

# Keeping our community cozy this holiday season.

That's MERRIMACK Style.



## Donate to our annual Mitten Tree Drive!

Now until New Year's Eve, we're collecting new handmade or store-bought mittens, hats and scarves to be donated to local schools and nonprofits. For every donation we collect, we'll give \$2 to local food banks. Drop off donations in any Merrimack branch lobby during regular business hours through 12/31.



Thank you for decorating our tree and warming heads, hands and hearts this holiday season.

Scan for branch locations and lobby hours.

\* Scanning this QR code may result in additional charges from your carrier or phone service provider.



MERRIMACK COUNTY SAVINGS BANK

NMLS #433938



DOCTOR'S CORNER  
by Dr. Richard Johnson Dunbarton



## HAVING A GRATEFUL SPIRIT

Many in America will spend some time during November and December giving lip service to being thankful. What do we mean when we say we are “thankful?” Are we thankful for having, or being given what we want? Is being thankful only about my personal peace and happiness? I would like to suggest that true thankfulness goes deeper than that, and that having a thankful attitude that is present in the tough times as well as the good times is therapeutic.

Some have defined ‘gratitude’ as a general appreciation of life, and ‘thankfulness’ as a response to a particular event or experience. John Ortberg has written: “Gratitude is the ability to experience life as a gift.”

For many in America possessions and health are expectations rather than blessings. To that point Passmore & Oades have written that “Gratitude has, for many, been replaced by disappointment, anger, and resentment when these expected ‘blessings’ either do not appear or they disappear.”

Having an attitude of gratitude and being thankful act as a shield against envy and greed. Being intentional with a grateful attitude and looking to give thanks is a practice that transforms our perspective.

This quote sums it up well:

*The exercise of gratitude is considered a strong therapeutic tool for positive psychology in obtaining responses that combat disorders and other issues related to depression and anxiety. In addition to being a psychotherapeutic instrument, gratitude is considered essential for forming the personality and character of an individual.*

*When expressing gratitude, people avoid pessimism, unhappiness, complaints of malaise and pain, toxic emotions such as anger, hurt, and fear, feelings of loneliness, isolation, and lack of engagement. A grateful individual focuses on positive practices of solidarity and attention to others and gains a sense of well-being in return.*

<https://journal.einstein.br/article/the-effects-of-gratitude-interventions-a-systematic-review-and-meta-analysis/>

“Oh, give thanks to the Lord, for he is good, for his steadfast love endures forever!” – Psalm 107:1 ESV



MERRIMACK COUNTY SAVINGS BANK

## THE MERRIMACK WELCOMES MARC FILS-AIME



Merrimack County Savings Bank (The Merrimack) welcomes Marc Fils-Aime as Branch & Business Development Manager of its Concord branch at 1 Integra Drive. In this role, Fils-Aime will oversee branch operations and community involvement initiatives.

“We’re excited to have Marc join the team at Integra,” said Rachel Perri, RVP Branch Manager for The Merrimack’s Central Regions. “He comes to us with knowledge in banking and experience with local businesses and non-profits.”

Prior to joining The Merrimack, Fils-Aime served as Branch & Business Development Manager for The Merrimack’s affiliate, Meredith Village Savings Bank in Center Harbor. Before making the switch to banking, he worked in medical sales as a territory account manager for the New England area.

Outside of the office, Fils-Aime is active in the community, serving as a Board Member for Interlake Community Caregivers and the Lakes Region Visiting Nurse Association, as well as Co-Chair for the Sandwich Fair Kids Tractor Pull. As an Exercise Science graduate from Norwich University, Fils-Aime is an aspiring amateur kick boxer. He resides in Epsom with his wife Leanne and their two dogs, Glock and Draco.

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