



## 4 Ways to Give Thanks in 2020

There is no arguing that this year has been a challenging year. As we near Thanksgiving, it's a perfect time to reflect and show gratitude. Expressing thankfulness is easier than you think! Here are 4 ways to show gratitude during this season of giving:

### 1. Say "Thank You"

Giving thanks in 2020 doesn't have to break the bank. Simply saying "thank you" goes a long way and doesn't cost you a penny. We often feel it but forget to say it. Take the time to say thank you this year to those who you care about, those who go out of their way to do something for you or even those who you know have made a difference in our communities.

### 2. Thanksgiving cards, phone or video call

This holiday, we may not be with our loved ones due to the Pandemic. Take time to send a Thanksgiving card for your nearest and dearest. In the card, write a few words that may be meaningful and memorable, even if it's just a small paragraph expressing your love and appreciation for that person. You can also just call – the old fashion way or Zoom or another video calling platform. (Make sure you say what you would say in your card.)

### 3. Volunteer

Volunteering is good for the community and for yourself. It is a great way to show appreciation and show gratitude. Make sure you're volunteering for something that is meaningful to you though.

### 4. Donate to a charity



If you are unable to donate funds, consider helping a charity or a cause that you are passionate about, whether helping children, pets, or the environment. This year has been economically devastating to families and businesses and nonprofits and charities are struggling as well.

Thanksgiving is about giving thanks, and there are so many ways to do this. At Nymeo, our members are like family to us. We appreciate each of you and hope you have a safe and wonderful Thanksgiving!

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