RAK Week 2017 and Friday, February 17 was National RAK Day. The Foundation is a resource for people committed to spreading kindness and provides a wide variety of materials on its website.

Kindness starts with one person – YOU. Make it a habit. Teach your children. Spread kindness to others. Without further ado, here are many different random acts of kindness for your consideration. These are taken from *102 Random Acts of Kindness – Ideas to Inspire Kindness* by Brad Aronson.

1. Create a holiday to celebrate someone you love. I have "Mia Appreciation Day" for my wife. Your appreciation day can be as simple as declaring the date of the holiday and writing a note of thanks each year to read out loud on that day. You can also invent your own fun or crazy family holiday.
2. Put 50–100 paper hearts or smiley faces in a box. On each cutout write something that is special about your lover or a good friend. Give her the box and tell her to pull out a heart or smiley face anytime she gets lonely or wants a pick me up.
3. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
4. Your compliment could be something silly, yet endearing. Here's a post from Pinterest. Upon entering the Magic Kingdom, one of the security guards said to a young girl 'Excuse me Princess, can I have your autograph.' I could see that the book was filled with children's scribbles as the guard asked the same question of many little Princesses. She could not get over the fact that the guard thought she was a real princess."
5. Share overheard compliments.
6. One easy way to ensure you write a nice note or give at least one compliment a day . . . When you open your inbox for the first time of the day write a short email – 1 paragraph max – praising someone. This note can be as simple as, "Just wanted to say, 'thanks for being such a great friend.'" Or, "Thinking of you." Or point out something nice you noticed. 15 seconds can make someone's entire day. And looking for something to compliment a person on each day will make you more aware of and appreciative of the kindness around you.

Home Care Assistance

OUR MISSION

Our mission at Home Care Assistance is to **change the way the world ages**. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the **caliber** of our caregivers, the **responsiveness** of our staff and our **expertise** in live-in care. We embrace a **positive, balanced approach** to aging centered on the evolving needs of older adults.

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440-332-0170

**WE ALL CARE.
IF WE WANT TO MAKE
AN IMPACT, THEN WE
MUST ADD ACTION.**

**CARE
+
ACTION
=
IMPACT**

7. Here's Helen Mrosia's great kindness idea... Give each member of your family, team, class or group a piece of paper with the name of every group member on the piece of paper. Tell each group member to "write what you appreciated about each fellow group member next to the person's name" (or you can give out notecards and instruct everyone to "write what you appreciate about each group member on a separate notecard"). The leader collects all the sheets/cards. All the comments are organized so each person gets a page (or the cards) with all of the positive comments about them. Helen discovered that her students cherished these sheets so much that the students kept them and still talked about them a decade later. The parents of one student told Helen that their son took the paper with him when he was deployed and kept it with him the entire time. People don't hear how special they are often enough. This act of kindness exercise is a simple way to appreciate others in a lasting and touching way.
8. Take five minutes to send postcards to sick children who are fighting serious illnesses and want to receive mail. You can also send mail to Cards for Hospitalized Kids, which delivers the cards to children in US hospitals. A great activity for individuals, families and classrooms.
9. Through Send Kids the World you can send postcards to the siblings of seriously ill children. Siblings often don't understand what is going on and feel left out because of all the attention and cards a sick sibling receives.
10. Send a surprise gift. The Wee Happiness Project accepts your nomination of a person who has been through a rough time and could use a surprise in the mail. Depending on the volume of nominations, all or some of the monthly nominees receive a card in the mail along with a surprise gift. Nominate via Facebook message.
11. On Mother's Day and Father's Day, remember any friends who have lost a parent the previous year, and check in with them. Those will be tough days.
12. Make little gift baskets for the kids in your neighborhood. One of our neighbors made our son an Easter basket (also a Halloween and Christmas basket). It made our son, my wife and me feel great. The cost of each basket was probably \$5.
13. "Want me to pick something up for you?" If you know someone is overwhelmed – perhaps by a new baby, family health issues, or something else – give them a call when you're going out to the store. Ask if they'd like you to pick something up. We've been the beneficiaries of this random act of kindness, and it's great.
14. When a friend's family member dies, an incredible gift is to gather stories about the deceased. Get friends and family members to provide stories, anecdotes and photos. Your friend will forever cherish the book you'll put together. If you can't make an entire book, just sharing your fond memories is appreciated.
15. If you're an Amazon.com customer you can donate Amazon.com's money to your favorite U.S. nonprofit through Amazon Smile. It takes a total of 20 seconds to read how to do this and set it up. Then Amazon will donate to your favorite nonprofit each time you make a purchase.
16. When you buy goods from over 1,700 other online retailers you can use iGive to have that retailer donate money to your favorite charity. This includes major retailers like Best Buy, Expedia, Bed Bath and Beyond, and others.
17. Collect soda can tabs to donate to Ronald McDonald House for sick children and their families. The charity gets paid for these.
18. My mom called me after a winter storm that resulted in a few days of icy roads. Mom suggested I call some of the seniors in my neighborhood to make sure they were ok and didn't need anything. What a great idea. The thoughtful owner of Fox's Pizza Den in Ligonier PA went even further. When freezing temperatures made it dangerous for elderly people to go outside, Tom Wynkoop offered that his delivery people would bring medicine, food or other necessities to those who couldn't get out due to health reasons – no food ordering required.
19. If you're a musician living in NYC, Philadelphia, Washington, DC, Nashville or Miami, you can volunteer through the nonprofit Musicians on Call to deliver a live, in-room performances to patients undergoing treatment or unable to leave their beds. Add a dose of joy to life in a healthcare facility by bringing the healing power of music to people who need it.
20. Put a surprise note or sketch in with your spouse's or kid's lunch.
21. Help others find the positive. At the beginning of one of my classes, we'd often discuss what was going on in the students' lives. One student frequently pointed out the positive qualities of her classmates. When Yasmiyn spoke, you could see other people glowing. In fact, Yasmiyn's participation changed the tone of our class.

