

Words of Encouragement

Words are powerful, they can inspire hope, offer encouragement and strength. On-Page 2 & 3 you will find a few “Words of Encouragement” quotes that can be shared via text, email, tweet, or included in HDM bags. Friendly Visitor Phone Buddies could use them during their conversations. You can also ask seniors and caregivers to share words of encouragement they would like to share with their peers. This allows them to give back and have a purpose. Their wisdom, life experiences, stories, and words can inspire others. It’s a great way to instill a sense of community and connectedness even when we are apart. Many people want to volunteer and utilizing them in this capacity is a win-win-win for them, the older adult and our agencies.

Also, we have the following posted on the GWAAR Website at <https://gwaar.org/nutrition-education-and-activities> under “Activities”.

- ***Words of Encouragement:*** We have full-page versions that can be copied and cut into strips and stapled to HDM cold bags.
- ***My Life Stories Across the Generations.*** We have questions that can be asked once a week or during a friendly visitor call. The intent is to help people capture their life stories, one question at a time so they can be passed down through the generations. The questions can be texted, emailed or sent once a week to HDM or Senior Dining participants. Friendly visitors could ask the questions and capture the replies that participant shares, then after X weeks the journal could be emailed or printed and provided to the participant.
- ***Spark Cards (Conversation Starters).*** Similar idea, they are intended to get conversations started. The stories they share could also be captured/written down and added to their journal.
- ***Theme Days/Months.*** We have compiled a list of celebration days that occur throughout the year. These can be used as conversation starters or for activities at Senior Dining Sites/Senior Centers.

Pam VanKampen, on behalf of the GWAAR Nutrition Team

Words of Encouragement Quotes

*"Throw back the shoulders, let the heart sing, let the eyes flash, let the mind be lifted up, look upward and say to yourself...
Nothing is impossible!" ~ Norman Vincent Peale*

"Go confidently in the direction of your dreams. Live the life you have imagined." ~ Henry David Thoreau

*"Each day is a new life. Seize it. Live it."
~ David Guy Powers*

*"Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible."
~Cadet Maxim*

*"Never let the odds keep you from doing what you know in your heart you were meant to do."
~ H. Jackson Brown, Jr.*

"A diamond is merely a lump of coal that did well under pressure." ~ Unknown

*"Trust yourself. You know more than you think you do."
~ Benjamin Spock*

"Every blade of grass has its angel that bends over it and whispers, 'Grow, grow.'" ~ The Talmud

*" Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore. Dream. Discover. "
~ Mark Twain*

*"Trust your own instinct. Your mistakes might as well be your own, instead of someone else's."
~ Billy Wilder*

*"Leap and the net will appear. "
~ Zen saying*

*"Forget about all the reasons why something may not work. You only need to find one good reason why it will."
~ Dr. Robert Anthony*

*"No one knows what they can do until they try."
~ Les Brown*

*"Use what talent you possess: the woods would be very silent if no birds sang except those that sang best. "
~ Henry Van Dyke*

*"When written in Chinese the word "crisis" is composed of two characters one represents danger and the other represents opportunity."
~ John F. Kennedy*

"For every failure, there's an alternative course of action. You just have to find it. When you come to a roadblock, take a detour." ~ Mary Kay Ash

*"Winners never quit and quitters never win."
~ Vince Lombardi*

"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts." ~ Unknown

*"The gem cannot be polished without friction, nor man perfected without trials."
~ Chinese proverb*

*"Many of life's failures are people who did not realize how close they were to success when they gave up."
~ Thomas Edison*

*"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."
~ Lance Armstrong*