


Celebrating *Heritage* During the Holidays



Honor your family's heritage by researching ancestral holiday traditions. Incorporate something new that you learned into your celebrations.



Share Stories

Create a special display of family photos, including those of members who have passed. During your holiday celebration, encourage older members to share stories and have someone either video or write these down for future generations.



Beloved Foods

Gather everyone together to make your family's favorite holiday treat. Or try making a popular dish from a country that honors your family's roots.



Ancestral Rituals

Learn ways your ancestors celebrated the holidays. Incorporate some of those traditions into your family's celebration. It will be fun and give you a meaningful connection to prior generations.

Creating New *Traditions*



When you gather with your family, be sure to take a lot of photos. Create an online album and send the link to everyone after the holidays.



Take a long walk after a holiday dinner either through your neighborhood, a downtown area or at a local beach, park, etc.



Volunteer for a local charity either before the holiday (such as collecting items for a shelter) or on the holiday itself (such as delivering meals to those in need).



Visit a local attraction that is open on the holiday itself. Oftentimes it will be less crowded than normal.





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Celebrate the Power of Connection This December

Dear Friend,

During December, families gather to celebrate time together and rituals steeped in tradition. As you get ready to celebrate this special time of year, I would like to share a few tips with you on ways that you can honor your family's legacy this month.

Many people open their hearts to those in need during the holidays, whether it is donating to an organization with a monetary gift, a physical donation or volunteering for an event. Doing so as a family will not only benefit the recipients but will also create a wonderful memory for your family to remember.

I hope you enjoy this information and have fun sharing it with your family and friends this season!

From my family to yours, best wishes for a happy, healthy holiday season and a wonderful New Year!

Sincerely,

Oh, by the way®... if you know of someone who would appreciate the level of service I provide, please call me with their name and contact information.