



Imboden Insights group will not be meeting in December. Check back later this month for next quarters meeting schedule.

We wish you a blessed holiday and a joyous new year. As you share the holiday with your loved one, try one of the ideas below to create an enjoyable experience and fond memories.

- Share your special talent
- Share your coffee or lunch break
- Share your family – bring them for a visit
- Help put up holiday/seasonal decorations
- Take them outside on a nice day
- Share stories or read poems, books or news
- Share photos
- Listen
- Share and make a favorite recipe
- Share their favorite music and maybe a “dance”
- Have a secret “Hello” sign
- Let them share their special talent with you
- Help write letters or emails
- Play cards
- Laugh together – find humor in the little things
- Live in the now – put expectations aside and enjoy the moment

*Blessed is the influence of one true loving human soul on another.*

*~George Eliot*

*Giving is the secret of a healthy life. Not necessarily money, but whatever a person has of encouragement and sympathy and understanding.*

*~John D Rockefeller, Jr*

