

LIFE notes

Tis the Season for Thanks & Giving

November 1, 2024



Dear Friends:

It is sometimes difficult to remember that this is a season of Thanksgiving. It's no secret that these have been challenging times for all of us...when you combine the impact of the truly devastating Helene and Milton hurricanes that affected us here in Florida and in neighboring states, the never-ending stories of conflicts overseas, and the divisiveness that seems to be dominating every aspect of our culture here at home.

But a quote I read once, the author is unknown to me, has always stuck with me as being so appropriate today:

"If you took a few minutes and thought about all the things you could be thankful for, that list would be way longer than all your troubles." Unknown



Thanks to you, the Lois' Food4Kids program continues to provide food for children in need.



So, in keeping with the spirit of that quote, let me share with you a few things, five to be exact--serious and lighthearted--I am thankful for:

I am thankful for my health.

I am thankful that I am fortunate to be in a position in my life where I can give back to the causes that mean so much to me through the Lois Pope Life Foundation.

I am thankful to live in a time with such amazing scientific and technological advances, ones that extend and improve and save lives, amaze us with new discoveries, and give us hope for the future.

I am thankful for my family, my friends, and my dogs, although not always in that order.

The truth is, so many of them—family, friends, and dogs--will be with me on Thanksgiving and that when I sit down for that bountiful meal, I will not just be savoring all the delicious foods, I will also be savoring my deep friendships and relationships and giving thanks that I am blessed to have all of them and you in my life.

And most of all: I am thankful this damn election is almost over.

I hope each of you reading this takes the time to list all the things you are grateful for; it truly does put everything in perspective. And to quote someone whose words sum up better than I ever could:

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” – Oprah Winfrey

And now one more thing to be thankful for—the way you have all dedicated your time, energy, and resources in support of the causes that will benefit from our 31st Annual Lady in Red Gala on Sunday, March 2, at The Breakers: Pups4Patriots at American Humane, Lois’ Food4Kids at the Palm Beach County Food Bank, and Lois’ Vision4Kids at Bascom Palmer Eye Institute. It’s going to be a wonderful event, and we are looking forward to having Jay Leno and Paul Anka return as our entertainment headliners.

So, time to wrap this up: I wish all of you the happiest and healthiest Thanksgiving. And I would be remiss if I didn’t express my love and gratitude to my daughter Maria, who was born on a Thanksgiving Holiday.

With love always,

Lois





LIFE's Recipe of the Month...

Thanksgiving is a time to gather, give thanks, indulge, and—let's be honest—overestimate just how much turkey we can eat in one day. So when the holiday ends and you're left with a fridge full of leftovers, it's time to give those flavors a second act!

This easy, three-step Leftover Turkey Casserole transforms yesterday's feast into a cozy, bubbling dish that brings all the best parts of Thanksgiving together.

Ingredients

- 6 cups cooked turkey cubed or shredded
- 4 cups pre-made bread stuffing
- 2 cans cream of chicken soup low sodium
- 1 cup milk

Preheat your oven to 350°F. Spray the bottom of a 9×13 baking dish with non-stick cooking spray.

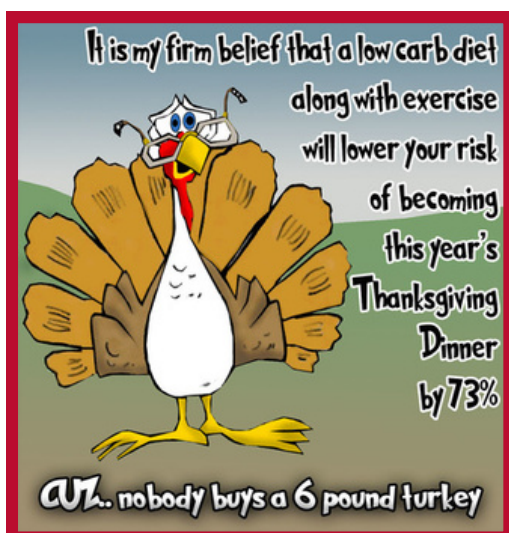
Cover the bottom of the baking dish with the cooked turkey. Crumble the dressing over the top of the turkey.

Mix the canned soup with the milk and pour over the dressing and turkey.

Bake until bubbly, 40 to 60 minutes.

Say goodbye to boring turkey sandwiches, and hello to a simple, hearty meal that makes the most of what's left!

Just for Laughs



SAVE *the* DATE

**LOIS POPE AND LIFE CELEBRATE
LIFE'S 31ST ANNUAL**

LADY IN RED GALA

**MARCH 2, 2025 ✨ 6PM
THE BREAKERS | PALM BEACH**

**STARRING GLOBAL SUPERSTAR
PAUL ANKA**

**AND COMEDY ICON
JAY LENO**

Reserve your tables and sponsorships early for what promises to be a truly historic event.

Proceeds Benefit:

Disabled veterans through the Pups4Patriots initiative at American Humane and South Florida youth through PBC Food Bank's Lois' Food4Kids program & Lois' Vision4Kids program with Bascom Palmer Eye Institute

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