February 9, 2023

Good morning! It's Irene Qiu from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know today is Giving Hearts Day? Giving Hearts Day is observed annually on the second Thursday of February, which falls on February 9 this year. Giving Hearts Day is a chance to give as much as you can to charitable causes and those in need. It is a wonderful approach to be compassionate and support those who need help.

Being charitable is a selfless act. Charity represents love, compassion, and humanity. Charity allows us as a society to work together to help the less fortunate and make the world a better place for everyone. Winston Churchill said it best: "We make a living by what we get," and "What we give makes a life."

Thanks for listening have a Tender Loving Care Thursday SEAL Team pledge:

> We are the Dyker S.E.A.L. Team Positivity is our dream We teach it every day To help others live the optimistic way We learn to control our emotions and feelings So, we always have effective social dealings No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

