

From: Spirit of Wellness SpiritofWellnessInc@mailman.bloomerang-mail.com  
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**THIS IS A TEST EMAIL**



CEO Matt and School Director Patty discuss the recent improvements sponsored by Spirit of Wellnes to the Little Stars Knowledge Early Learning Center in San Pedro, Ecuador.

## August at Spirit of Wellness in Ecuador

### Our CEO Visits Ecuador

In a whirlwind of purpose and passion, our CEO Matthew Collins recently embarked on an inspiring journey to Olón, a place where our mission comes to life in vibrant hues.

The visit was a symphony of interactions – from checking in on our programs, to collaborating with dedicated volunteers who sprinkle their magic of care to meeting the heartwarming beneficiaries who are the very heartbeat of our mission.

It was a tapestry woven with smiles, curiosity, and unbounded hope, as we strive to create a nurturing haven where everyone can flourish.

Guided by our mission to cultivate an environment where dreams take root, Matthew's visit underscored the unwavering dedication we hold dear. We believe in providing not only educational tools but also health, nutrition, and leadership opportunities, all of which intertwine to create a fertile ground where aspirations blossom.

As we continue this empowering journey, we extend our heartfelt gratitude to every supporter, volunteer, and advocate who paints this canvas of transformation alongside us.

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## Fostering Unity and Empowerment



In a display of community collaboration, our foodbank is redefining the meaning of support.

As the sun rises, a bustling atmosphere takes over the office, as volunteers and beneficiaries join forces to prepare for the much-awaited food distribution day.

What sets this initiative apart is the active involvement of the beneficiaries themselves, who embrace the opportunity

to contribute and empower their fellow community members.

From cleaning the space to sorting fresh produce and setting up distribution, beneficiaries like Maria and Carlos become integral parts of the process.

With genuine smiles and camaraderie, they work alongside volunteers to ensure that every aspect is made ready.

This unique approach not only streamlines the distribution process but also creates a deep sense of belonging and mutual respect. Our foodbank stands as a shining example of how collaboration and empowerment can transform assistance into a shared journey of support and growth.



# SPIRIT OF WELLNESS FOOD SECURITY IS A TEAM EFFORT!

JULY 2023

Thanks for watching. Let us know what you think.

[Press Here.](#)

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## Senior Lunch Joins Facebook



Whether you're a long-time fan or a curious newcomer, our new Senior Lunch Facebook page is your one-stop-shop for all things Olon Senior Lunch. And guess what? Our digital chef's hat is on, ready to cook up a storm of updates, pictures, and stories that'll leave your heart and tummy equally satisfied.

But wait, there's more!

Say hello to the new program logo, designed by none other than our resident volunteer superhero, Carrie Ann, a teenager who's been dishing out love since our program's inception during the pandemic. This logo isn't just an emblem; it's a sprinkle of creativity, a dash of enthusiasm, and a whole lot of heart. Just like our senior lunches, it's a testament to the power of community coming together.

Visit us here:

[Senior Lunch Facebook Page](#)

or here:



## Determination and Gratitude: Rose's Story



In the heart of our foodbank community, stories of resilience and inspiration abound. Among these shining stars is Rose, a young woman whose dedication to her family and thirst for knowledge touch the very core of our mission. This month, we're proud to spotlight Rose, a devoted daughter who exemplifies the power of love and care.

Her mother, a remarkable 78-year-old woman, relies on Rose's steadfast support due to her functional blindness. Day in and day out, Rose selflessly tends to her mother's needs, ensuring her comfort and well-being.

While Rose's family duties keep her from attending formal classes, her eagerness to improve herself knows no bounds. With determination as her guide, Rose is on a self-driven journey of learning using the precious moments she finds between caring for her mother to improve her English language skills armed with nothing but a Spanish/

English dictionary.

On food distribution days, Rose's radiant smile lights up as she greets our English-speaking volunteers. With newly acquired vocabulary, Rose peppers them with questions and engages in conversations that transcend language barriers. Her enthusiasm and genuine gratitude for both the food and friendship resonate deeply, leaving an indelible mark on all who have the privilege of knowing her.

In Rose's journey, we see the embodiment of strength, determination and a boundless spirit. She reminds us that no challenge is insurmountable when fueled by a thirst for growth.

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## Sharing our Values



\*{{First Name}}\*,

At Spirit of Wellness, our mission isn't just words on paper – it's a commitment that we live and breathe every day, right here in the heart of Ecuador. We believe in the power of dreams, and we're dedicated to making them come true by matching resources with opportunities, and that's how our values come alive in the work we do.

**Integrity:** We believe in walking the talk. With unwavering honesty and ethical conduct, we ensure that every action we take is aligned with our core principles.

**Respect:** Our interactions are infused with respect, valuing every individual's dignity and uniqueness. This respect forms the foundation of the partnerships we forge.

**Transparency:** We're not just open; we're transparent. Our collaborations are built on trust, open communication, and clear accountability, creating an environment of mutual understanding.

**Authenticity:** Being true to ourselves enables us to create genuine connections. We celebrate our authenticity and encourage others to do the same, fostering an atmosphere of openness and trust.

**Service Leadership:** Leading by example, we embody the spirit of service. By putting the needs of others first, we inspire a culture of giving that ripples through every initiative.

**Education:** We believe in empowerment through education. We provide the tools and knowledge needed to turn dreams into reality, fostering growth and self-sufficiency.

**Intent through Action:** Our intentions are backed by meaningful actions. We're not just dreamers; we're doers, turning aspirations into achievements.

**Compassion:** Our hearts guide us. With empathy and compassion, we extend a helping hand to those in need, spreading kindness and making a tangible difference.

**Excellence:** We set the bar high and strive for excellence in all we do. This commitment ensures that the dreams we fulfill are of the highest quality.

**Collaboration:** We know that together, we can achieve more. By collaborating with local communities, partners, and volunteers, we create a powerful network that multiplies our impact.

In Ecuador, we're not just matching resources with opportunities; we're weaving dreams into reality. Each value we uphold plays an integral role in crafting a tapestry of positive change, where dreams are nurtured, supported, and transformed into lasting achievements.

Thank you for being a part of our journey. With your support, we're demonstrating these values in action, shaping a brighter future for individuals and communities across Ecuador.

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



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**CEO, Matthew Collins**



