

Best Time of the Year (maybe Not)

It is the time of the year that songs tell us that it is the 'best time of the year' and the word merry is used a lot and expected. It is true that this is a wonderful time of the year and the holidays can be very merry and bright. However, it is also true that many struggle during this time of year and for those many people, it is not the best time of the year and it may not be very merry or bright. If you are one of those who find it to be the best time of the year and very merry and bright, please remember that it is not so for all others and maybe look to find a respectful way to shine that light on some others who feel they are in darkness. And if you are one of those people that don't find it to be the best time of year and are at a point where it is not merry and bright, it might be helpful to seek out someone who is feeling merry and bright and let some of their light shine on your darkness. You may also find it helpful to step out of your comfort zone, push past that feeling of not wanting to do anything, and take advantage of the many opportunities this time of year to volunteer and help others. It can be a great boost to you and also helps another who is probably not feeling very merry and bright. Here are some places that would likely love to have your help:

[Melba Valley Senior Center - Senior Center in Melba](#)

[Nampa Corps \(salvationarmy.org\)](#)

[Homepage - Idaho Humane Society](#)

These are also great opportunities for those who love this time of year to make it even brighter and merrier. These are just a few places. I'm sure your local churches would love to have volunteers to help people as well and many other organizations. You can also go solo and look for opportunities to help neighbors, friends, family, or anyone else you see needs help. If you are one of those people that needs help, please reach out to these organizations, your local churches, your neighbors, family, friends, and others. You would be surprised how many people want to help and love it when someone points out a need. Especially this time of year. Please know that you do not need to suffer alone or suffer in silence. You don't even need to suffer. Here are a few places that can offer help:

Terry Reilly: 208-495-1011; 150 2nd St. N, Melba ID 83641

Refuge Counseling Center: 208-465-4985 4144 E. Amity Ave., Nampa ID 83687

Families, ETC.: 208-467-8837 516 Holly Street #301, Nampa ID

[Call 211 for Essential Community Services | United Way 211](#)

So, no matter how you feel about this time of year or how you are feeling this time of year, there are places to get help and places to help others. Or both. Also, helping others does not mean providing them with extravagant gifts that end up hurting you and/or your family. It

means doing what you can to make a positive difference in someone’s life and shine some light into their darkness and/or lighten their load. Focusing on “the reason for the season” and getting help and helping others can truly help make this ‘the best time of the year’ or at least much better than it has been for you in the past.



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Important information for seniors:

FAFSA application is now available:

[FAFSA® Application | Federal Student Aid](#)

If you have not done so already, complete the apply Idaho application (note: there are alternative resources to look into at the bottom of the link): [Apply Idaho - Next Steps Idaho](#)