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**From:** Spirit of Wellness <SpiritofWellnessInc@mailman.bloomerang-mail.com>

**Date:** April 12, 2025 at 9:55:11 AM GMT-5

**Subject:** April 2025 Newsletter

**Reply-To:** support@spiritofwellness.org

## Spirit of Wellness



**Spirit of Wellness is Honored for Commitment to Community and Human Rights**

**Spring 2025!**

Memo

*Spirit of Wellness* has been recognized by the **Consejo Cantonal para la Protección de Derechos de Santa Elena** for our unwavering dedication to human rights and social well-being.

The award is a testament to the power of community-driven efforts and the impact that dedication, leadership, and compassion can create.

Through our programs, we uplift individuals and families, ensuring access to education, food security, and opportunities for a brighter future. The effects ripple far beyond our local community—reaching across our canton, province, and country.

Receiving this honor strengthens our resolve to continue advocating for a future where every person has the opportunity to thrive.

None of this would be possible without the support of our incredible volunteers, donors, and community partners—you are part of this achievement, and we thank you for standing alongside us.

Let's keep building a future where hope, opportunity, and justice flourish for all.



Volunteers sort produce at the food distribution center.

### **Forging New Partnerships to Combat Hunger: Our Visit to Banco de Alimentos Diakonía in Guayaquil**

We are delighted to announce our new partnership with [Banco de Alimentos Diakonía](#), a leading foodbank based in Guayaquil, Ecuador.

Established in 2010, Diakonía is committed to combating food waste and redistributing essential items. As Ecuador's first fully established foodbank, they collaborate with

numerous beneficiary organizations to reach over 30,000 people in their service area, with approximately 80% being children.

Diakonía is a proud member of [The Global FoodBanking Network \(GFN\)](#), an international organization that supports community-based food banks in over 40 countries. Through this affiliation, Diakonía has access to global resources and best practices, enhancing their ability to serve those in need.

Our collaboration with Diakonía promises to bring substantial benefits to our beneficiaries. By joining forces, we aim to improve food distribution efficiency, share valuable insights, and expand our reach.

During our recent visit to Diakonía, our team had the rewarding experience of engaging directly in their daily operations. We spent part of the day peeling carrots, sorting produce, and counting pastries—all donated items destined to feed the hungry. This hands-on involvement not only deepened our appreciation for the meticulous efforts required to run such an operation but also strengthened our commitment to alleviating hunger in our communities.

We are excited about this partnership's potential and look forward to the positive impact it will have on our collective mission to fight hunger and promote well-being.



Daile shares her story.

### **Small Steps, Big Wins: A Proud Moment at Senior Lunch**

At *Spirit of Wellness*, we believe that every small, consistent effort towards education can

At Spirit of Friendship, we believe that every small, consistent effort towards education can lead to incredible moments of achievement. Recently, at our weekly senior lunch, we witnessed one such moment—a true "payoff" for our dedication to creating opportunities for learning.

Each week, the grandchildren in attendance gather in a special "kids' section", where they are given coloring pages and worksheets to help them improve their language skills while waiting for lunch to be served.

Thanks to the dedication of our childminders, especially AnaMarie, these sessions have become more than just a way to pass the time—they are a space for growth, creativity, and confidence-building.

During a recent lunch, something remarkable happened.

Inspired by their vocabulary worksheets and drawings, several of the children decided to take their learning a step further—they began writing their own stories! Using the words they had practiced, they eagerly crafted short narratives to accompany their illustrations, showcasing their creativity.

Hearing them proudly share their stories was a moment we will never forget. It was proof that small, consistent steps lead to real progress—and that with the right encouragement, children will seize opportunities to learn and grow in ways we never imagined.

We couldn't be prouder of these young storytellers and the dedicated volunteers who make this learning experience possible. This is just the beginning—who knows what stories they will tell next?

**Want to be part of moments like this? Join us in supporting education and community growth!**

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





Vecino delivers food staples to the Foodbank.

### **Meet Vecino: A Helping Hand with a Heart of Gold**

At *Spirit of Wellness*, our work wouldn't be possible without the dedication of volunteers like **Vecino**—a man who shows up, lifts up, and makes sure things get done.

Every food distribution, Vecino is there, delivering food to those who need it most. But his impact doesn't stop at deliveries. Whether it's moving heavy supplies, organizing logistics, or simply lending a hand wherever needed, he's someone we can always count on.

What makes Vecino's contribution even more special is that his whole family is part of the mission. His son and daughter help assemble food baskets with care, ensuring that every package is ready for the families who rely on them. And his wife, Tomasa, is the backbone of the operation—coordinating food purchases, organizing supplies, and keeping everything running smoothly.

Together, Vecino and his family remind us that true community isn't just about giving—it's about showing up, time and time again. We're incredibly grateful for their hard work, dedication, and the kindness they bring to everything they do.

**Thank you, Vecino and family, for being the heart of this mission!**

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AnaMarie and the children practice English skills together.

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

#### **Our Contact Information**

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