



## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



### RECOGNITION ONE: THE GESTURE

"Ruth" was not completely happy at her new apartment complex. In fact, she had always wanted to move from wherever she was. One day Ruth was different. She wasn't waiting for a ride, she wasn't on guard, her face looked calm, she looked like the weight of the world was off her shoulders; the icing on the cake...a smile I had never seen before.

I said hello and she immediately stopped and showed me a card. It was the birthday card that the staff from her complex had signed and put in her mailbox. This is what we do every month, it's no big deal...wrong! You never know how one small, kind gesture will affect another person. Ruth felt welcome, connected and loved. From this moment she started talking more, she stops and asks me how I'm doing and I've never again seen her waiting for a ride to go look for another apartment complex.

--Beth Woodward