RANDOM ACTS OF KINDNESS

22. When it's summer and hot, give out cold Gatorades to your mail carrier and garbage men. When it's freezing outside offer hot chocolate to crossing guards, police officers and others.
23. Cook an extra portion of dinner (or dessert) for someone who needs it. Aid for Friends is a Philadelphia area nonprofit that delivers about 500,000 meals yearly to people in need. It started with one woman's small acts of kindness. She made an extra meal each night to give to someone who needed it.
24. After a wedding or party donate all the flowers to a nursing home. If you want to see the impact of these random acts of kindness, personally deliver a flower to each resident. You could also bring the flowers to a hospital and ask the receptionist to distribute them to patients who could use them.
25. Speaking of flowers — Why not take flowers to the nursing station at a hospital — for the nurses.
26. Tell someone the truth. Sometimes it's hard, but it's what friends do.
27. Say "thank you" to someone who made a difference. . . . Send a card to people who dedicate their lives to helping us — soldiers, police officers, fire fighters and teachers to name a few.
28. Seer has a display of thank you cards in their office lobby. Any employee or visitor can take a card and a postage stamp. As founder Wil Reynolds said when he was giving my class a tour of his office, "We want everyone to be able to send a thank you note anytime. If your grandma did something for you, your parent or a client or co-worker — pick up a note and send that card."
29. Write letters to strangers who need them. More Love Letters has a list of people who could benefit from letters of encouragement. Each person has been added to the web site by a friend or family member. Read the stories and take five minutes to make someone's day.
30. Send cards to lonely seniors. 13-year-old Jacob Cramer started Love for the Elderly, which distributes letters to American seniors via senior centers and nonprofit organizations. Letters have come in from all over including Cleveland, Asia and Scotland.
31. There are so many ways to make people feel great by sending letters: Send a crazy letter or postcard to make someone laugh. My nieces love mail so much, that my wife and I try to regularly send them postcards, stickers and anything we find for that matter, and it makes their day.
32. Send a letter just to "let you know how much I care about you." How wonderful would it be to get that?
33. Cut out an article and send it to someone. "I thought about you when I saw this..." or "this reminds me of..." My grandmother always did this, and it made me feel great. For other ideas from my grandma see: Grandma's How to Be a Better Person, The Perils of Tight Underwear and more.
34. Take a cute photo of someone you love and mail or email it to them.
35. Think of the amazing people in your life. Take an hour to write those people a letter telling them why they're awesome.
36. Even easier and quicker than sending letters is texting. You could text someone just to tell them something you appreciate about him. I received a random text like this from a relative. It made me feel awesome.
37. Do you know someone who could use a lift? Add them to the More Love Letters list, so they can get letters of encouragement.
38. Join the bone marrow registry. Certain types of patients with blood cancers can survive only if doctors find a bone marrow match for a transplant. A friend of ours survived, because he found a match — his kids have their dad because of a bone marrow match. There are moms, dads and kids who can live if they find a match. How it works — you send in a swab from your mouth. Then you're added to the bone marrow registry. If you're lucky enough to be a match, you have the option to save a life by donating bone marrow from your blood. You're usually sore for a day or two afterwards.
39. Keep an extra umbrella at work, so you can lend it out when it rains.
40. If you're a business, leverage what you do every day to do good and perform acts of kindness.
41. Sometimes we shy away from people when we know they're having a rough time. We assume we should wait for them to approach us, so we're not intruding. Instead, ask them how they're doing. If they don't want to talk, they'll say they're "fine." Many people will be relieved to have someone to talk to. If you don't ask, they might never mention anything to you. They might not want to burden you with their problems.
42. Listen. Don't interrupt. Something I learned from my wife is that people don't always want us to suggest a solution. They just want us to listen. We underestimate how important and comforting it is to be listened to.
43. Do something special that you know your significant other will appreciate — like when my wife surprised me with chocolate chip pancakes for breakfast. These small acts of kindness matter.
44. When you see something good, share it. Tim, a friend who teaches, said that when his students are doing well he calls their parents. Tim teaches at an alternative school where parents usually receive calls from the school when their children are in trouble. Tim said he likes to make sure he also calls with good news. How great for the kids and their parents. Keep an eye out for the positive and share it with parents, spouses, friends and so on. These are simple and great random acts of kindness.
45. Be kind to yourself. Every day write down 3 to 5 things for which you're grateful. I do this every night with a simple email to myself. Research has shown that this increases happiness 25%.
46. When people are gossiping about someone, be the person to chime in with something nice.
47. Be sure to also share in a work setting. Provide positive feedback for services provided.

