

June 2025 Newsletter

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Spirit of Wellness



We're on the Map! Spirit of Wellness Joins "Olón se Pega"!

June 2025!

Mary,

Welcome to this month's Spirit of Wellness Newsletter!

Here in Ecuador, we believe this isn't just a place you visit — it's a place that stays with you.

And this month, we're proud to share that the Olón Foodbank is part of a new project celebrating this spirit of connection and community:

[Olón se Pega](#) (which means "Olón Stays With You") is a new interactive community guide, the result of a collaboration between small businesses (hotels, restaurants, cafés, galleries, cultural centers, volunteer groups) and students from the [Universidad de las Artes \(UArtes\)](#). With the support of [Punto Verde](#), [Centro Ambiental y Cultural de Olón](#), and [The Sea Garden House](#), the guide showcases not just services for visitors, but also highlights the natural wonders, artistic spaces, and community projects in Olón, Ecuador.

Visitors using the guide will enjoy a richer travel experience while supporting sustainable tourism and community development in Olón.

It's a beautiful example of the type of marketing practices we teach in our business classes where the students value cooperation over competition and learn strategies to strengthen

not both their individual businesses and the community as a whole.

We are excited to be part of this initiative and grateful for the collaboration that made it possible.



With arms full of food, each step towards home is filled with hope. Your support makes moments like this possible — and family meals a reality.

Join Our Foodbank's Circle of Support

Each month, our Foodbank quietly but faithfully provides life-sustaining support to families and seniors in Olón.

We do more than hand out food; we offer stability, dignity, and the simple reminder that someone cares. Behind every bag of rice, every fresh vegetable, every can of tuna, there is a story: a grandparent raising grandchildren, a widow rebuilding her life, a neighbor offering their last mango to a friend in need.

We are honored to do this work — but we cannot do it alone.

Today, we invite you to become part of something lasting by **becoming a recurring donor** to our Foodbank.

This is more than a donation; it's a quiet promise, month after month, that hope is not seasonal — it lives, every day.

Your support means:

Food on tables when there would otherwise be none.
A foundation of trust, allowing families to plan, heal, and rebuild.
A community where giving isn't a transaction — it's a way of life.

And for you, it means:

The quiet joy of knowing you are woven into every meal, every smile, every lifted spirit.

A real, tangible impact that you can see and feel in the lives of people you might otherwise never meet — but who are part of your greater circle of humanity.

A small monthly gift can do what one-time donations alone cannot: keep the roots strong, even when storms come.

If you have ever wished to be part of something enduring — something that doesn't just react to crisis, but builds a foundation of hope — this is your invitation.

Become a recurring donor today. Help us set the table for every neighbor who needs it.

I want to be part of the team. My donation matters.



Each woman carries more than food — she carries strength, courage, and the dreams of her family.

Why Caring About Global Hunger Nourishes Us All

In a world filled with abundance, it is a quiet tragedy that so many still live without enough food to thrive.

Across oceans and borders, millions of families — many no different from our own — face the daily uncertainty of where their next meal will come from.

But why should we, living in our own corner of the world, care about hunger in places we may never visit?

Because hunger anywhere weakens humanity everywhere.

When we choose to care — when we recognize the dignity and worth of every person, no matter where they live — we strengthen the very fabric of compassion that holds communities together. We remind ourselves that generosity is not about pity; it's about recognizing a shared story, a common hope, and a belief that everyone deserves the simple chance to flourish.

Nutrition is not just about food. It's about children growing up with clear minds and strong bodies. It's about parents having the strength to work and rebuild after hardship. It's about elders living with the dignity they deserve. Good nutrition is the first step toward health, education, opportunity, and peace — all the things we hope for in our own homes and communities.

And when we give — whether a meal, a moment, or a donation — we are not just filling empty plates. We are filling our own lives with something far richer: connection, purpose, and the quiet joy of knowing we made a difference.

Caring beyond our borders doesn't lessen what we have; it deepens who we are.

Every act of kindness ripples outward — sometimes in ways we will never see, but always in ways that matter.

When we feed others, we also feed the best parts of ourselves.



Ricardo Fernando is ready to greet guests at the Senior Lunch.

Volunteer Spotlight: Ricardo Fernando – A Heart Full of Generosity

At Spirit of Wellness, our community is built on small acts of kindness that create waves of hope — and few embody that spirit more than **Ricardo Fernando**.

Ricardo Fernando and his wife have been long-time participants in our Foodbank program. His wife faces health challenges that often make it difficult for her to attend our food distributions or weekly Senior Lunch. Yet, when she is able, she and Ricardo Fernando arrive hand in hand, their smiles lighting up the room — a quiet but powerful reminder of the strength and beauty of companionship.

Long before the first guests arrive on Food Distribution Day, Ricardo Fernando is already there — setting up chairs, preparing the space, and offering his helping hands wherever needed. His commitment to supporting others has never gone unnoticed.

Over the years, Ricardo Fernando has been not just a guest at Senior Lunch but a faithful part of the gathering, week after week. Recently, he's stepped even further into service, becoming one of our valued volunteers. He helps prepare and serve meals with care and, with his warm spirit, often brings joy to our youngest visitors by sharing his talents as an entertainer. The children's laughter when Ricardo Fernando is around is one of the sweetest sounds at Senior Lunch.

We are proud to celebrate Ricardo Fernando — not just for his generosity of time and spirit, but for the kindness he brings to every gathering. His example reminds us all that true community is built hand in hand, heart to heart.

Thank you, Ricardo Fernando, for walking alongside us.



Bringing joy to the children and care to his family — all in a day for Ricardo Fernando.

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

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