

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other." — Randy Pausch

It's November and that has everyone thinking of turkey dinners, family and friends, Black Friday shopping and, of course, being thankful for all of these things. By practicing gratitude, we take the time to reflect on the things for which we are truly grateful, we experience more positive emotions and express more compassion and kindness toward others. It also causes us to pause and reflect on the freedoms we enjoy that so many have and continue to provide to us, by sacrificing so much.

This month, Meridian Title would like to express our gratitude to active military personnel by participating in "Operation Gratitude". This organization works to deliver care packages filled with items donated by grateful Americans to our troops overseas and here at home. We want to be a part of this effort, helping to lift the spirits and meet the growing needs of our active duty and veteran communities.

Throughout November, all Meridian Title offices will be hosting a donation drive to gather items on the current "Operation Gratitude" Wish List. The goal is to deliver 75,000 holiday care packages – please consider picking up items on this list and dropping them off at your closest Meridian Title office. If you'd like to make a monetary donation, please visit operationgratitude.com.

Wish List

- · All Purpose Wipes (Single & 30ct Packs or less.
 - · Batteries
 - · Deodorant (Travel Size, non-aerosol)
 - · Drink Mix (Individual Serving Packets)
 - · Gum
 - Hand Warmers
 - · Jerky (Individual Bags)
 - · Lip Balm
 - · Pencils (Mechanical preferred)
 - · Playing Cards
 - · Powder (Travel Size)

- · Puzzle Books (7x10 preferred size)
 - · Sewing Kits (Travel size)
 - · Socks (Black Crew Length)
- · Sunscreen (Travel Size, non-aerosol)

Handmade With Love Items

- · Cool Ties
- · Knit or Crocheted Hats and Scarves
 - · Paracord Survival Bracelets
 - · Handwritten Letters