Helping Others

During the winter holidays, visiting nursing homes and the needy in the “colonias”, which are poverty stricken areas, is an annual tradition my family and I have.

We provide families with small gifts, canned food, and any necessities that may assist them. Gifts as small as pairs of fuzzy socks and hand lotion to brighten up their day. While this time off from work, I enjoy visiting the neighborhoods of low income where my first teaching school was located. I have mixed emotions when writing about these families’ lifestyles and conditions considering, although they live in unfortunate circumstances, their true happiness is being in the presence of their family and loved ones. Not only has this been a rewarding experience, but it has also taught me to treasure and value the smaller things in life.

I’ve been blessed in so many ways ranging from health, family, and my career that I strongly believe this is the least I can do to give back to the less fortunate. By doing so, I hope to influence and motivate others to do the same and help out the community in times of need, especially during these holiday seasons. It is essential that we think of others during these times, as many are not fortunate enough to have the loving support from their families and friends. As author Steve Maraboli said, “A kind gesture can reach a wound that only compassion can heal.”