



# PREMIER IN THE COMMUNITY

FEBRUARY 2018



### RANDOM ACTS OF KINDNESS WEEK FEBRUARY 11<sup>TH</sup> THROUGH THE 17<sup>TH</sup>.

A random act of kindness or RAOk is a selfless act performed by kind people to either help or cheer up a random stranger, for no reason other than to make people happier. Either spontaneous or planned in advance, RAOks are encouraged by various online and offline communities. An example of a random act of kindness is, when paying the toll at a tollbooth on a highway, to pay the toll for the car behind you as well. The phrase is a modification, or mangling, of "Practice random kindness and senseless acts of beauty", coined by Anne Herbert, as well as a play on the phrase "random act of violence."

There is a website for the Random Acts of Kindness Foundation whose motto is, "Kindness Starts with One, at <https://www.randomactsofkindness.org/>. In a 2006 article titled "Pay it Forward" in Psychology Today, the research of Stanford University psychologist Sonja Lyubomirsky shows that performing random acts of kindness can make one feel happier. You're invited to become a Raktivist and find that one person that inspires you to be a better human being.



### COLLEGE BRIDES WALK

On September 26th, 1999 just moments before she was to be married, Gladys Ricart was murdered by a jealous ex-boyfriend. Exactly two years later, Myhosi "Josie" Ashton took a 12 credit college internship and walked 1,300 miles from Gladys' home in Ridgefield, New Jersey to Miami, Florida. In her own wedding dress, Ashton took this journey to commemorate Ricart's death and bring attention to issues of domestic and dating violence. Originally known as "The Brides March" annual walks in New York, Wisconsin, Washington D.C., Dominican Republic and our home in Miami have continued to shed light on these important issues.

Since then, Barry University has proudly hosted The College Brides Walk as they continue to create a platform for youth to provide solutions, discuss options, and express themselves in a creative and healthy way about the issues of dating violence. In conjunction with Florida Atlantic University, Florida International University, Florida Memorial University, Johnson & Wales University, Lynn University, Miami Dade College West Campus and Nova Southeastern University over 1,500 college students, high school students, and community members in wedding gowns and all white attire walk in solidarity to put an end to violence on and off campus.

This year the walk will be held on February 23 for its 8<sup>th</sup> year. If you want more details, please go to <http://www.collegebrideswalk.com/speak-up-step-out/>.



### WAYS TO GET INVOLVED

We will continue to collect glasses for Preserve Vision Florida the rest of the month of February. If you have any gently used glasses, bring them to the break room.

Feeding south Florida's 8<sup>th</sup> Annual Outrun Hunger 5K will take place February 24<sup>th</sup>, 7:30 am to 9:30 am, and it only costs \$20 to help the hungry. <https://feedingsouthflorida.org/event/feeding-south-floridas-8th-annual-outrun-hunger-5k/>

Be my Valentine Zumba Master benefitting AVDA on February 10<sup>th</sup> from 1 to 3pm. \$20.

February 10th is also Everglades Day, and there will be a festival with many activities planned at Arthur R. Marshall, Loxahatchee National Wildlife Refuge, 10216 Lee Road, Boynton Beach, FL 33473. It's a free, outdoor, family friendly festival.



### ABOUT PREMIER EYE CARE

Premier's People, Planet, Profit triple bottom line means we are dedicated to helping the community. Contributions to 501(3)(c) charities since 2012 have topped \$600,000 and include diverse groups like the American Heart Assoc., the Drug Abuse Treatment Assoc., the Girl Scouts, Kenya Rescue, Tampa Crisis Center, Preserve Vision Florida, and more. Stay tuned for company-wide opportunities.



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