LifeWise
EVERYDAY WELLNESS

Gifting to Give Back

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Spreading cheer and giving to those in need is a wonderful thing to do year round. The holiday season can be the perfect time to start a new tradition of giving back. Here's a few ways your family, a group of friends, or your workplace can give back.

ADOPT A FAMILY

If you love to shop, consider adopting a local family in need. Contact your local social services provider, shelter or church and see if there is a family that you could "adopt" for the holidays. Purchase necessities, along with a few toys, for the children.

HAVE A COOKIE SWAP

Get your friends together and have a cookie swap. Have everyone make a few dozen of their favorite cookies and get together to assemble cookie trays. Deliver them to local shelters and community centers.

SHOP LOCAL BUSINESSES

When able, purchase gifts from local vendors. Start out your shopping on your local Main Street. Hit local craft fairs and holiday bizarre. Chances are you'll find what you are looking for locally.

DONATE

Your time. Your talents. Your money. Can you play piano? Consider playing Christmas carols at a local nursing home. Can you cook? Consider preparing a meal for an elderly neighbor. Can you afford to donate money? Consider making a gift to a local charity.

GIVE ALTERNATIVE GIFTS

Consider making a donation to a charity in the name of someone on your list.

We have all heard that it is better to give than receive. If you've given to someone in need, you know firsthand this is true.

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