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To:
Subject: September 2023 Newsletter
Reply-To: support@spiritofwellness.org



September at Spirit of Wellness

Seeds of Growth: Valentina and Veggies

Mary,

At Spirit of Wellness, we conduct our work in the knowledge that small seeds, both literal and figurative, being sown today will undoubtedly bear fruit in the future.

One example of this beautiful process is our young friend, Valentina, who accompanies her grandmother to the weekly luncheon for the seniors of Olón. Valentina's presence reminds us that the nurturing care we provide today can lead to a brighter tomorrow. While she enjoys the nutritional support at our gatherings, she has also become an inspiration to our dedicated volunteers as they have witnessed her blossom over the past two years from a shy young child to a lively helper and budding educator.

Eager to share of herself, Valentina engages the team members, creating a wonderful exchange of learning and laughter as she enthusiastically teaches the volunteers Spanish during her self-created weekly lessons. She is now known as "Professora Valentina" by her "pupils".

Her enthusiasm reminds us that every interaction, no matter how small, has the power to plant seeds of transformation and kindness that will flourish into a future filled with opportunity.

Speaking of seeds, our commitment to nourishing our community extends beyond the confines of our weekly luncheons. Thanks to the Prefectura of Santa Elena, in September, our Foodbank seniors received packages of actual seeds. These are not just seeds of vegetables; they are seeds of self-sufficiency, resilience, and empowerment. As our seniors plant these seeds in their home gardens, our seniors will not only grow nutritious food but will cultivate a sense of pride and self-reliance that will yield benefits for years to come.

The act of planting seeds today ensures that the future of our community will be vibrant and bountiful.

Patty's Passion: Transforming The Little Stars of Knowledge Early Learning Center





Nap Time--Lessons in Teeth Brushing--Wellness Checks--New Tables and Chairs

In the rural community of San Pedro, Ecuador, a transformation is unfolding at the Little Stars of Knowledge (LSK) Early Learning Center. At the helm of this journey is the center's dedicated director, Patty, who has a mission to improve the facility for the 40 children it serves.

For years, the LSK Center faced numerous challenges that hindered its ability to provide a safe and nurturing environment for its young learners. However, Patty's unwavering dedication, combined with the ongoing support and partnership of Spirit of Wellness, has brought about significant positive changes.

One of the most essential improvements has been the gradual upgrade of the center's facilities. Thanks to Patty's vision and Spirit of Wellness's commitment, the children at LSK now enjoy safe and functioning bathrooms. No longer do they have to worry about the basics of hygiene, essential for their well-being and development.

Another critical issue was the persistent problem of leaking roofs. With new, watertight roofs, the learning environment is now cozy and dry, allowing for a focused, uninterrupted learning experiences.

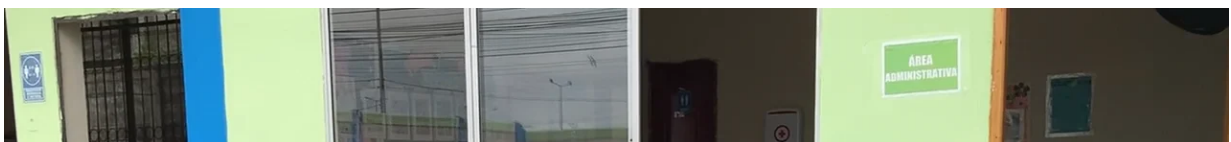
Furthermore, the children are now equipped with stable tables and chairs. These simple yet vital upgrades have created a more conducive learning atmosphere, ensuring that the children can thrive in their early educational journey.

The progress made at LSK is truly heartening, but there is still more work to be done. Patty and her dedicated team are looking forward to the day when the children will have more than dirt and rocks in the exterior area.

With Patty's passion for improving the Little Stars of Knowledge Early Learning Center, the children are receiving the care and support they deserve, setting them on a path to a brighter future.

As supporters of Spirit of Wellness, we can all take pride in the positive impact we are making on these young lives. Together, we will continue to nurture the little stars in San Pedro and watch them shine even brighter in the days to come.

Thank you for your continued support and dedication.





Senior Lunch: Another Amazing Restaurant Lends Support



Scenes from the First Lunch at the New Venue

In Olon, Ecuador, our cherished weekly senior lunch program has found a new home so we can continue serving over 100 nourishing meals each week to our beloved seniors.

We extend our heartfelt gratitude to our former venues, Mary's Flyhouse Restaurant and all its wonderful staff, as well as Il Pirata and the Roadhouse, for their generous hospitality and support over the years. Their kindness and commitment have left an indelible mark. The countless smiles, laughter, and shared moments will forever be cherished. They have been an integral part of our journey, and for that, we are immensely thankful.

Now, as we step into our new home, The Pink Iguana Restaurant, we have more space to accommodate our growing family. Our amazing volunteers and loyal guests seamlessly transitioned to the new location, ensuring that our lunch service continued without missing a beat.

The Pink Iguana's owner, Jim, embraced our mission with warmth and enthusiasm, and we couldn't be more excited about this new chapter in our journey of compassion. Together, we will continue to make Thursdays a day of love, nourishment, and community for Olon's vulnerable seniors.

We are truly grateful for the unwavering support of our community and the enduring spirit that binds us all.

Join us each week on our [Senior Lunch Facebook Page](#).



Giving Back: Mike's Story



Preparing for Senior Lunch

Meet Mike, one of the many volunteers who make our work possible. Giving back isn't just a phrase for him; it's a way of life.

Before making Olón his home, Mike was an active volunteer in his hometown, where he dedicated his time and energy to making a difference. He served as a leader with the Boy Scouts, mentoring and guiding youth on their path to becoming responsible citizens. Not stopping there, Mike's heart overflowed with generosity as he initiated his own weekly food distribution program to support the homeless.

Now, here in Ecuador, Mike continues his inspiring journey of service and leadership where he's joined forces with his neighbors to combat food insecurity and lending a helping hand wherever it's needed most.

On any given day, you can find Mike feeding seniors at the weekly lunch, distributing food at the foodbank, assisting in the relocation of displaced individuals, making home visits to check on the well-being of ill community members, or passionately encouraging others to get involved in our mission.

Mike's dedication, compassion, and unwavering commitment to making the world a better place truly embody the spirit of our community. We are honored to have him as a part of our team, and his actions inspire us all to reach for greater heights in our pursuit of a kinder and more compassionate world.

Thank you, Mike!

El Niño: The Storm Is Coming



Mary,

Our coastal community here in Ecuador is on high alert as the impending El Niño storm looms on the horizon. With each passing day, the sense of urgency grows, and our collective efforts to prepare for what is predicted to be a devastating natural event have intensified.

Meteorological forecasts paint a sobering picture, warning of heavy rains, flooding, and potential landslides.

It's imperative that we take proactive measures to ensure the safety and well-being of our residents. The commitment of our dedicated volunteers, the collaboration with local authorities, and the support of compassionate individuals have been the pillars of our efforts.

We are reinforcing emergency shelters, stockpiling essential supplies, and educating our neighbors on the importance of staying informed and ready for the challenges that lie ahead.

Though the path ahead is daunting, the unity and resilience of our community remind us that together we can weather any storm. Stay tuned for updates on our ongoing efforts, and remember, we are stronger when we stand together in the face of adversity.

If you'd like more information or to join our efforts, please visit us at:

[El Niño Support](#)



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



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