

2. Tip of the Week
Thanks-Giving

THANKS - GIVING



The holiday season is upon us with our to-do lists growing and stress levels rising. At this time of year, it is especially important to insist on quality over quantity in all that you do. I invite you to leave your stress at the door and enjoy quality time with your loved ones with a renewed focus on what you are truly thankful for this season.



This week's tip is titled Thanks - Giving for a reason since this week officially kicks off the holiday shopping season. As you know we are a non-profit 501(c)(3) public charity which makes any giving you do a tax-deductible gift. Amazon will donate 5% of your purchase to Silver Linings Foundation when you shop through [Amazon Smile](https://smile.amazon.com). As always there are other ways to help beyond monetary donations such as donating gently used medical equipment and supplies.

We thank you for continued support and wish you and your family the best quality of time together this holiday season.

**Support
Silver Linings
Foundation.**

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