



## **Pay It Forward April 28<sup>th</sup> – Let's Do It!**

*By Lisa Joy, Falmouth Community Wellness Committee Member*

It's a day recognized in nearly 90 countries for letting your imagination run wild in the doing of good deeds anonymously – or otherwise. We invite our neighbors, schools and businesses to get in on the fun this year!

Catherine Ryan Hyde first wrote about changing the world one kind act at a time in "Pay It Forward," a book published in 2000. Seven years later, Blake Beattie launched Pay It Forward Day in Australia. By 2009, people in 15 other countries had joined in. This year's goal is to inspire people in 88 countries to pause their hustle and bustle and gift 10 million acts to strangers in a ripple effect.

Of course, our townspeople enjoy and share acts of kindness every day. The schools are enriched by the time, creativity, generosity and coaching skills of countless parents. The food pantry bustles with ever more households to serve. Volunteers spend hundreds of hours clearing our trails and picking up trash. There are dozens of daily examples.

Yet as much as we give, we know we can do more and better. In fact, enhancing our "community fabric" to reach more age groups, backgrounds and needs is among the six most important activities we have committed to over the next ten years, according to the recently published Vision and Values Report.

So this date, April 28, is one to weave some fun with elements of surprise(!) into that cloth. Maybe you handwrite a simple "Pay It Forward" note or two to hand unsuspecting recipients. Maybe you just hand someone a flower. Here are a few more ideas from an infinite list:

- Pay for a drink in the hand of someone standing behind you in line
- Give that person with a sign asking for money, an item you just bought with them in mind from your favorite grocery store... or a sandwich
- Take care of someone's restaurant order, gas fill, bus or train ticket
- Call a local shelter to see if they'll accept a pizza delivery
- Ask your church or a community service agency if there is someone who could use a visit, a call, a card or some other form of help or interaction
- Buy a few books for children whose parents can't afford them
- Cook for a neighbor
- Host a Pay It Forward activity in your business, office, school, church or community
- Give blood
- Donate to a cause you've never donated to before

If you have an organizational activity you'd like to share, email a photo and a brief description with "Wellness Committee PIFD" in the subject line to: [mfleming@falmouthme.org](mailto:mfleming@falmouthme.org). To learn more about Pay It Forward Day, visit: <https://globalpayitforwardday.com/>

*The Community Wellness Committee defines wellness as an active process of becoming aware of - and making choices towards - a healthy and fulfilling life and community. [Find our newly launched online wellness guide here.](#) We are looking for a committed, energetic volunteer who enjoys event planning and other fun ways to promote and encourage wellness opportunities. [Click here for an application.](#)*