

Deborah Valiton-Carnish

Have you ever considered the act of generosity? We hear about it throughout society and if we really stopped to consider, most have been on the receiving end of it at some point in life. The last few months, the Adult Center for Enrichment has experienced tremendous generosity from our community as you can read throughout this newsletter. Pondering this generosity, I considered how the act of being generous connects with caregiving.

As a caregiver, generosity toward loved ones is offered on a day to day basis in ways such as watching out for their safety, scheduling doctor's appointments and offering the basic care they need. Does one ever stop to consider this as generosity? Webster's Dictionary defines generosity as "the quality of being generous, liberal in giving". Most Caregivers I encounter are definitely "liberal in giving". Often the thought of being generous is equated with "being nice". However, generosity comes in many different shapes and sizes. Consider all that is done each day, it may not always *feel* nice, but indeed... it is generous.

At ACE we honor all that Caregivers do by offering free education events throughout the year along with our monthly support group. Please feel free to join us anytime. We encourage Caregivers to receive some of the generosity they so freely give.