

HELPING HANDS HERALD

United
Way



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A Message from the Director

With Mother's Day just passed and Father's day upon us, I have been thinking a lot about the lessons my parents taught me over the years. Aside from the standard paternal advice to check my oil and my tires, and my Mom's insistence on clean underwear in the event of an accident, there have been two lessons that stand out: **Be generous and be kind.** It has taken me some time to understand the very real importance of these values. They are not flashy or grand. They do not require a lot of money or prestige. They are simple and understated, yet they are the cornerstone to many of the good works performed in the world today.

My Dad is an interesting guy. He is quite intelligent and often departs his wisdom in the form of lectures which I dutifully resent. While the lectures are not without merit, it is his actions that most impress me. As I was growing up, he was frequently doing small acts of kindness and generosity for other people. One year he showed up at the housing authority and gave them \$100 so that some kids could have new shoes. Another time, we stopped to give a ride to a family whose car had broken down on the side of the interstate. And, I cannot begin to count the times he has rescued an injured animal. As I write this he is probably hand feeding his latest rescue, a beautiful, fluffy orange and white kitten that is unable to walk. Never one to seek recognition, he purposely tries to remain anonymous for his good deeds. One of his favorite pastimes is to surprise friends and neighbors by mowing their grass. Usually they never know who did it, just that they were spared a few hours of heat exhaustion.

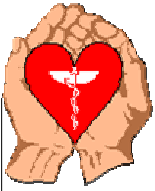
My Mom is soft-hearted and funny. Always respectful of every living thing, she has made a lifelong habit of blessing animals killed on the road. So, when we're in the car and we pass an opossum who met his fate with a Buick, my Mom will stop mid-conversation and murmur "Bless you, bless you". To some, this may seem odd, but for me it has always been a testament to her sweet spirit. Over the years my Mom's vision has declined and on one particular road trip, she thought she spotted a road kill ahead. Ever ready, she began the murmured blessing. As she got closer, she realized it was only a paper bag. And although my brother has since taken to mocking her by blessing every inanimate object in the road, the lesson has remained. Be kind to other living things-people, animals, and the environment.

Like most of us, it has taken me becoming a parent to really appreciate these lessons. When I look at my daughter in all of her toddler glory, my greatest wish is that I can somehow pass them on to her. Being generous and kind may be simple values, but they are the values that keep me sane in a world that is sometimes too focused on meanness and the material. They are the values that help me get up in the morning and love each day to the fullest. And while I may not get it right everyday, I can always thank my Mom and Dad for teaching me to try.

Lou

.....every time you offer a **helping hand**, every time you show a person you care and understand, every time you have a kind gentle word to give — you help someone find beauty in this precious life we live.

Harry Johns, PhD



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RETURN SERVICE REQUESTED

- WELCOME NEW VOLUNTEERS**
- Linda Babb, Eligibility
 - Megan Childers, Pharmacy Assistant
 - LaDonna Childers, RN
 - Marilyn Cook, Eligibility
 - Lisa Crouch, Eligibility
 - Sabrina Foddell, Eligibility
 - Carol Hamilton, Dictation
 - Lynn Mikael, Eligibility
 - April Moore, Pharmacy Assistant
 - Rebekah Norman, Dictation
 - Patricia Philyaw, Eligibility
 - Brad Suddreth, Discharge
 - Linda Teniente, Eligibility
 - Patty Williamson, General
 - Nathan Wright, Pharmacist

SAVE THE DATE

Help us celebrate Helping Hands 7th Birthday
 and come see the newly renovated third floor!

Tuesday, September 20, 2005
4:00pm-7:00pm

**MISSING THAT
 DONATION ENVELOPE?**

Watch your mail for a GREAT
 “Fun”raiser Idea!