



KINDRED SPIRIT NEWS

Your source of impact, community in action, and uplifting stories to brighten your day.

The Garden Crew



Since opening JoeAnna's House, the care of our gardens has been entrusted to a handful of volunteers. Over the years they have created what you see today—the most beautiful garden on the corner of Royal and Abbott!

The work they do saves thousands of dollars each year and ensures the gardens are being tended to by people who love JoeAnna's House and all that it encompasses. We are so grateful to them for their hard work and dedication.

Thank you Clare, Maureen, Andrea, Donna, Hennie, Kerry-Ann, Michelle, Nancy, Reesa, Susanne and Tracy.

KGHFUNDATION
DAY OF GIVING
Wednesday, May 15 | 6:00 a.m. - 6:00 p.m.



Congratulations to our Board Director, Manik Dhir, who was a finalist for *citizen of the year* at this year's Civic Awards! Thank you for continuing to volunteer to help us drive health care forward!

Look Who is Back!



There's a familiar face in the KGH Venues! We are so excited to welcome back Jamie Russell while Max is away on paternity leave! Jamie previously worked for the Foundation at the Rutland Thrift Store and brings a wealth of experience and enthusiasm to the team. Her easygoing personality and positive outlook make her a valuable addition. Thank you Jamie for stepping in while Max enjoys this special time with his family!



Glenda Valentina in Greece.

Susanne Hirschmiller in Norway.



You may have noticed some faces missing from our KGH Venues. That's because many of our volunteers double as globetrotters! Here are some snaps from some of our volunteer's recent adventures!



Theresa Chang in San Fransico.



Heather Pizzezy in Italy.



Annette Jones at the Maui Marathon.



Bob & Dawn Twerdoff in Vietnam.



Claire Gray in Mexico.



Volunteer-a-versary

The commitment of our volunteers is the heartbeat of our mission, and we are deeply grateful for the invaluable contributions they continue to make everyday. Because of this we are always looking for a way to celebrate our volunteers and the impact they make in enhancing health care in our community. Today we recognize the following volunteers for the time they've spent on our team, from 1 year to 11 years. We continue to be amazed by the dedication of these outstanding individuals.

May

Diane Brand	1 year
Terry Clowers	1 year
Manav Gandha	1 year
Luke Hopkin	1 year
Alison Jamieson	1 year
Ansh Kathuria	1 year
Lily Kawchuck	1 year
Tania Kohar	1 year
Sandra Kwong	1 year
Maia Lenarcic	1 year
Sophia Liao	6 years
Corrie Maddaford	5 years
Gurneer Mander	1 year
Owen Melenchuk	1 year
Desiree Mercier	1 year
Cheyenne Michaud	1 year
Giulia Pannone	1 year
Ramneek Parihar	1 year
David Popp	5 years
Nandinee Raj	1 year
Kayur Ranchod	1 year
Dinesh Saini	1 year
Olivia Solano	1 year
Laura Surkan	6 years
Ava Toyata	1 year
Holly Womacks	1 year
Steven Xu	2 years

A Mystery at JoeAnna's House

A member of our community has been creating beautiful kindness rocks and anonymously leaving them outside of JoeAnna's House for guests to enjoy. Thank you to whoever you are for continuing this act of kindness daily, you are putting smiles on faces!

50% off all regularly priced items
at [Rutland Thrift](#) from May 29th-31st!

Volunteering is The Best Form of Self-Care

It has been identified by several leading health care authorities and clinical workers how important it is to partake in self-care.

We know that self-care is an essential part of our overall health and well-being but it is also key in our ability to be helpful members of our families, communities and society. Collectively volunteering can help to change the world!

We live in extra-stressful times so self-care is essential in helping us to recognize the importance of paying attention and discerning what our actual needs are – because what is nourishing for someone else, may not be fulfilling our own needs and may change based on where we are in our different life seasons.

So we take vitamins, we exercise, we eat properly, which are some of the most obvious self-care practices but did you know that volunteering helps improve physical and mental health, according to the Mayo Clinic. It reported that volunteers feel better physically and mentally than those that do not. For those 65 and over volunteering leads to lower blood pressure, less depression and anxiety which in turn reduces the risk of some physical health problems such as heart disease, stroke and other general diseases.

Thank you for volunteering and for helping to make this world a better place by giving the gift of your time. Keep using volunteering as a way to give yourself some self-care as your time is ultimately enhancing the care of others!

Until next time...

Nancy Wells
Projects and Development Manager



Giving Changes Everything.

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KGH Foundation



Bands, BBQ, and Balding 2024 was an amazing success, raising over \$45,000 for JoeAnna's House! Thank you to all the volunteers involved in this year's event!

Welcome Kai!

We are very excited to introduce Kai to the KGH Foundation Team! Congratulations to Max and Abby who welcomed this bundle of cuteness on April 14th, 2024. Kai you are very lucky to have such incredible people for parents!



Word Search

M	I	B	O	L	V	Q	Y	H	G	Q	C	A	H	K
V	N	R	E	O	U	E	B	E	X	C	S	D	U	J
U	R	O	T	A	N	V	N	G	B	I	N	V	B	E
X	A	W	I	R	U	E	Z	S	Q	I	Y	E	G	M
K	G	R	U	T	R	T	M	W	O	W	R	N	J	C
H	R	O	Q	O	A	P	I	G	P	N	Y	T	B	D
G	J	K	S	T	K	I	Y	F	V	E	Q	U	U	X
P	C	I	Z	C	R	U	C	U	U	X	H	R	X	O
I	T	H	O	P	E	S	W	E	R	L	Y	E	L	P
Y	I	A	H	O	M	N	M	V	R	B	O	V	Y	K
I	X	O	F	L	E	O	O	Q	V	P	J	K	C	P
D	E	T	C	E	N	N	O	C	G	B	P	H	T	B
D	A	P	E	S	B	O	D	X	N	Q	P	A	K	Y
P	R	Q	L	D	F	O	A	H	A	G	D	Q	K	K
C	T	B	L	H	O	B	P	L	W	J	Y	X	W	N

Word Bank

generosity joy
connected hope
appreciation beautiful
journey adventure



Register for Good Lemonade Day by May 10th.

This year's Good Lemonade Day will be on June 8th. Join us for a day of fun, sunshine and lemonade for a cause close to all of our hearts, JoeAnna's House.