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48. Encourage someone to pursue their dreams. And, help them achieve their goals. If failure has the person down, use examples of famous failures that resulted in success as inspiration or this poem – Don't be Afraid to Fail.
49. Say, "Yes" to someone. 15-year-old Jack Thomas Andraka received 199 rejections before a lab finally agreed to allow him to do research there. Jack Andraka wound up developing a cancer test 100 times more sensitive and 26,000 times less expensive than existing tests.
50. Donate your stuff. Instead of saving things in case you need them in 10 years, consider giving stuff to someone who needs it now. Donate clothes, furniture, old phones, inkjet cartridges, children's clothes and books, appliances, electronics, cars, eyeglasses and more. Some nonprofits will even pick up items at your house.
51. Through Give Back Box you can pack up clothes, household items, games or other items you no longer need, and Give Back Box provides a prepaid shipping label so you can ship the items to Goodwill at no charge. This can be done from any state in the US.
52. When you're volunteering keep the little things in mind. Some students from Spark the Wave were volunteering at a coat drive. In addition to giving out the coats, they added kind and encouraging notes inside the pockets. There were also kids who decorated the lids on cans of food they donated to a food pantry. The human touches in these random acts of kindness make a difference.
53. Our neighbors noticed that we had a lot going on and could use a distraction. So, our neighbors placed a small gift in our mailbox.
54. Give someone the benefit of the doubt.
55. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also, say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.
56. In the middle of December, buy gifts for a kid who otherwise wouldn't be able to receive a gift. Here is a brief list of some places through which you can give gifts to kids who might not otherwise receive presents – Angel Tree Program, Toys for Tots, Operation Letters to Santa and One Simple Wish.
57. Contribute a small sum of money to grant a wish of a foster youth. One Simple Wish has an online directory of requests that case workers submit for their foster youth. The wishes are often the simple things – money to go to prom, dance lessons, money to pay for being on the school cheerleading squad, to name a few.
58. Follow up. My friend Mary received tremendous support when diagnosed with cancer. She said the support tapered down while she went through her lengthy treatment. Mary's experience changed her perspective. Now, when someone she knows has cancer, Mary finds reasons to send a note or reach out every few weeks. I recently heard the same thing from a friend who is going through a divorce. He said it felt like everyone forgot about him a few months later, even though it was still tough. I felt bad hearing these statements, because I haven't been thoughtful enough about long-term follow-up. But now I'll do better. Let's remember to reach out months after a trauma (disease, divorce, death, etc.). My friends said that even an occasional friendly note makes a big difference, and even if the person sending it wasn't a close friend.
59. Send your children memories, achievements, awards, etc. to their email address.
60. Check in with someone. Recently an acquaintance emailed to see how I was doing. She said she hadn't seen a blog post in a while and wanted to say "hi." Although it was simply business that kept me from posting, her outreach was touching.
61. Pay for someone's dinner.
62. Loan money to a third world entrepreneur through Kiva. These tiny investments change the lives of the families who receive them, and 99% of the loans are paid back.
63. There isn't enough work for the military personnel who have returned home, so many of them survive on odd jobs. What do you need done around your house? Post your odd jobs on Hire Patriots and give back to those who have given so much. Plus, you'll get someone who knows how to get a job done. You might also want to check out Support our Troops – Over a Dozen Ways to Thank Our Troops and 10 Incredible Entrepreneurs Serving Veterans, How they Got Started, and How You can Help.
64. Offer a ride. Many veterans don't have transportation to and from their medical appointments at VA Hospitals. You can volunteer as a van driver for Disabled American Veterans.
65. Support our troops by supporting families who have a member deployed. The families are often forgotten. Thank them for their sacrifices. Offer to help them around the house. Babysit. Let them know you recognize their sacrifice and ask how you can help. If you'd like to help, Operation Homefront supports families of veterans with financial and emotional needs. Soldiers' Angels provide support to military families through three services: Comforting the loved ones left behind when a soldier dies in battle, providing handmade gifts and virtual baby showers, and holiday adoption program to support a family's holiday needs. Volunteer with Soldiers' Angels.
66. On Memorial Day or Veteran's Day, go to your local memorial or event and pass out mini flags or flowers to Veterans.

Go to Brad Aronson's Blog to read the remaining 36 Random Acts of Kindness.

I hope this list will inspire you to do random acts of kindness. The number of ways to be kind is limitless. Use your imagination. Be creative. Support and encourage others. Most of all – BE KIND.