

Old Lyme Visiting Nurse Association

Celebrate November with Expressions of Thankfulness

- Say "thank you" sincerely: A simple, heartfelt verbal "thank you" can be very powerful.
- Write a note: A handwritten card or letter is a thoughtful way to express deep appreciation.
- Give a specific compliment: Tell someone what you admire about their skills, actions, or personality.
- Make a phone call: In a world of texting, a phone call can feel more personal and special.
- Be Present: Give your full attention when talking with someone.

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