

During Older Americans' Month  
...and all the year long

**kindness**  
**MATTERS**



A CAMPAIGN OF KINDNESS  
SPONSORED BY THE ELDER JUSTICE NETWORK  
OF THE GREATER NORTH SHORE

**THE POWER TO BE KIND IS IN YOUR HANDS.**

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**BEING KIND MATTERS.**

**Take the pledge:**

I pledge to myself  
on this day,

To try to be kind  
in every way,

To help each person  
young and old,

To have a pleasant  
day unfold.

When I love myself  
and others too

That is the best  
I can do.

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