



# The Primrose Press

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2080 Guerneville Road  
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## A TIME FOR GIVING THANKS

We always think about giving thanks during the month of November but what if we gave thanks all year long? Being thankful for what we have is one of the simplest and easiest ways to lift your mood and live a happier life. Who wouldn't want that?

Here's some tips for making thankfulness a part of your daily life.

- Pause during your day and ask these questions:

What are 3 things I can be thankful for today? Who are 3 people I can be thankful for and why?

- Express your thankfulness

Take a few seconds to tell someone. This will make their lives happier too!

- Be thankful for the things you may take for granted.

A roof over my head and a warm home

Plenty of drinkable water and food to eat

Being able to enjoy the small and free pleasures of life.

- Start or end your day with thankfulness

Make thankfulness a habit.

Here at Primrose want to say thank you to all our families who have given us the privilege to care for their loved ones and to our friends who support and encourage us along the way. WE APPRECIATE YOU!



## Primrose Halloween Party



Primrose and  
Redwood Caregiver  
Resource Center  
Support Group  
November 13th  
1:30-3:00  
Facilitated by  
Alexis Glidwell, LCSW

