

A Thankful Heart at Thanksgiving

It's that time of year again when life generally slows down leaving us with time to reflect on the goodness in our lives. For many of us, it is the people who we love and those who touch our hearts that give our journey purpose.

This year, perhaps more than ever the fragility of life has become real. The everyday activities that we take for granted, have become serious events during this challenging time. Unfortunately we have had to learn to prioritize activities and visits with varying degrees of risk. Whether it is finding a safe place to walk, reducing trips to a grocery or drug store or limiting visits with friends and family, our freedom to move freely without care or thought is perhaps something that we will never again take for granted.

The old saying "You don't know what you have till it's gone", could never be truer than it is today. It's life events like the present that give us pause to appreciate good health, the value of friendships, the love of family and the sacrifices that others make on our behalf.

Like many of you, my circle of appreciation has most certainly widened this Thanksgiving. One can't imagine where we would be without our doctors, nurses, medical staff, lab technicians, first responders and ambulance drivers. There are so many heroes who deserve our gratitude for going to work every day so the majority of us could stay within the safety of our own homes. Many of them worked without wearing face masks since they didn't know the importance of wearing them. With the simple protection of hand sanitizer, these heroes persevered so we would have essentials such as groceries, parcel and food delivery, prescriptions, alcohol, and gas. This list is by no means complete but they are all heroes in my eyes. By not having the protection of face masks, each and every one of them not only put themselves at risk but their families as well. This experience will forever change my appreciation for service workers and those people who work on the frontline.

I believe that all experiences are good experiences despite how challenging or uncomfortable they may be. It is from life's greatest challenges that we evolve to be better. This experience has provided me with the opportunity to be thankful for the everyday heroes who silently walks among us without expectation for praise and, in many cases, perhaps without knowledge that they are indeed heroes at all.

It is with a grateful heart that I share my appreciation for you and thank you for caring enough to wear a mask thus protecting our 'everyday heroes'. Thank you!

Wishing you and your family a very happy Thanksgiving!

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