



## Be Generous with Us on Giving Tuesday, November 29

Research shows that givers really are happier than people who spend on themselves, and one study suggests that contributing just \$5 toward someone else's needs is enough to lift your mood. In addition, charitable behavior may also lead to lower blood pressure and lower levels of the stress hormone, cortisol. This time of year is the most popular time to make a charitable donation. People are in a giving mindset, and of course there IS the tax deduction.

There are many charities we support locally, nationally and internationally. Please consider making a donation to one of these organizations that we support.

- **Madison House Foundation** – [www.madisonhouseautism.org](http://www.madisonhouseautism.org)
  - They work to provide more support, more opportunities and more hope to adults with autism and learning disabilities.
- **My Sister's Place** - [www.mysistersplacedc.org](http://www.mysistersplacedc.org)
  - They provide safe, confidential emergency shelter and transitional-to-permanent housing to battered women and their children.
- **Vital Voices** – [www.vitalvoices.org](http://www.vitalvoices.org)
  - Vital Voices Global Partnership identifies, trains and empowers emerging women leaders and social entrepreneurs around the globe, enabling them to create a better world for us all.