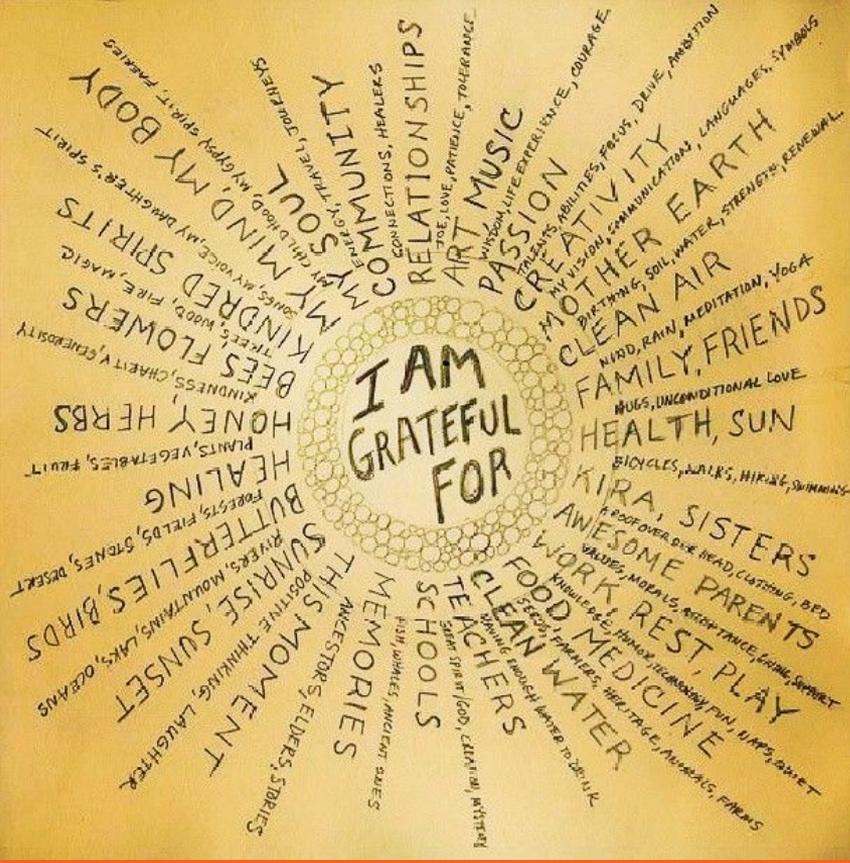


Gratitude

November
Portvisory



Agenda

- What is Gratitude?
 - Ted Talk
 - Newspaper Clip
 - Group Project!
-

What is Gratitude?

- What is gratitude?
 - Why is it important?
 - Why can it sometimes be hard to be grateful?
 - And yet, why is it important to practice gratitude?
-

*Louie
Schwartzberg*

Nature. Beauty.
Gratitude.



Local News / Group Project

What does this remind us
to be grateful for?

How can we contribute?

**Woman seeks cards, notes
from Cape Cod**

Dear Write to Know: Hello, I hope you will print this for me. My husband and I were blessed with four children, two boys and two girls. Our youngest daughter Beth was diagnosed with brain cancer when she was 7 years old. She lost her battle with it and died on Jan. 31, 2017. My husband, James, was a Vietnam veteran and was ill a few years to Beth's death. He worsened after we lost her, and he passed away May 3, 2018. We were married for 51 years. I miss my dear loved ones every day. The reason for this letter is that we visited the Cape years ago and fell in love with it. I am elderly and not in good health myself these days. I was just wondering if maybe some of your readers would like to send an old lady a card or a picture of your area. I am

or a picture of your area. I am originally from Providence, Rhode Island, but don't think I will be able to make another trip up that way. I will respond to every letter I receive. I get lonely these days. Although I have my children, they don't live close and it's not the same. You can send cards or pictures to Kathleen Bretz, P.O. Box 435, Brodhead, KY 40409. Thank all for your time and concern in this matter.

K.B., Brodhead, KY

Dear K.B.: Our readers have been generous in the past. We hope they send cards and pictures of Cape Cod your way. Best of luck!