



Blog of the month – November 2015

Six ways to create a new Thanksgiving tradition

Thanksgiving conjures up thoughts of good food and family traditions. While lots of traditions center around favorite dishes for the Thanksgiving table followed up by big-time shopping, there are all kinds of other traditions that can be part of this great celebration. We're thinking of the non-consuming-more-giving kind of traditions. Here are six ideas for starters:

On Thanksgiving Day

- Know someone who's spending Thanksgiving alone and away from family? Invite them over to share in the festivities.
- Prepare a mini box of Thanksgiving fixings and deliver to a homebound senior or neighbor.
- Pare your big dinner down to a medium-sized one and donate the savings to your favorite food bank.

On Black Friday & Cyber Monday

- Turn Black Friday into Free-up Friday. Pick a room in your house and commit to filling up at least three boxes of unused stuff (clothes, shoes, toys, dishes, whatever) for donation to a local thrift shop.
- Turn off Cyber Monday. Unplug the gadgets for the day and treat a neighbor, friend or family member to some leaf-raking, snow-shoveling or a real live human-to-human visit.
- Can't bear the thought of missing out on all those Black Friday and Cyber Monday deals? Okay, go for it. But for every item purchased for yourself or family, buy a toy or gift for donation to a local charity.

This beloved holiday is about more than a big meal and marathon shopping. It's about being mindful of what we have. And what we can do for others. Happy Thanksgiving!

