

40 INSPIRING
MOTIVATIONAL
QUOTES
ABOUT
GRATITUDE

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What Are You Most Thankful For?

We have surveyed the FASP membership and asked "What are you most thankful for this year?" Here are the responses we have received.

"I am truly grateful to have an opportunity to make a difference in people's lives. My job is without a doubt the best. How many people get paid to love, laugh and live with the greatest generation. I'm thankful for family who taught me importance of family both biological and extended."

Sandra Weaver

"As always, I am most thankful for my caring, thoughtful and generous family and friends."

Andrea Busada

"My family, faith, health, and job."

Teri Busse Arvesu

"The wonderful staff and volunteers I have at Council on Aging of West Florida."

John Clark

"I am most thankful for my family and their unconditional love and support."

Marva Ricketts

"I am grateful for the breath of life that has sustained my family and friends."

Larry Dixon

"Thankful for my wonderful family. Thankful for the wonderful team at Pasco County Government who truly care for all the citizens they serve each and every day. Feel so blessed."

Cathy Pearson

"I am thankful for God's guidance and faithfulness this year. Having been faced with some of the most difficult things affecting my family he has helped see me through. Being blessed beyond measure with a great group of Seniors in which I am able to be a part of making them age with dignity in their own home. Merry Christmas and Happy New Year!"

Anita Clarke

"Family love."

Sally Marvin

"The support of people and organizations in the community who may not have direct experience with aging or aging issues, but are still excited to support those in need."

Josh Newby

Inspirational Quotes from the FASP Membership



Here are some 'Inspirational Quotes' from the FASP membership.

"Opportunity is missed by most people because it

is dressed in overalls and looks like work" *Thomas Edison*

Life's most persistent and urgent question is 'What are you doing for others?' *Martin Luther King, Jr.*

"Growing old is mandatory, growing up is optional." *Unknown*

"How old would you be if you didn't know how old you were?" *Satchel Paige*

"Each one of us can make a difference. Together we make change." *Unknown*

"People will forget what you

said and people will forget what you did but, they will never forget how you made them feel."

Unknown

"Touched by God to touch others." *Unknown*

"One ripple of kindness can go to create a large wave." *Unknown*

"Everything you faced can't be changed, but nothing can change until faced." *James Baldwin*

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it." *Lou Holtz*

"Integrity is doing the right thing even when no one is watching." *C.S. Lewis*

"It is a sign of strength, not weakness, to admit you don't know all the answers." *John P. Loughrane*

"You'll never change your life

until you change something you do daily. The secret of your success is found in your daily routine." *Unknown*

"Nothing is impossible, that word itself says I'm possible." *Audrey Hepburn*

"A society grows great when old men plant trees whose shade they know they will never sit in." *Unknown*

"We must find time to stop and thank the people who make a difference in our lives."

John F. Kennedy



Older Americans Month 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older Americans Month.

The 2018 theme, Engage at Every Age, which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

Participating in activities

that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

In the coming months, they will provide materials to help you promote and celebrate this observance. Visit the official Older Americans Month website in early 2018 for logos, posters, and

more!

To start promoting online, use the official hashtag #OAM18.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

start each day with a grateful heart



National Hispanic Council on Aging Inducts Josefina Carbonell into it's National Hall of Fame

News provided by

Independent Living Systems

MIAMI, Dec. 19, 2017 /PRNewswire/

Josefina Carbonell, Senior Vice President for Long-Term Care and Nutrition at Independent Living Systems (ILS), has been selected to be inducted into the National Hispanic Council on Aging's (NHCOA) "Hall of Fame." The Hall of Fame Award was created to honor those whose efforts promote the dignity and well-being of older adults. The Hall of Fame induction recognizes Ms. Carbonell's commitment to advocating on behalf of the elderly for community-based long-term care services.

"I have enjoyed a fulfilling career dedicated to my true passion in life - serving the needs of the elderly and

disabled," said Carbonell.

"Being recognized by NHCOA and inducted into the national 'Hall of Fame' is a true honor. I am proud to receive this honor from the NHCOA, the nation's premier organization focused on improving the lives of Hispanic older adults, their families and caregivers.

The work and leadership of NHCOA in advocating for the needs and interests of the aging and disabled community requires collaboration between government, private industry, health and long-term care academia, Home and Community Based Service (HCBS) providers and many families in communities across this country.

Due to the millions of 'adultos mayores y sus familias' that NHCOA and their community partners touch every day, I humbly accept this recognition. I will continue to seek new and innovative ways to promote collaboration between all parties interested in advancing the quality of life for older adults and their families."



More Than 20 Percent Of Adults Aged 85 And Older Require ADL Assistance, CDC Data Show.

McKnight's Senior Living (12/20, Bowers) reports recent data (PDF) released by the CDC's National Center for Health Statistics show that 21.7 percent of adults aged 85 and older "needed help with activities of daily living in the first half of the year."

The January-to-June National Health Interview Survey found "adults in that age range are more than twice as likely as those aged 75 to 84 (8.5%) and more than six times as likely as adults aged 65 to 74 (3.4%) to need ADL assistance." The piece adds

that seven percent of adults aged 65 or older "need help [with] personal care such as eating, bathing, dressing and walking."

New Notice of Instruction—DOEA Website

Notice of Instruction: NAPIS Reporting FFY 2016-17
(Notice #: 112017-1-I-PE)

Pease [click here](#) to go directly to the DOEA Notices of Instruction 2017 page.



The Power of Thank You

By Kimberly Montgomery, creator of the Choices Notebook and blogger at Fifty Jewels.com.

Say "Please and thank you." It's one of the first lessons we learn as children. Usually eager to please, we do as we're told. Then the surly teen years hit and all bets are off.

