



**A part of kindness consists in loving people more than they deserve.**

--Joseph Joubert

Sticks and stones may break my bones but names will never hurt me. I strongly disagree.

Lately I have been doing a lot of self reflecting about my life.

I recall when I was 5 years old, bullies on the playground threw stones at me because I was different than the other children on the playground. I quickly forgave them; it wasn't in my nature to be cruel.

As I was growing up my mom and I did not always see eye to eye. I felt as though she didn't hear or believe the struggles I was facing. This past April my mother turned 90 years old. I planned a special surprise to celebrate her life. I reached out to my many friends, relatives, and acquaintances to see if she could reach 90 cards on her birthday. To my surprise and her delight she received 127 cards with words of kindness.

I could have chosen a simpler route to celebrate her birthday, I could have chosen to remember the hurts, but instead I chose kindness. I recognize that my mom did the best she could.

I've learned in my 54 years of life that kindness goes farther than stooping to the level of the person who is being rude, belittling them, or down right just not being very kind. My hope is they will learn from me.

-Lynn Millar Certified Peer Specialist

*We are the evidence; We hold the hope.*