

From: Spirit of Wellness spiritofwellnessinc@mailman.bloomerang-mail.com
Subject: April 2024 Newsletter
Date: April 4, 2024 at 9:36 AM
To:



Preparing the donated items for distribution.

Update from Spirit of Wellness

The Impact of Your Contributions

Mary,
This month, we want to take a moment to share with you the incredible impact of your support.

Every dollar, every item of clothing, every piece of school equipment, every bag of food you share makes its way to a deserving person whose life is made brighter because of your thoughtful acts.

YOU are a source of hope to whole families and entire communities.

Food Security



Over 15,000 meals served.

Senior Lunch

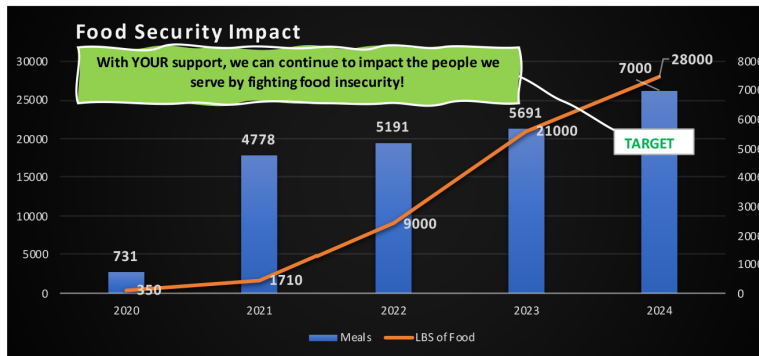
The Olón Senior Lunch program, begun during the Pandemic closures, now in its fourth year, continues to provide a weekly hot lunch to the most vulnerable of seniors. With **over 15,000 meals served**, the program is so successful that it has been replicated by similar volunteer groups in two neighboring communities.

Foodbank

Begun at the request of the Comuna Leadership after witnessing the work of the Spirit of Wellness Team during the Pandemic, the community Foodbank, now in its third year of operation, has **distributed over 30,000 pounds of food** during the bi-monthly distributions.

In addition, support from the volunteers, donors and community has resulted in the Foodbank beneficiaries receiving vegetable seeds to begin home gardens, medical assistance and mobility devices, clothing and household items and school supplies and bookbags.

In addition, the Foodbank sponsors an annual holiday event to remind every member of the Foodbank family that they are valued and cherished.



Over 30,000 pounds of food distributed.

Education Support





Over 80 early learners received updated facilities.

San Pedro and Olón Early Childhood Learning Centers

Spirit of Wellness facilitated **crucial infrastructure enhancements** at two early learning childcare centers, **benefiting over 80 children and educators**. These updates encompassed a comprehensive range of essentials, from installing fans, chairs, and tables to refurbishing roofs, bathrooms, and exterior paint, alongside revitalizing grass play areas. The transformative impact of these improvements extends far beyond physical spaces, fostering conducive environments for optimal growth and learning experiences for our youngest community members.

Olón Elementary Children

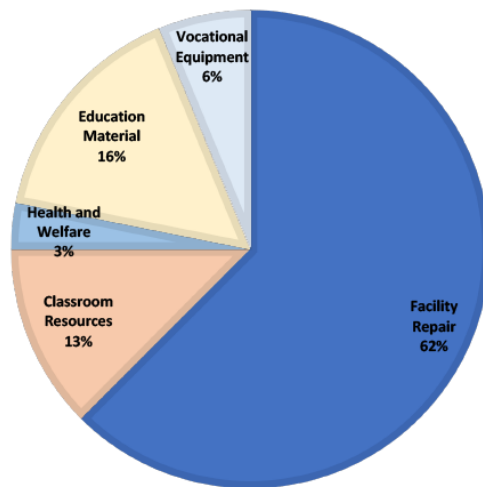
Due to a special donor, annual school supplies for every elementary-age child enrolled in the Foodbank program received all the required school supplies for the past two years. This initiative ensures that **35 children, whose families may not have the resources otherwise, have the necessary tools to participate in vital education**.

Olón High School

Essential equipment was donated to two distinct vocational programs at our local high school: the hospitality program and the computer science program. Your contributions will directly **impact youth learners across our community**, empowering them with the tools and resources necessary to thrive in these crucial fields.

EDUCATION SUPPORT HOW YOUR DONATIONS WERE USED

- Facility Repair
- Classroom Resources
- Health and Welfare
- Education Material
- Vocational Equipment





Over 70 complete sets of school supplies provided.

Business Leadership



Over 30 business leaders developed.

360 Business Academy

Our initial business course directly **impacted 24 local entrepreneurs**, resulting in an increased awareness of the importance of creating intentional marketing strategies to sustain their businesses. Through the dedication of 3 volunteer instructors, we provided personalized instruction, translating into measurable gains and improved confidence levels among our student body. With a **100% graduation rate**, we're proud to report that our efforts have not only elevated business success but also instilled a desire for continued business education in our community."

Community Development Intern Program

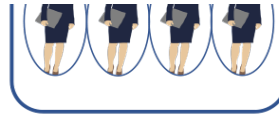
During our year-long intern program, **four adult interns underwent a transformative journey**, emerging as skilled professionals and influential leaders within their community. Through teamwork and immersive experiences, they honed their abilities to interact with diverse populations, providing invaluable support while running an impactful community program. The intern program's lasting legacy is evidenced by the elevation of **two interns into elected community leadership positions**, reflecting its profound impact on empowering individuals to effect positive change in their community.





24 Entrepreneurs Trained

*The graduation rate exceeded **100%** as several un-enrolled students found the material so compelling that they audited the course and completed all classwork.



4 Professionals Developed

*We proudly congratulate two of the SoW Interns who were recently elected to leadership positions within their community!



Graduation Cap Image by Mohamed Hassan from Pixabay
Young Business Woman Image by Yvette W from Pixabay

Future Initiatives



Over 20 tons of essential supplies donated.

Food Farm Initiative

The Food Farm Initiative is beginning to sow the seeds of change. **In 6 short months, it has cultivated over one acre of land and planted countless crops which are already starting to yield a bountiful harvest for our community.** Empowering local employment, the initiative is providing meaningful opportunities for 2 individuals to develop skills and support their families. Additionally, our initiative has reached several homeowners, equipping them with the knowledge and resources to cultivate their own sustainable gardens, fostering self-sufficiency and food security.

Container for Ecuador

The donations of educational equipment, medical supplies, and **essential goods totaling 20 thousand pounds will be instrumental in transforming local schools and community programs,** benefiting individuals of all ages. From furnishing classrooms with state-of-the-art technology to providing critical healthcare resources, your support will enhance learning experiences and improve access to vital services.

Vocational School

The establishment of our new vocational school marks a significant milestone in our community's educational landscape. With secured land in progress, ongoing development of architectural plans, and funding initiatives underway, we are laying **the foundation for a transformative institution that will empower individuals with practical skills and prepare them for meaningful careers.** Through this initiative, we envision a future where every member of our community has access to quality vocational education, unlocking doors to economic opportunity and prosperity.



Unlimited hopeful futures anticipated.

**YOU MADE A DIFFERENCE IN 2023!
THANK YOU!**

**TOGETHER, WE CAN CONTINUE TO MAKE A
DIFFERENCE IN 2024.**

\$100 = 100 senior lunches served.

\$500 = 280 people are provided eggs for a month.

\$1,500 = 30 children receive annual school supplies.

**\$2,500 = 40 children will learn in a safe, updated
classroom.**

[Donate Now!](#)



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



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