Most of us do come back to some semblance of civility. (Granted, some more than others.) As we grow into adulthood the amount of appreciation we express, and our ability to sincerely say "Thank you" has a dramatic impact on how we relate to others.

Gratitude in the Workplace

Researchers Adam M. Grant and Francesco Gino studied the impact of a sincere 'Thank You' in the workplace. Their findings show a 50 percent increase in the amount of additional help being offered as a result of the appreciation. Folks, that's HUGE.

In a related experiment by the same researchers, the Director of an organization personally thanked half the staff for their contribution to the company. The result? A 50% increase in sales calls the following week from the half who had been shown gratitude. Talk about impacting the bottom line at zero net cost.

Want a more eager team? Try saying Thank You more often.

At this point you're probably thinking the same thing I am — "Duh, doesn't take a group of

rocket scientists to figure that one out". Seems pretty obvious, right? Yet, how many work places can you think of that actively embrace and use this philosophy?

Happy Wife, Happy Life

The University of Georgia recently conducted a survey on the subject of marital happiness. This statement was included in their findings:

"We found that feeling appreciated and believing that your spouse values you directly influences how you feel about your marriage, how committed you are to it, and your belief that it will last."

Now I'm not sure about you, but if I were married, I'd certainly expect my spouse to appreciate me. It's kind of a base line expectation. I think we all feel that way.

Yet how many marriages can you think of where appreciation and respect for each other is nonexistent? It's sad when you think about it.

You've Got It, Now Flaunt It We all have this very powerful tool, the words "Thank You". They have the ability to motivate, create good will, make peace, and solidify love and commitment.

And yet, most of us are simply not using this very potent little two word device effectively. Which is nuts. It's free, it's easy and it feels good. And no one needs birth control.

Lots of things happen when we sincerely thank someone. First, the obvious, you feel good about yourself for having manners and being polite. But it goes much, much deeper than that for both of you:

Life is 10% what happens to you and 90% how you react to it.

Charles R. Swindoll

BrainyQuotes

The Thanker

Produces positive emotional state; Increases sense of well being; Triggers 'feel good' hormones; Re-enforces virtuous cycle in your brain ;

The Thankee

Feels higher levels of self worth; Triggers greater desire to help Thanker; Triggers helpful behaviors toward others; Appreciate being needed; Feel more socially valued

Thank Bombing

The benefits of throwing around Thank You's are enormous. And we have so many opportunities every day. How many people can you think of you can thank that you may have overlooked in the past? Who can you think of that you can thank again with more passion? Who will you always remember to thank in the future?

Let's start a Thank Bombing trend. We'll all just start thanking the hell out of everybody! Who ever does a good deed, helps us in anyway, who we see helping someone else, whatever! Get those hormones racing, self esteems rising, moods elevating — it'll be an all out party! Are you with me?? Good!

Let the ThankFest begin.

[Click here for more information on the author](#)

"Joy is the simplest form of gratitude."

Karl Barth

Take time to be kind and to say 'thank you.'

Zig Ziglar

BrainyQuotes

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www.friendshipcenters.org



www.marionseniorservices.org/



<http://agingtrue.org/>



<https://www.hillsboroughcounty.org/en/government/departments/aging>



<http://caresfl.org/>



Real Possibilities

<http://www.aarp.org>



<http://www.coawfla.org/>



<https://www.washcocoa.org/>



United
HOME CARE

There's just no place like home.

<http://www.theresidencesuhc.com/>



<http://www.seniorresourcealliance.org/>



<http://www.volencenter.com>



www.newvisioneyecenter.com



<http://www.goldenyearsnews.com/>

A grateful heart is a magnet for miracles

InspirationalQuotesMagazine.com

FASP is on Facebook—Are You?



Do you or does your organization have a Facebook or Twitter account?

We would love to “like” “Friend” and/or “follow” you too.

FASP - Florida Association of Aging Services Providers Facebook page

<http://www.facebook.com/home.php?#!/pages/FASP-Florida-Association-of-Aging-Services-Providers/186392068069967>

follow us on
twitter

FASP - Florida Association of Aging Services Providers Twitter

<http://twitter.com/IFASP>

DOEA - Florida Department of Elder Affairs Facebook page

<http://www.facebook.com/pages/Florida-Department-of-Elder-Affairs/128604923878650?sk=wall>

FCOA - Florida Council on Aging Facebook page

<http://www.facebook.com/home.php?#!/pages/Florida-Council-on-Aging/74320166787>

FCOA - Florida Council on Aging Twitter

<http://twitter.com/#!/FCOA1>

10 Simple Things You Can Be Grateful For Even When Times are Tough *by Henrick Edberg*

[Click Here](#)

Upcoming Events

FCOA/FASP Advocacy Summits

January 9, 2018: 1:30-3:30PM, Marion Senior Services, Ocala, RSVP 352-620-3501

January, 16, 2018: 1:00-2:30PM, AVOW, Naples, RSVP 1-866-413-5337

January 17, 2018: 3:30-5:00PM, The Friendship Center, Sarasota, RSVP 941-955-2122

January 19, 2018: 11:30AM-2:00PM, United HomeCare, Miami, RSVP 305-716-0710

January 24, 2018: Florida Senior Day at the Florida State Capitol <https://floridaseniorday.org>

August 13-15, 2018: Marriott Waterside—Tampa, FL Florida Conference on Aging <http://www.fcoa.org>



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Mission:

The mission of the Florida Association of Aging Services Providers, Inc. is supporting older adults and the providers that serve them through information, connection, and resources.

**FEELING
GRATITUDE
AND NOT
EXPRESSING IT,
IS LIKE
WRAPPING A
PRESENT AND
NOT GIVING IT.**

William Ward