

**From:** Spirit of Wellness SpiritofWellnessInc@mailman.bloomerang-mail.com  
**Subject:** December 2024 Newsletter  
**Date:** January 10, 2024 at 8:59 AM  
**To:**



## Spirit of Wellness Welcomes 2024!

Mary,

As the new year dawns, the Spirit of Wellness family comes together to celebrate the blessings that life has bestowed. Amidst the laughter, music, and shared meals, the spirit of gratitude weaves through the air, creating a tapestry of appreciation for the support provided throughout the year.

At Spirit of Wellness, we are privileged to witness the impact of our programs on the lives of many and the holidays, especially, provide an opportunity for reflection on the positive changes we've been able to bring about.

Our food security programs have become a cornerstone of our mission, fostering regular interactions where we witness first-hand the absolute necessity of the provided nutrition and the impact of the social connectedness. The joy on the faces of those we serve mirrors the gratitude we feel for being able to make a tangible difference.

The gratitude extends into our education initiatives. We recognize the pivotal role education plays in shaping the future and count every class attendee as a sign that the economic future

plays in shaping the future and count every class attendee as a sign that the economic future of their family and community will be bright.

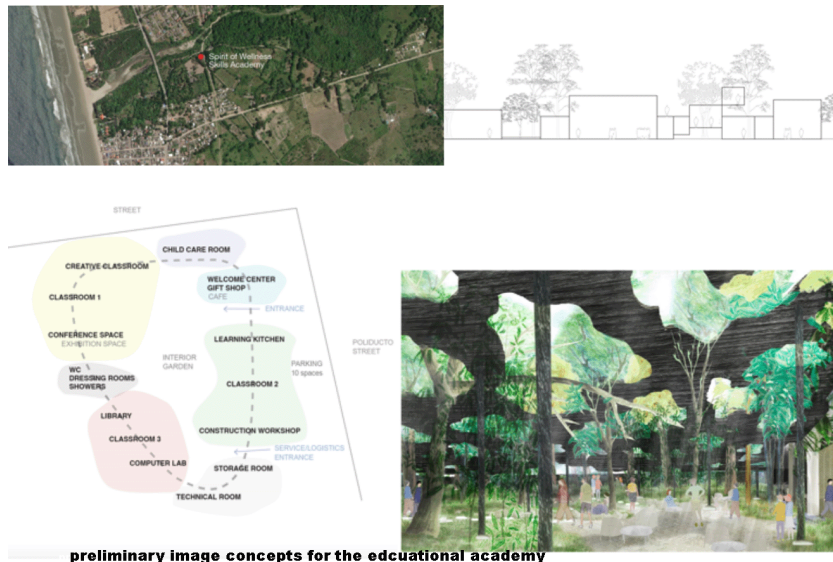
As we step into the new year, we reaffirm our dedication to increasing our positive impact as we continue to grow our programs' reach.

Together, we are creating lasting change for the communities we serve. Thank you for joining us on this inspiring journey towards a more prosperous tomorrow.

---

---

## Looking ahead to 2024 and Beyond: The Design for the Container Location and The Education Academy



preliminary image concepts for the educational academy

As this letter reaches you, Pedro, an architect raised in Ecuador, is hard at work designing the future educational academy anticipated to provide the youth of coastal Ecuador with opportunities to obtain STEAM (Science, Technology, Engineering, Arts and Math) and leadership skills necessary for successful careers.

His design embodies a dynamic harmony with nature utilizing flexible structures that adapt around majestic trees to preserve the site's integrity, creating spaces with larger areas such as workshops and conference rooms and smaller, intimate spaces for classrooms and offices.

Pedro's design not only serves the educational needs but champions environmental conservation, so important to the region.

As we embark on this journey towards a cutting-edge educational facility, Pedro's architectural

ingenuity promises a space where innovation and nature coalesce for a brighter, greener future.

---

---

## Spotlight on Esperanza: A Loving Senior



Through our work in Ecuador, we find inspiration in the stories of individuals who exemplify resilience and strength. This month, we spotlight Esperanza, a radiant octogenarian whose infectious smile is a beacon of joy.

Born into circumstances that required her to forego an education due to familial responsibilities, she embraced her role with grace and determination.

Losing her father at a young age, she began caring for her siblings while her mother worked, then raised her own children and continues her caregiving today, even as a single grandparent, by opening her modest home to her grandchildren who are without parental support.

Esperanza is a cherished member of our Spirit of Wellness family, attending the weekly senior lunch since its inception nearly three years ago. She also receives a supply of food staples from the foodbank to help her care for her young grandchildren.

Through our collective efforts, we strive to create a safety net for those who, like Esperanza, have faced adversity with resilience and courage.

We extend our deepest gratitude to Esperanza for sharing her light with us and to all of you who contribute to making our food security programs a lifeline for those in need.



who contribute to making our food security programs a lifeline for those in need.



Join us each week on our [Senior Lunch Facebook Page](#).

## A Kaleidoscope of 2023 Holiday Joy in Our Community.



Volunteers transport the monthly donation of rice contributed by the local water company.



Arturo, who washes all the dishes each week at the senior lunch, happily poses for a holiday photo.



Our junior volunteers are among the hardest working. We are constantly amazed at their spirit and willingness to pitch-in whenever needed.



**Volunteers are the backbone of Spirit of Wellness.**

Volunteers ready the holiday food baskets for delivery to the foodbank.



Balloons are a fun way to spread happiness during the foodbank's holiday celebration.

**Holiday smiles are in abundance, everywhere you look!**

A mother radiates happiness in anticipation of the festivities.





**Volunteers are ready to spread joy on food distribution day!**



**Hot chocolate is a special treat during the holidays.**



**The local high school girls march through the community in the St. Lucia parade held every December 16th. Every school-age child has a part in the parade.**

**Homes and businesses adorn their exteriors with garlands and trees to welcome the season.**

**Seasonal music is played on community loudspeakers to ensure that all are included in the fun.**

**Holiday displays, activities and special clothes are a reminder of the season all month long.**

**Seasonal t-shirts are worn during special events by most children and many adults.**

**If you look closely, you can see the love and care that went into the girls' hairstyles.**



In response to a request for more photos from a newsletter reader who is also a donor and volunteer (wow! are we ever grateful for the support), we have added this section.

If you want to see more photos, or have any other requests, drop us a line. We would love to know what you want to know (or see) in future editions.

Use the link to send us an email.

I want the newsletter to include...

**Every dollar donated to Spirit of Wellness makes an impact:**

**\$1 = 1 senior enjoys a nutritious lunch**  
**\$5 = 5 families receive a portion of eggs**  
**\$20 = 20 families receive a supply of rice**

[Donate Here](#)



Until next time, take care and remember, every act of kindness counts. No act is too small.

**Our Contact Information**

Spirit of Wellness, Inc  
6555 Ridgeview Circle  
Dallas, TX 75240  
1-859-445-8607  
<http://www.spiritofwellness.org>

[Unsubscribe](#) | [Manage email preferences](#)

**CEO, Matthew Collins**



*Spirit of Wellness*