

Season Greetings: Gratitude and Gifts:

As we are getting close to the end of the 2023 year, we pause and reflect on gratitude and all the gifts that we give and receive starting with Thanksgiving and with the Holiday Season.



I am thankful for a life worth living.

I am thankful for a loving family, friends, and community.

I am thankful for our beautiful earth that we share with people from all over the globe.

I am thankful for being a citizen of the United States.

I thank the fallen heroes in uniform who have served our country to keep us safe and protect our freedom.

I am thankful for all the families and organizations who fought for individuals with different abilities to have equal rights.

I am thankful for the members of Congress who understood us and legislated laws that promote our cause in education, employment, health services, and community inclusion.

I am thankful for every person who had an impact on me throughout my life: teachers, health professionals, artists, farmers, workers, scientists, writers, those who work behind the scenes and those who lead and make things happen, the humble worker and the famous.

I am thankful to be a person that matters and has a role to play in our society.

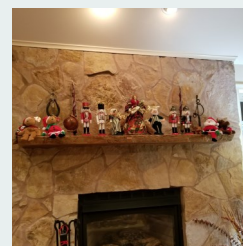
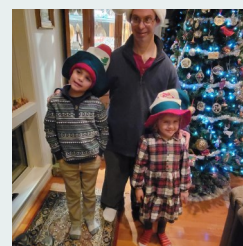
I am thankful for the gifts that I received and those that I give every day by being "Me".

I have the gift of life, the gift of health, the gift of freedom, respect and dignity. I have the gift of communication, sharing with others, learning with and from others, contributing in small and big ways to make our world a better place for all of us where Peace and Justice overcome violence and oppression.

My disability, having Down syndrome does not define me as a person. On the contrary, having Down syndrome is a gift to learn how to overcome challenges, it is a gift to appreciate the small and big accomplishments in life. From learning to walk, to speak, to read, to having a job and a career of advocacy, to being healthy, respected and included in all facets of life. We each are alike and different at the same time, we all share in the same humanity and at the same time we are each one of a kind individuals with unique traits and experiences. I am so thankful for the common base and the many differences that we have like a tree trunk that shapes differently as it grows.

Please share your favorite holiday poem, music, song, food, and traditions with loved ones, neighbors and friends. Let us share our gratitude for all the blessings and gifts with those we hold dear in our heart.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy



You can learn more about me in my book: "More Alike Than Different: My Life With Down Syndrome."

www.davideganadvocacy.com

