



**Call Us At:  
509.863.7509**

**Tough As Nails**

**Donate Now**



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I am loving the late summer weather mixed with the beautiful fall leaves! It's a gentle shift that reminds me to slow down, breathe deeply and take it all in. Especially as we head into the official holiday season in just a few short weeks.

I don't know about you, but sometimes it feels as if I'm being pulled in too many directions. There is a pressure around the holidays I struggle with every year, which makes it even more important to keep my focus internally and remember the most important aspects of this time.

Giving Tuesday will be here before we know it and so will the many opportunities to volunteer and give back. And as we near the end of 2023 there is a last minute push to donate for your EOY tax breaks.

A few considerations for you to make your giving, whether it's time or money, more impactful:

- Many of companies will now offer matching donations- check and see if

yours is one of them to double your gift

- Can you donate your time someplace that affects multiple organizations or causes? For example, signing up to help us also benefits 11 other hospitals and organizations locally
- Speaking of locally- is your support staying in our local community or being spent elsewhere?
- Does your donation or volunteer time align with your heart and values to give you the greatest joy?
- Is it more meaningful to you to spend your time with hands-on help or would you feel more served with a cash donation?

Ultimately - and don't get me wrong... all of us nonprofits would be honored to be the recipient of your gifts - giving is about giving to yourself. It boosts not only your mental health but also your physical health, according to multiple studies. It can lower your blood pressure, increase self-esteem, lessen depression, lowers stress levels, lengthens lifespan and contributes to greater happiness and satisfaction ([health.clevelandclinic.org](http://health.clevelandclinic.org))

Wherever you choose to spend your time and money this coming holiday season, make it meaningful to you as well as others and give with a loving heart!

[Read how I balance holiday pressures](#)



## ~ Meet Katie ~

Katie R is the Art Therapist at Sacred Heart Children's Hospital and I have had the honor of working with and getting to know her a little better this past year. Read on for a little more about her & the beauty she shares with all the kids she works with.

[View More](#)





Michele B has been an active volunteer for years, however she goes above and beyond when it comes to the November kits! I would truly be in a fit of tears in a corner without her!

Last year we did our first Tie Blanket kit and this beautiful lady cut all 198 blankets herself as well as fringed them ALL. 198! I promised that if we ever did it again I'd get her help. Lucky for us it was an absolute hit with the organizations and hospitals we serve and one of the all time favorites. So much so they actually requested we do it again.

So we did! Thanks to a grant from Innovia Foundation as well as a silent supporter, we were able to produce 225 this year. As for that help I promised? I was true to my word and arranged several volunteers to help us this year, however Michele still helped me pick out fabric and did all the cutting herself as well as helped with the fringing of the stack as well.

Thank you Michele for making my life incredibly easier but more importantly creating a memorable project for these kids and one that has proven to be therapeutically powerful! I am so grateful for you ♥



[Download Wishtags here](#)

As families gather, filling out wishtags is a great and easy way to have fun while giving a little love to a kiddo who could use a kind word of encouragement.

Gather your pretty pens, stickers, and a few encouraging wishes, quotes or words and get creative! It's an easy, free activity for all ages and can be done in the comfort of your own home or that of whoever hosts Thanksgiving this year!

Click the link below to get a

downloadable pdf you can print off on *cardstock*. Read below for instructions:

- Give positive thoughts, words or phrases of encouragement (for all ages of kids)
- Please refrain from using religious wishes, quotes or phrases- we honor and respect all individual beliefs
- Keep in mind not all kids will “Get’s well” or feel positive vibes only- and avoid using this well intended wishes
- Have fun coming up with loving, powerful, courageous thoughts

## How can I help Support Tough As Nails?

- Contact us to **volunteer for our Prep & Pack events** that happen monthly. Bring a friend, your family or arrange for your work group to lead. An evening where we prep supplies and pack kits for delivery. Seats are limited.
- **Fill out Wishtags...** we use 125 handwritten messages every MONTH! That’s a lot for a single person to do, but if everyone takes a little time to do 5 or 10 and mail them in, we can all spread a little word of love and encouragement! Contact us & we’ll send some your way
- ***Sign up with AmazonSmile & make us your preferred nonprofit.*** It costs you nothing in addition to your regular purchases and Amazon donates a percentage of your purchase to us!
- Encourage kids you know to **submit craft ideas** to us so we can develop their kit into one of our monthly activities
- Can’t make an event... I get it! Life is full. **Donate \$20** to cover all expenses for 1 kit
- **Spread the word & share our mission with others** The more you share, the more who care





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Email Us



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