



## Small Gestures, Lasting Impact

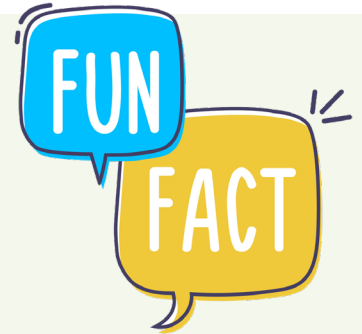
December is a season of sweetness. Shelves overflow with cookies, cakes, and candies that only appear this time of year. But sometimes the most meaningful treat isn't found in a store, it's baked with love and shared from the heart.

Stephanie Marko recalls a Norwegian tradition called Syv Slags Kaker, "seven kinds of cookies." Years ago, she met an older gentleman who mentioned how much he missed the Norwegian cookies he hadn't tasted in many years. When holiday baking time came, Stephanie made him a batch. His joy was unforgettable. He told his family about the cookies, and when he passed away the following year, they remembered Stephanie fondly as "the cookie girl." That experience showed how a small gesture can leave a lasting mark on someone's life.

For caregivers, this story is a reminder that traditions, foods, and memories are powerful tools for connection. Sharing your own traditions, or inviting those you care for to share theirs, can spark joy, honor culture, and strengthen relationships. In return, you may gain new stories, recipes, and bonds that enrich your caregiving journey and stay with you long after the season ends.

*"One person caring about another represents life's greatest value."*

— Jim Rohn



**WINTER  
SOLSTICE**  
DECEMBER  
**21**



December 21 is the shortest day of the year, with just over eight hours of daylight in Washington. Even in long nights, caregivers bring light.

And here's a fun twist. In 2010 a rare full moon fell on the solstice, a reminder to notice small, bright moments.

**Longest shadows of the year:** Shadows remind us that challenges exist, but they also highlight the importance of the light caregivers provide every day.



## Winter Self-Care Tip

Winter can be a season of simple pleasures. A warm cup of tea, a favorite book, or a pair of fuzzy socks can bring comfort on chilly days. Creating a *Comfort Kit for Darker Days* is a lovely way for caregivers and those they support to gather small joys already at home and share them together.

### Ideas to include:

- Favorite teas
- Craft supplies
- Cozy blankets
- Fuzzy socks
- Good books
- Games and puzzles

A few familiar comforts can brighten the season, lift spirits, and remind us all that joy often comes from the simplest things. [Read the full article.](#)



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- [Seattle Public Library](#) (Museum Passes)
- [Spokane Public Library](#)
- [Timberland Regional Library](#)
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**Library of Things  
FREE!**

