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To:



Update from Spirit of Wellness



Matt Collins, CEO, Spirit of Wellness

A Special Message--just for you--from CEO, Matt Collins.



Our Founder's Story

Mary,

Ever wondered how Spirit of Wellness began, where the name came from and why we work in coastal Ecuador? Well, wonder no more...

In 2016, seeking respite from his corporate job, **Executive Director, Matt Collins**, bought a house in Ecuador intending to retire to the land of tranquility.

However, before he could finalize the move, a leukemia diagnosis altered his plans. Ecuador became a refuge during his recovery. While there, he formed friendships that contributed to his healing in both body and spirit. He also gained a newfound perspective on the value of his life's journey and how he could contribute to the world.

Through his new friendships, he began to learn of the struggles and aspirations of those in his adopted community.

Inspired to make a meaningful difference in the lives of underserved community members, he founded the nonprofit organization, Spirit of Wellness. His vision was to create a bridge that connected resources with those in need, particularly focusing on fostering educational opportunities.

By partnering with local educators, businesses, and technology providers, Spirit of Wellness is crafting programs that effectively pave the way for future success to break the cycle of poverty.

Grateful for the unexpected journey that led him to this point, he found purpose in serving others.

His commitment extends beyond mere provision; it is about empowering individuals and equipping them with the tools to rise above their circumstances.

This fulfillment comes from seeing real changes in lives, affirming that the efforts in tackling food insecurity and enhancing educational access are indeed transforming the community.

[Visit our website where Matt answers questions about Spirit of Wellness.](#)





Can You Spot the Generosity?

It's never hard to spot the generosity of our incredible donors.

On any given day, a walk through the community affords a glimpse of a neighbor wearing a gently used garment that has found a new home with a deserving senior or volunteer.

Last year, visitors from the community of Yorba Linda concluded their trip to the coast by leaving behind both new and gently used clothing.

Many of the t-shirts sport the saying "I Love Yorba Linda".

The shirts were given to both seniors and volunteers who may not have any idea where Yorba Linda is located, but we do. So everytime we spot one of the shirts, we are reminded that we love all our supporters, from wherever they hail.

And for those of you who may not know...Yorba Linda is located in Southern California, USA.





Pre-loved Shirts Transformed

Thanks to the generosity of two compassionate souls, the Olón Senior Lunch team received previously loved shirts along with the means to turn the cherished garments into beautiful dresses for the senior ladies who attend the weekly lunch.

Under the skillful hands of a talented local seamstress, Mercedes, the shirts were transformed into individual dresses, custom-tailored to each recipient, bringing smiles and a sense of pride to our seniors.

While much of the work done by our donors and volunteers remains unseen—quiet acts of giving, hours of planning, and selfless dedication—the outcomes are vividly manifest in the joy and gratitude of those we serve.

Each transformed garment stands as a visible testament to the kindness that often goes unnoticed, yet is deeply felt and immensely appreciated.

As we continue to weave the fabric of our community together, let us remember the value of every contribution, seen and unseen. It is these threads of generosity that strengthen the bonds between us, fostering a community rich in compassion and mutual respect.

Join us on the [Senior Lunch Facebook Page](#).

Every dollar donated to Spirit of Wellness makes an impact:

\$1 = 1 senior enjoys a nutritious lunch.

\$20 = 20 families receive a supply of rice.

\$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.

When people are fed, futures are nourished!

[Donate Now!](#)



Melanie and Donna, two of our young Senior Lunch volunteers, smile for the camera.

Catch a glimpse of our Seniors and Volunteers in action at the weekly lunch.



WELCOME TO
SENIOR LUNCH

MARCH 2024

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



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CEO, Matthew Collins



