

## Thoughts from the Chair

Giving is an act of kindness that can change a life forever. Many of us give our money and our time to help others. We often give our money and time to many movements and causes whose overall mission is to empower, help and support others. We give to help meet a need in our families, communities, cities, states and nations. We give because we care, and our caring is birthed out of love.

I have found that the opposite of love is not hate, it's selfishness. Selfish people have a problem giving no matter the cause. Selfishness has no place in the heart of the selfless. Selfless people die with nothing because they gave all that they had so others can live. Let's reach out to give a helping hand to someone in need this month. Your act of kindness can change a person's life forever.

Happy Birthday to those born in October!

I hope to see you and hear your voice at the next AHNA meeting on October 2, 2017 at 224 Farmington Avenue, at 6:15pm.

Please take time to enjoy the foliage!

Blessings...

Yvonne Matthews, Chair