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Today's message include **Connor's Corner** instructions on how you can live happier in 2019. Interestingly, my theme is being taken from a conversation with Anna, an intern for Director Elaine Gossett at Chattanooga's Therapeutic Recreation Department. In my 17 years of volunteering for this program, I've witnessed both positive and negative changes. However, I have never seen Elaine miss or try to avoid sharing a positive helpful mood while offering hope to those of all abilities. Her caring nature is one she tries to pass on to her interns, but she has already stated about new intern Anna that "I'm not gonna have to teach her a lot—she will be excellent!" I'd like to share with you comments Anna made to me that reiterate my belief in her future success, and I feel they are great suggestions for all of us on our journey to a happy life.

1. I'm not here, nor will I ever be anywhere, for the money. I'm here to help others to the very best of my abilities.
2. I don't feel I can watch people hurt or suffer when I know I can help.
3. We all need to/should live better lives and I am ready to really help others.

Easy words to say—but the hard part comes when you try to live by them and put them into action! Let me know what YOU are doing to help those around you and I'll share it in a future Connor's Corner. Perhaps we can inspire others??

ECR

## HAPPY BIRTHDAY, MOLLY MILES!

We had a wonderful birthday party for Molly Miles last week—pizza from New York Pizza, a fantastic red velvet cake made by Shelene, and tasty couscous salad made by Carol, a rousing game of bingo with prizes, and lots and lots of laughter and love! Thanks to everyone for making this happen!!

## WEEKLY ACTIVITIES

**Friday, February 1.** It's a big day at Hosanna! We've got Brooke from the Hart Gallery coming to do a special activity, we're having a hot dog and tater tot bar lunch, AND we've got a video crew coming to get footage of the property and our residents "in action." If at all possible, please arrange your schedule so you can be here between 11:00 and 1:00 and participate in these activities.



**Sunday, February 3.** Besides our weekly trip to Walmart after lunch, it's SUPER BOWL SUNDAY! We'll have some special snacks for those who come to Hope House to watch the big game.

