

The Power and Impact of Gratitude

*Theresa Mayhew (NY), Life Member and
Endowment Fund Committee Chair*



Those of you who know me know how much I love words. I'm always searching for the right word to use at the right time. When I think of NEAFCS's Endowment Fund, the first word that comes to my mind is gratitude. It's a straightforward word but can pack a lot of meaning and power.

It's especially fitting to talk about gratitude as we get ready to celebrate Thanksgiving.

Miriam Webster defines gratitude as being appreciative of benefits received. Benefits like kindness, help or generosity. Gratitude enables someone who's been on the receiving end of those benefits to pay it forward.

When I first joined Cornell Cooperative Extension, I was fortunate to have a supervisor encourage me to join NEAFCS. I'd only been on the job less than a month when I attended my first meeting and was elected district secretary!

That decision was the beginning of a relationship that has continued beyond 30 years of active membership and into retirement as a Life member. To say that my involvement in NEAFCS has helped shape and better define the work I did in my community is an understatement, not to mention all the terrific individuals I encountered along the way. And while I have personally thanked those individuals that supported and mentored me, along with having had the privilege of serving this organization on the national level, contributing to the Endowment Fund is another way I've been able to show that appreciation and give thanks.

So, as you reflect upon the many blessings in your life this holiday season, both personally and professionally, I hope you'll take advantage of donating to the NEAFCS Endowment Fund as one way of expressing your gratitude for an organization that has your best interests and our profession's at heart. ❤️