

May 2016

Altrusa Reigns: Community Gains

Special Edition

## 2015-2016

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## President's Message

### ALTRUSA REIGNS: COMMUNITY GAINS

Our Altrusa Kindness Action Ninja (KAN) event was a big success and lots of fun. We had a wonderful committee who realized early on that this project was very big but had the potential to grow and impact many people in our Richardson Community.

The premise was easy – do something kind – pay it forward. But getting the word out to everyone was a challenge. Articles in Richardson Today helped, and a proclamation from the Richardson City Council was an honor. But there was no single activity that could be measured with any degree of accuracy.

So we made our own plan to bake and deliver cookies to the first responders – each and every one of them.

This included several shifts across the weekend for the firefighters and the police department. Our bakers did yeoman's work. They didn't just put one or two cookies in a baggie. They made huge platters with many different cookie types: 6 fire stations and several shifts each got platters. It was the same for the Richardson

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Police. And we fed not only the patrol division, but both the communication and jailer divisions across all shifts during the entire weekend.

The response we received was overwhelming. Kids got tours of the fire and police stations. We took tons of photos of each shift and every Altrusan smiled and felt the joy. The first responders



were so grateful and so gracious. And Chief Spivey was touched that we wanted to do this. At that point in time, there was so much distrust of the police and it really bringing moral down. The Chief felt this show of support from the community was just what they needed. How can you measure an impact like that?

But that was just part of the impact we made on our community during KAN. Members as far away as Ireland were to first to pay it



forward. Other members who could not participate on Saturday, had their Sunday School class do something kind. The Altrusans who came to Friends Place on Saturday morning found projects to prepare for Hope's Door and New Beginnings Women's Shelters. Hand made pillow cases were wrapped for women who left a bad home situation with nothing. At least they now have their own fresh clean place to rest their head. How can you measure the impact of that?



I sincerely believe Altrusa of Richardson made a big difference on KAN Weekend. Even months later, when we wear our Ninja t-shirts, people want to know what the Kindness Ninjas are all about. Anyone can do something kind. It takes only a little thought and a little effort. It doesn't need to cost a cent. When you look for the good in people and reward their behavior, it changes the way you look at everything. Concentrating on the good does wonders for your spirit. Put all the kind deeds together and you have something very special. How can you measure an impact like that??



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Altrusa of Richardson, thank you for being special!

*Cindy McIntyre*

President, 2015-2016  
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### IN THE NEWS....

June 5<sup>th</sup> 2016 the Dallas Morning News featured an article on "The Power of Kindness," by Leslie Barker. Here is an excerpt from that article which reached thousands of Dallas and Ft Worth residents.

"Three things in human life are important," said the novelist Henry James. "The first is to be kind; the second is to be kind; and the third is to be kind."

That's good to remember always, but it rings especially true during this election season that has been decidedly unkind. After all, says Harvard psychologist Richard Weissbourd, being kind is "the core of a just and healthy society that will allow us all to prosper."

Adds McIntyre of Altrusa: "Our thought was that if you change behaviors, you can change attitude. So if you do a little thing with kindness, you're less likely to dwell on all the bad going on in the world."

Studies show that practicing kindness can lead to better health, better relationships, a longer life and success in the workplace. At its most basic, though, Weissbourd says, being kind is "the right thing to do."



## *Altrusa Tidings*

