

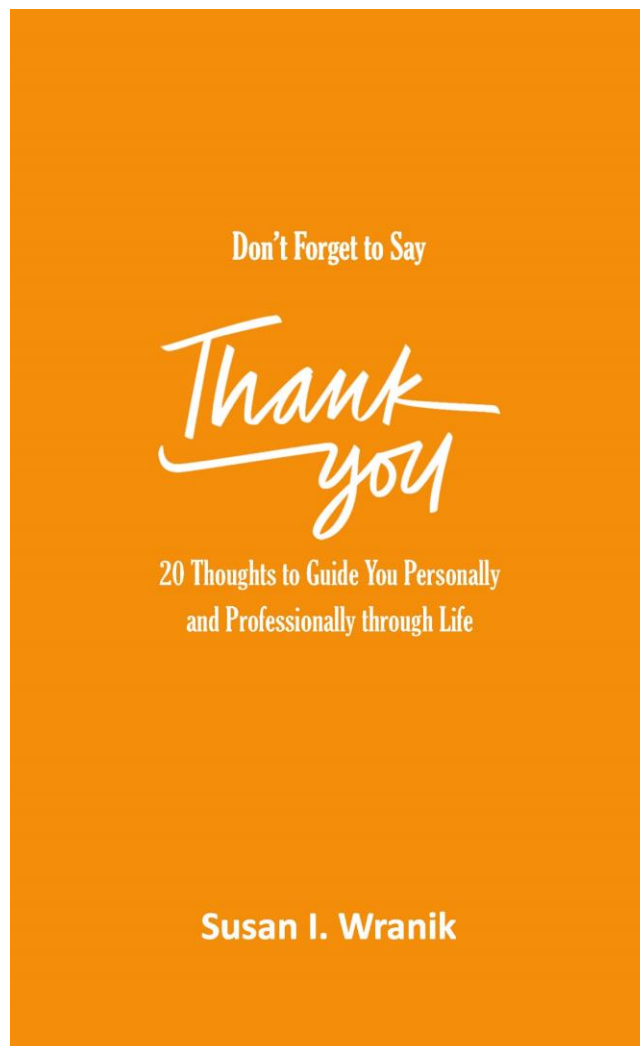
Susan I. Wranik, MS, MA, CCC-SLP is thrilled to inform you that her first book, *DON'T FORGET TO SAY THANK YOU*, has arrived!

Please join her in the book launch and signing on **November 14th at Kensington Park 5-7pm**. Books will be available for sale.

In the spirit of sharing and giving, Kensington Park is graciously hosting the book signing in conjunction with **Friendsgiving**, an event to replenish the food supply for the Montgomery County food bank, Manna. Information pertaining to this special combined event is included in the attachments, including a list of the food bank's most needed food items, should you wish to participate in giving.

PLEASE - if you are planning to attend, let Kensington Park know.

Reply to hflattery@kensingtonsl.com at your earliest convenience.





Books will be available for purchase.



A book about gratitude and kindness – about being gentler with ourselves and with others. Enjoy a reading and a book signing by the author, Susan I. Wrantik.



And in keeping with the spirit of the season, the debut of 20 Thoughts to Guide You Personally and Professionally through Life
Don't Forget to Say Thank You

Friendsgiving

Manna Food
Benefit
2017

JOIN US › TUESDAY › NOVEMBER 14 › 5 TO 7 PM
Share the gift of food and begin the season of giving!

Friendsgiving Partners 2017



CAMILLA O. McRORY ATTORNEY AT LAW
An Interdisciplinary Elder Law Practice Serving Seniors and Their Families

 **Gratitude & Cheer • Pre-Holiday Event** 

With special guest Susan I. Wranik for her book launch, *Don't Forget to Say Thank You*.

Let your generous contribution help us get to the
2017 Friendsgiving Goal of 2000 Pounds of food
to benefit

MANNA FOOD

Weigh In with the Friendsgiving Partners on
Tuesday • November 14 • 5 to 7 PM at Kensington Park Senior Living
3620 Littledale Road, Kensington, MD 20895

RSVP to **Heather Flattery: 301-946-7700** or
email: hflattery@kensingtonsl.com

Please see insert for MANNA FOOD wish list. 



MOST NEEDED FOODS LIST

Utilize this list to provide the most healthful food donations for our neighbors.

Help Manna by planning a Food & Funds Drive.

Details available at our website: <http://www.mannafood.org/give-food/host-a-food-drive/>



Grains

- Instant oatmeal packets, original flavor
- Brown rice (16 oz)
- Whole grain pasta (16 oz)

Protein

- Tuna, Salmon or Chicken, in water
- Dry or canned beans (low sodium)
- Natural nut butters

Fruits & Vegetables

- Canned vegetables (low-sodium)
- Canned fruit (in juice)
- Fruit cups

Other Healthy Items

- Shelf-stable, individual milk boxes
- Cooking oils & spices
- Infant formula & baby foods