

2021 Perhaps to Dream

By Helen Vogt Greene

The year 2021 has the promise of a new opportu-

nity for personal change. This New Year is like none other for us to make our dream, "that unconscious

reflection of our internal anxieties, hopes, fears, desires and even our fantasies" a reality in our lives.

This personal change is not a 'resolution' to be broken before the ending tolling bells and the fire-

works of the New Year. Each year there are an endless self-proclaiming promises to lose weight, stop smoking, drinking, save money, spend more time with the family and the list goes on.

2021 will be the time for a well designed plan, to discover within ourselves a purpose-filled life. Those of us who have tried before realize that "there is no quick fix" and saying it will not make it so. If we need professional help, we will not be afraid to ask. We will take full responsibility for what is ours to claim.

Working with self motivation, the new 'plan' will instill in us a new energy, determination and a quieting happiness long forgotten.

It is no secret that a purposeful life is a healthier life. To make our new life more than a dream, we must explore and follow better health habits. These

daily habits must include better choices of foods, less sugar and starches, regular hours of sleeping and yes, exercise.

The 'Purposeful Life Plan' includes finding new people in our life that are positive in their thinking, willing to share the same goals and most all, they are 'givers' not 'takers.'

If this new purposeful life is to work, it must be our daily life, a new way of thinking, and doing, not just a resolution.

To all of those that are taking the first steps of this journey, know you are not alone. There are those that will help you along the way and those that will need your help. But, the final destination is worth the journey.

2021 will not be just a dream, a broken New Year's Resolution, but our new reality and a new 'purposeful life'. Happy New Year!

Salvation Army Christmas a Success

WEST PALM BEACH—Thanks to the generosity and dedication of its donors and volunteers, The Salvation Army of Palm Beach County was able to "Rescue Christmas" for many local families affected by the COVID pandemic in the greater Palm Beach community.

Over 16,509 toys and gifts were opened on Christmas morning by local children through The Salvation Army's Angel Tree program. Fourteen noted restaurants part-

nered with local foundations, ambassadors, major donors, media outlets, and corporate sponsors to host Covid-compliant Holiday community dining experiences. In addition, even with a limited number of only 40 locations, \$140,000 was collected through the Salvation Army's signature Red Kettle program. Finally, thanks to matching grants from the Laura and Isaac Perlmutter Foundation and the Nelson and Claudia Peltz Family Founda-

tion, over \$300,000 was raised through the Giving Tuesday Campaign that launched the organization's Holiday goal to help local families in need.

"We're very thankful to greater Palm Beach County for helping us rescue Christmas this year," said Area Commanders, Majors James and Leisa Hall. "Rescuing Christmas was the 2020 national theme of The Salvation Army," they said. "We really feel like we have done that for so many local fami-

lies making this a great success story. Thanks to the generosity of donors and the dedication of our volunteers, families had something to eat, individuals were given lodging, veterans were offered social services, hand sanitizers were distributed, and young children were able to find gifts under the tree on Christmas morning!"

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