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EXECUTIVE DIRECTOR'S MESSAGE

OCT2011



Hafa Adai Guam,

As you may all be aware, the financial state of our island and around the nation is bleak. This affects everyone. As the holidays approach, the economic conditions of our local families become more apparent as well. Many parents and youth alike feel the pressure to provide gifts, host family get-togethers, attend school events, and carryout traditions without regard to expense. Here are some tips to help celebrate on a budget this holiday season.

- 1) Start a new tradition like a pizza Thanksgiving dinner.
- 2) Use old fabric, tape, glue, and craft supplies to make homemade costumes.
- 3) Attend as many FREE events throughout the island as possible.
Family events don't have to be at your expense.
Enjoy family time on someone else's dime.
- 4) For gifts, try giving your children coupons and encourage them to make coupons for the rest of the family. These can be fun and a great way for the youth to engage in service learning. Some favorites are coupons for a massage, a day free of chores, get out of restriction early.
- 5) Holiday theme decorations are abundant at thrift shops. Also, the most sentimental decoration pieces and ornaments are home-made.

If you have any cost saving tips of your own that you would like to share, please log onto facebook and tell us your budget friendly recommendations on the Sanctuary page. As always be safe and use this holiday season as an opportunity to strengthen the bond between you and your family. God bless you.

Saina Ma'ase,

Mildred Q. Lujan