

## Resting in Gratitude ♥



There is something about the first hint of cooler weather that feels like an invitation to slow down.

After the long, warm days of summer, we're beginning to feel a change in the air. Cooler temperatures are arriving, and there is even the promise of some refreshing Oregon rain. I don't know about you, but I'm ready for it.

There's something comforting about rain after a dry summer. The smell of wet pavement, the sound of rain on the roof, cooler evenings, and watching our thirsty lawns, gardens, and trees soak it all in. Sometimes a change in the weather is enough to remind us to stop for a moment and simply be grateful.

At CHI, we have so much to be grateful for.

We're grateful for the people we support, and for the joy, humor, personality, and perspective they bring into our lives.

We're grateful for our staff, the people who show up every day and every night, through busy days and challenging ones, to care for others and for one another.

And sometimes we witness moments that remind us exactly why this work matters.

Recently, one of our staff members sat beside a person we support and helped them learn how to write the words "**I love you**" in a letter to their mom—for the very first time.

Think about that for a moment.

Three simple words that most of us have written or said countless times. But on this day, with a patient staff member there to help, someone was able to put those words on paper for Mom for the first time.



Those are the moments we are grateful for at CHI.

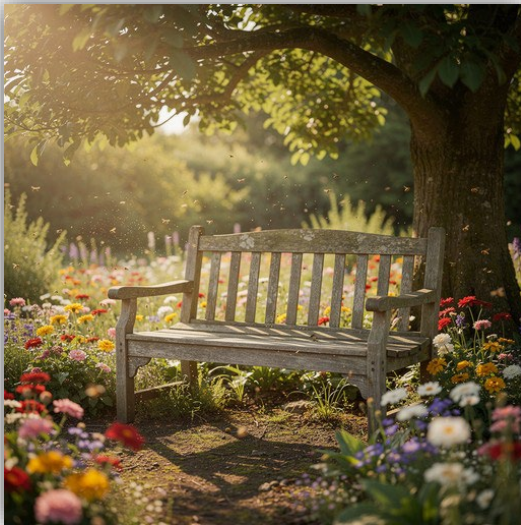
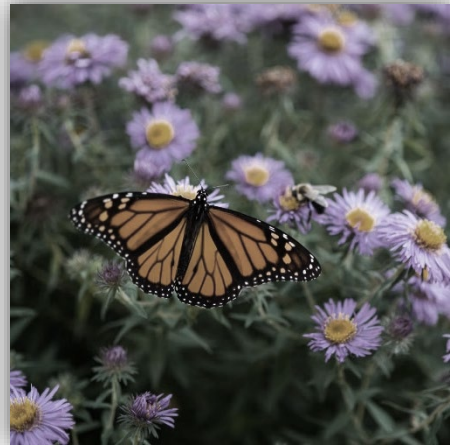
We're also grateful to families who trust us, to a Board that believes in our mission, and to community partners and friends who continue to show up for CHI in so many ways.

And we're grateful for the ordinary things, too.

A good meal around the table. Laughter coming from another room. A successful outing. Someone accomplishes something they've been working toward. A coworker stepping in to help. And, yes, sometimes even a rainy Oregon day.

Gratitude doesn't mean that everything is perfect. There will always be challenges, things we're working to improve, and days that don't go quite as planned. But gratitude gives us a place to rest in the middle of all of it. It reminds us to notice what is good, what is working, and the people who make the journey worthwhile.

As summer begins to give way to the first signs of fall, maybe this is a good time for all of us to slow down just a little and notice what's around us.



At CHI, when we do that, we see an abundance of things to be thankful for.

So, bring on the cooler days. Bring on the rain. Bring on that wonderful smell that comes when rain finally hits dry ground.

We'll be here, taking it all in and **resting for a moment in gratitude.** ♥