

A Day of Kindness

July 8, 2025

Help put a smile on someone's face and honor Sammy.



Known to light up every room she entered, Sammy was compassionate, selfless, and full of joy. This July 8 marks five years since her passing.

Join the Brain Injury Association of New York State and the Goldsmith Family in celebrating her life by spreading kindness in her honor.

RANDOM ACTS OF KINDNESS INSPIRATION

- Buy coffee for the person behind you in line
- Leave flowers or an uplifting note for a stranger
- Take a friend or family member out for lunch
- Donate pet food to your local animal shelter
- Make a donation to the Samantha Goldsmith Fund
- Compliment someone just because
- Leave quarters at the laundromat
- Spend time with your parents - doing something they want

*Every small act creates a ripple of **hope** and Sammy would be **proud**.*

NEXT STEPS

After your act of kindness, consider these simple ways to spread the impact even further!

- 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.

About the Samantha Goldsmith Fund: In partnership with the Brain Injury Association of New York State (BIANYS), the Goldsmith Family established this fund in 2022 to support brain injury survivors and their families facing unexpected expenses related to brain surgery and recovery. To date, nearly \$60,000 has been granted to 15 families across New York State.



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