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Subject: July Newsletter
Date: July 29, 2023 at 9:55 AM
To:



June and July at Spirit of Wellness in Olón, Ecuador

Forging Alliances-Expanding Hope

We are thrilled to share some exciting news with you all!

This past month, our team in Ecuador had the incredible opportunity to meet with two prominent organizations in the region, [Banco de Alimentos](#), [Diakonía](#) and [Caritas](#).

The purpose of this meeting was to explore potential partnerships that would allow us to expand our operations and make an even greater impact in serving families in need.

The meeting was a resounding success, as we found common ground and shared values among our

organizations. Both groups expressed genuine interest in collaborating with us to enhance our reach to ensure that no family in our community goes hungry. Together, we aim to develop innovative solutions to address food insecurity and create a sustainable model that can serve as a beacon of hope for our communities.

We are incredibly grateful for the opportunity to engage with such esteemed organizations and to all the leaders including the Archbishop of Santa Elena, Monseñor Minda, who have made this possible. We believe that by working together, we can break down barriers, extend our reach, and provide nourishment to even more families in need.

Thank you for your continued support and for being a part of our mission. Together, we can make a difference!





Generosity in Action-One Individual Act of Kindness Impacts Many

In a heartwarming act of generosity, Kay, a young woman from the United States, selflessly donated a significant portion of her cherished ball cap collection to the seniors of Olón ensuring they received essential sun protection.

Kay captured the hearts of many with her thoughtful gesture, bringing smiles and protection to the faces of everyone who received a hat.

When Kay learned from family friends of a project to collect items to help alleviate the challenges faced by the seniors due to a lack of access to proper sun protection, the effort resonated deeply with her.

She carefully selected many of her own cherished ball caps to share and donated so many that a significant number of the seniors who attend the weekly luncheon in Olón received one of her special caps.

For the seniors, the donated caps were not just a practical solution but a source of joy and inspiration. Many of them had never owned a ball cap before and were delighted to receive a gift from a distant land. The caps became symbols of hope, reminding them that someone cared for their well-being.

Kay's gesture ignited a domino effect of goodwill. Others who were told of her generosity were moved by her selflessness and donated their own ball caps and sun protection items to the seniors, bolstering the efforts to keep them safe from the sun's harmful rays.

Kay's kindness serves as a powerful reminder that even small acts can have a profound impact. She has not only protected vulnerable individuals but has uplifted their spirits and sparked a wave of compassion that continues to ripple.



Oh, The Challenge of Too Much Rain

Olón experienced an unusual period of heavy rainfall recently that brought about numerous challenges for the community, ranging from flooded homes to damaged crops and skyrocketing food prices.

The incessant rainfall proved overwhelming for the local drainage systems, causing floods in various

neighborhoods. Many families saw their homes engulfed by water damaging possessions and raising concerns about waterborne diseases, making health and sanitation a priority.

Local fields became waterlogged, causing irreparable damage to crops like rice, a staple food for the community. As a consequence, the cost of food surged dramatically over a mere three-week period. Rice, a dietary mainstay for Olón's inhabitants, saw prices more than double, placing an unbearable burden on families already grappling with the flooding.

In times of crisis, the strength of a community is often measured by its ability to come together and support those in need. Olón's Foodbank, providing assistance to the less fortunate, became even more critical during this period. With the price of rice and other essentials soaring, the Foodbank played a pivotal role in ensuring that families struggling to make ends meet could access necessary sustenance.

As we reflect on the trials faced by the people of Olón, we are reminded of the importance of preparedness and resilience in the face of unpredictable weather. While the challenges posed by excessive rain may be considerable, the strength and unity exhibited by this community are inspirational.

May the resilience and camaraderie of Olón serve to remind us that together we can overcome any storm that comes our way.



Children Add Joy to the Senior Lunch

At our heartwarming senior lunch in Olón, age is just a number and joy knows no boundaries.

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We are often asked why children are also a part of our Senior Lunch gathering.

Well, let us share the beautiful reasons behind it.

Many of our seniors have the responsibility of caring for their grandchildren and we understand that child care can be challenging. That's why we created an inclusive environment where our seniors are not prevented from participating due to childcare responsibilities.

But there's more to it than just convenience.

Our senior lunches are a joyous occasion filled with laughter and companionship. The children can feel the love and happiness that radiates from our seniors and they genuinely love coming each week to share the joy!

Our dedicated volunteers embrace the spirit of compassion. No one is ever be turned away if they're hungry. We ensure that every plate is filled with love and warmth, nourishing not only bodies but souls as well.

We make sure our seniors and children feel a sense of belonging and are cherished and supported by their community. Our intergenerational lunches bridge the gap between the young and the wise, fostering connections that go beyond generations.

And just so you know, the take-home meals we provide after every lunch are exclusively for our seniors. We make sure they have a delicious and nutritious meal to enjoy later.

For those who wonder about the cost of feeding the children, we have it covered!

Less than 15% of our budget goes towards nourishing these little hearts, and it's all thanks to the generous support of an incredible sponsor.

As a donor, you're not just supporting our beloved seniors but also helping to create lasting memories and meaningful experiences. Every contribution goes a long way in spreading happiness, love, and togetherness in our community of Olón.

THE SENIOR LUNCH MATTERS!





YOUR support will
keep this lifeline
strong!



Monthly Sponsorships Allow the Senior Lunches to Continue

Thank you for being a member of the Spirit of Wellness family.

This past month our team in Olón embarked on the first annual Senior Lunch Sponsorship drive.

Every week, the team bears witness to the impact of your donations as they serve nutritious meals to our beloved seniors. These individuals, who have played an integral role in building their community, now find themselves facing the challenges of aging and limited resources. By contributing regularly, sponsors provide them with a lifeline—a warm meal, companionship, and a sense of belonging.

Monthly sponsors make an immense difference because they allow the team to plan and sustain the program for the long term.

Contributions are not just financial transactions; they are investments in the well-being and dignity of the elderly community members. They are acts of compassion that transcend borders and remind us that we are a global family, united in our responsibility to care for one another.

Join us in making a lasting impact by becoming a sponsor today. Together, we can ensure that our seniors continue to enjoy nourishing meals, find solace in companionship, and know that they are cherished and supported by a compassionate community, both near and far.

Thank you for your consideration and for being a beacon of hope in the lives of our most vulnerable citizens.

Gratefully yours,
The Olón Senior Luncheon Team
Mike, Carrie, Paul, and Darcy
[I want to ensure the lunches continue,](#)



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



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