A Note from President and Founder
Nada Cory



Each of us has much to be thankful for – our families, friends, work, charity, all giving our lives meaning. While there is no perfection in life, we must admit, the glass is more than half full most of the time. Today, we are thinking of and thanking those who we love, admire, and collaborate with, it is important, but not often expressed as it should. I would like to share the **Joseph P Cory Foundation "Gardens" Acronym for Thanksgiving**

Gratitude: At the foundation, we are eternally grateful. The work that is done daily, could not happen without the help of others. It is an honor to collaborate with The School District of Palm Beach County (PBC) and PBC Parks and Recreation, who help carry the significance of our work to a wide audience. Besides, those who practice gratitude improve their self-esteem and energy levels, while also lowering stress and anxiety to create and maintain better health. It makes us happier and more optimistic, as well as more generous and forgiving. Good on all fronts!

Appreciation: Never miss an opportunity to express your appreciation for those who care for others. Compliment the good works of community leaders, such as teachers, caregivers, students, volunteers. The foundation has annual recognition days for such occasions with the bestowing of awards, certificates, and scholarships.

Respect: While we don't always agree with one another, take a moment to see their viewpoint. Slow down and listen, you never know what will be revealed to you and how that can change your life.

Disconnect: Put technology in its place. We live in a high-tech world. Take a breather from all the bells, lights, numbers on your screens and be in tune with nature. Our programs bring children and the community outside, and the data confirms positive exchanges in knowledge, attitudes, and behaviors.

Ecology: Remember to honor Mother Earth. Recycle, Reuse, and find other methods to turn a throw away life into one of preserving our planet for ourselves and future generations. We teach organic and holistic practices from the soil to the salad applying hands-on experiences to create new habits.

Nurture: Take time to truly nurture yourself. Make sure you eat healthy, exercise, and rest and relax. Our bodies are not made to continuously go, go, go, they need us to be "informed" when to stop. Why not grow a vegetable garden? We guarantee you will receive more than food in return, you will create an environment to support you: Mind. Body. Spirit.

Share: Let us share our bounty with those who have less. Consider volunteering with us during a time when we harvest. Herbs and vegetables collected are donated to local food banks and schools with at risk populations.

Each day, you can do one thing to make yourself and our world a better place. This Thanksgiving, think of someone or something you can do to change their day, or maybe their life, it might change yours as well!

Wishing all our readers, friends, families, partners, students, teachers, everyone, a HAPPY, HEALTHY, AND JOYOUS THANKSGIVING. -Nada