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To:



Mid-Year Update on The Impactful Programs that are Paving the Way to a Brighter Future!

The Container for Ecuador is filled to Capacity

You have successfully packed the 40-foot shipping container with essential donations that will soon be making their way to Ecuador.

This incredible initiative aims to support the establishment of a vocational school, providing invaluable educational opportunities for aspiring students.

None of this would have been possible without the immense kindness and support shown by the Shoreline City Dallas community. THANK YOU!

As we prepare to send off this monumental shipment, we take a moment to reflect on the power of collective action and how it can shape lives and communities across the globe. Your contributions will undoubtedly make a lasting impact, opening doors to brighter futures and empowering individuals to pursue their dreams.



Foodbank Beneficiaries Received Home Visits

With a new year, comes a new opportunity to improve and expand.

The Olón Foodbank Interns, Volunteers and Operations Director took time out from their busy holiday schedules during the final months of 2022 to visit every single household that made a request for food assistance. They witnessed first-hand the overwhelming need of the nearly 70 families who made requests, many headed by grandmothers who are functioning as mother, father and grandparent due to circumstances that have left the children without parents.

Despite the obvious hardships, all the families exhibited warmth and welcome, inviting the Spirit of Wellness team to learn more about their lives all while expressing genuine gratitude for the help they've received so far.

Our families include 78 year-old Marcella who lives alone in a beachfront cabana without running water or electricity and spends her days faithfully reading her bible and 8-year-old Martin whose mother and siblings cheerfully attend to his every need due to disabilities which render him unable to care for himself.



Senior Luncheon Moves to a New Venue

After celebrating its 100th meal service last year (2022), the Olón Senior Luncheon Program, starting during the height of the pandemic closures to ensure that the most vulnerable members of the community were not forgotten, is still providing much needed nutritional support.

Every week, the local restaurant is crowded with the familiar faces of both attendees and volunteers who seek a hot meal and social connection.

As we began 2023, we said "farewell" and "thank you" to our hosts at the Roadhouse Restaurant. Darcy and Olga generously opened their doors for two years allowing the luncheon to take place in their beautiful establishment. Now, as they transition to new opportunities, the senior luncheon will as well.

Welcoming the senior luncheon for its 2023 chapter is Mary's Fly House, another restaurant where our seniors are made to feel special.





The Bathrooms for Children Project Ensures Safe, Hygienic Conditions at Learning Center

Early childhood learning centers operate in many of the rural coastal communities in Ecuador.

The government provides the building and loving teachers, but not much else. This means that the facilities are often woefully inadequate. We have visited centers in our communities without electricity, weather resistant roofs or operating bathroom facilities.

Spirit of Wellness made a difference by providing four new bathrooms to the early childhood learning center in San Pedro. Video of the adorable children celebrating their new facilities is available on our website. www.spiritofwellness.org/bathrooms-for-children



The Youngest Volunteers are a Help to All

No one is too young to offer support at Spirit of Wellness events. Not only do the children add warmth and joy with their bright faces, they are often found helping the adults to prepare meals, serve lunch and complete paperwork.

Want to meet some of our "junior volunteers"? Visit our website. www.spiritofwellness.org/our-team

Thank You for Making the Work Possible!

YOU make a difference.

It is due to the support of individuals like you that Marcela and Martin continue to receive the food that makes a world of difference to their health, our seniors know that they are valued members of the community, learning centers receive much needed updates and we are making plans to begin construction on our own vocational school.





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



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