



BRAIN INJURY ASSOCIATION OF NEW YORK STATE

Brain Injury Association of New York State | 5 Pine West Plaza, Suite 506, Albany, NY 12205 | 518-459-7911 (phone) | 1-800-444-6443 (Family Helpline)

July 8, 2024, will mark four years since Sammy's passing. After Sammy's accident, we were overwhelmed by the generosity and kindness of those in our lives, including you, that donated to her GoFundMe and provided much needed physical, mental, and emotional support.

As her family, we feel her absence every day. Yet, we know that Sammy would want us to mark this day by celebrating her life and remembering her as the amazing, compassionate, selfless, and magnetic person that she was. Therefore, **on July 8, we are asking you to perform one or more random acts of kindness to put a smile on someone's face.**



We have partnered with the Brain Injury Association of New York State (BIANYS) to help **A Day of Kindness** go even further. BIANYS has been amazing at helping us to set up the **Samantha Goldsmith Fund**, which provides grants of up to \$5,000 to assist brain injury survivors and their family with unforeseen expenses and costs related to the life changing events tied to brain injury, and we are happy to partner with them again in honor of Sammy.

Sammy was known to light up every room she walked into. What better way to honor her memory and further her legacy, than to spread kindness and positivity? **We truly hope you will participate.**

RANDOM ACTS OF KINDNESS INSPIRATION



- ♥ Buy coffee for the person behind you in line.
- ♥ Surprise a neighbor or coworker with freshly baked treats.
- ♥ Put flowers or a sticky note compliment on someone's car.
- ♥ Donate in Sammy's name to the Brain Injury Association of New York State.
- ♥ Compliment a stranger.
- ♥ Leave quarters at the laundromat.
- ♥ Place a positive body image note in the jean pockets at a department store.
- ♥ Pick up litter you see near a trash can.
- ♥ Return a cart to the corral, even if it isn't yours.
- ♥ Donate a bag of food or treats to your local pet adoption center.
- ♥ Spend time with your parents, doing what they want for the day.



Once you've completed your random act of kindness, we encourage you to do one or more of the following to make the impact even greater!

- Post a picture of your kindness act and explain how you are honoring Sammy's legacy, while encouraging others to do the same. Use **#InspiredBySammy**

- **Tag BIANYS** in your social media post using **@BIAofNYS**, or send your pictures/let BIANYS know what you did by emailing **info@bianys.org**

- Encourage the recipient of your act of kindness to pay it forward and tell them about Sammy.

- **Share this flyer with friends and colleagues** and ask them to participate on **July 8**.