

# promise

*verb - to assure someone that one will definitely do, give, or arrange something; undertake or declare that something will happen*

*adj. - likely to be effective or successful in the future*

A promise can be known as two things. One is a solemn oath to do as you say. The other is when a person, thing or situation holds a favorable outcome.

As the heart and soul of CareGivers of America, we must hold both of these definitions in our minds and actions as we move forward into 2021.

## **Promise (v.)- to declare that something will happen:**

Our Mission Statement says that we are "committed to providing high quality home care services that allow our patients to lead dignified and independent lives in the comfort and safety of their place of residence."

This is our promise to our patients and is extended to their families, our vendors and even our partners in business and community. These values are what sets CGA apart from the rest. We do this in our daily actions, in even the smallest of activities. 2021 will bring new challenges and we need first and foremost to keep our promises, whether it is in the Mission Statement or in the word we give our colleagues.

### Here are a few ways to help keep your promises:

**Be Organized** We often make promises impulsively. It's wiser to stop and think before you agree to act. Check your agenda for scheduling clashes. Be sure that you have the resources to complete the task. And clarify exactly what you're committing to.

**Be Motivated** It's much easier to keep a promise when you genuinely want to do so. You're enthusiastic and you'll not let anything get in your way. But think carefully about your motives for agreeing to a request. Do you really want to help out, or are you saying "yes" just because it would please people?

**Be Honest** There will always be occasions when you know that you can't deliver, so be honest about it. It can be painful to turn down requests for help, or to admit that you don't have the capacity or the ability to do something. But, it's far better to do so than to risk giving people false hope, or to be untruthful.

## **Promise (adj.) - when something "holds promise" it means that the outcome is likely to be good in the future:**

The beginning of each New Year always seems to bring the promise of new purpose, new goals, new hope and new intentions. As we move into 2021, this should be seen more as "perspective" rather than empty resolutions. Regardless of challenges, difficulties or losses, we should see each day of the year as holding the most promise...because we're here to see it, to affect it and to share it with humanity.

The time around New Year's always feels so hopeful, because we believe in new beginnings. We believe in second chances and homeruns. And we believe that things can always be better.

Funny though, the root in the above beliefs is that we can "now" put our best foot forward, make things happen, have what we desire. And it's true.

But it's true every day. Not just at the first day of the New Year.



**CareGivers  
of America**  
Home Healthcare Services