GOOD NEWS IN THE MORNING Melissa Jeremiah, RN, CHCE, Director of Operations

Hoosier Uplands Home Health and Hospice

When I lived in Illinois the local radio station had a morning segment, "Good News in the Morning!" Feeling that we are all in need of this with all that is happening in the world around us, in June I began sending out weekly posts which I have entitled, "Good News in the Morning!"

I thought I would let you all know some things others have done during this trying time to be a positive impact on the lives of others:

A gentleman who delivers newspapers makes trips to the store – for free for seniors.

One woman stated she (figuratively) drops change in buckets whenever she can because someone dropped change in hers.

A woman surprises neighbors by lining the roots of her tall, live oak tree with illustrated rocks.

A lady opened up her business to free-roaming cats who are up for adoption at the local shelter.

A 104 year of California Vet wanted Valentine's Day Cards for his birthday and received 200,000.

8th Graders who couldn't take their end-of-year trip donated their funds to the struggling Navajo Nation.

Two 10 year old boys who are best friends make homemade dog treats to raise money for a local food pantry.

A 99 year old Army Vet raised \$40 million for health service charities when he walked 100 laps in his garden for his 100^{th} Birthday.

A St. Louis construction worker saved an owl who was stuck in a soccer net.

A window washing company had their employees dress up like super heroes and clean the windows of Norton Children's Hospital in downtown Louisville.

A grandmother sent a text to a wrong number to see if her grandson was coming for Thanksgiving. The stranger on the other end said she was not his grandmother but he would love to come. 4 years later they are still having Thanksgiving together.

3 inmates saved a Georgia Sheriff's Deputy who suffered a medical emergency at work.

We all need uplifting; especially now. I feel each of us have gifts inside us that we can give to others and make their day. Let's wake up each day thinking of what we can do for others whether it be friends, co-workers, neighbors or complete strangers.