

SUPPORT THE TROOPS

Soul

Nearly half of all seniors (47 percent) who responded to a Home Instead Senior Care survey said that staying spiritually engaged is a challenge*. One way older adults can do that, even if they are homebound, is by helping others.

Why not send letters and e-mails to those who might need a boost? A Million Thanks is a year-round campaign to show appreciation to our U.S. Military Men and Women, past and present, for their sacrifices, dedication and service to our country through our letters, e-mails, cards and prayers.

For more information about A Million Thanks, visit
www.amillionthanks.org

