



KINDRED SPIRIT NEWS

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

Good Lemonade Day



Saturday, June 8 is the third annual Good Lemonade Day in support of JoeAnna's House! The one-day, province-wide fundraiser aims to generate funds through participant-run lemonade stands! In the event's first two years, it raised more than \$34,500!

On June 8, stands all across B.C. will open throughout the day between 11 AM and 3 PM at Prestige Hotels & Resort locations and other community locations to sell some sweet lemonade in support of families across the Southern Interior.

goodlemonadeday.ca

Visit their website to find a lemonade stand near you!



Take a peek on page 2 to see the total raised at this year's KGH Day of Giving, supporting Cancer Care right here at Kelowna General Hospital!

Customer Appreciation Sale!



Join us at the Rutland Thrift Store from June 13 – 15 for 50% off in honour of Father's Day. Stop by on Thursday, June 13 from 9 AM – 4 PM for a special day of customer appreciation, there may even be some surprises in-store! Located at 140 Dougall Road.



TOTAL
RAISED: \$927,707.07!

KGHF FOUNDATION DAY OF GIVING

Since its inception eight years ago, now including this year's total, KGH Day of Giving has raised over \$5.4 million in support of Kelowna General Hospital and community health care initiatives such as Foundry Kelowna, JoeAnna's House and the acquisition of a 3T MRI for KGH. The ongoing success of the annual fundraiser is a testament to the care, enthusiasm and generosity of the community, businesses and frontline caregivers to come together in support of a shared goal.



THANK YOU
KELOWNA!



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 10 years. We continue to be inspired by the dedication of these outstanding individuals.



June



Ella Roth	1 year
Jean Scheidl	4 years
Lynn Aldridge	6 years



Sandi Cameron	1 year
Megan Schuster	1 year
Clare Mallow	10 years



Lynn Poitras	4 years
James Rocca	1 year

Gratitude and Volunteerism

In the past few years I have become intrigued by the connection of gratitude and how it affects my daily life. In my readings I have read the definition of “gratitude” and it started to feel more and more like I was seeing the definition of “volunteer”. So I dug in and this is what I’ve found.

The definition of “gratitude” is more than just saying thank you. It is a deep appreciation for the good in our lives, both big and small.

The definition of “volunteerism” is the art of offering ones time, skills and resources to help others or contribute to a cause no matter how big or small.

Bring these two actions together and you have a powerful combination that plays a key role in strengthening community bonds and social cohesion as well as addressing social issues and inspiring a culture of giving.

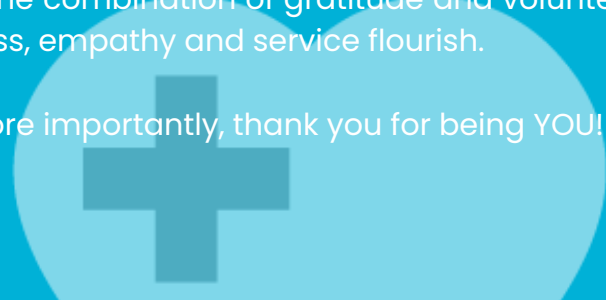
Every day that I’m at the Rutland Thrift Store I’m grateful to the amazing volunteers that reside under the KGH Foundation umbrella. The same goes for the years that I was so blessed to work with the volunteers in the social enterprises at KGH as well as the many volunteers who spend time volunteering at special events or JoeAnna’s House.

They have an attitude of recognizing and acknowledging kindness, generosity and support from those they volunteer with, and whether they are aware of it or not, they are creating a culture where the focus shifts from what is lacking to what is present and positive in their lives and this ultimately can contribute to a positive mindset and overall well-being and mental wellness for everyone.

Gratitude and volunteerism fuel community initiatives, volunteer programs and collaborative efforts aimed at addressing local challenges. By embracing the combination of gratitude and volunteerism they lay the foundation for a community where kindness, empathy and service flourish.

Thank you for all you do for the KGH Foundation but more importantly, thank you for being YOU!

Nancy Wells – Projects & Development Manager



Giving Changes Everything.

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KGH Foundation



Thank you to all the businesses of Kelowna's North End that made the first North End Community Day such a great event!

Relvas Catering

We'd like to extend our appreciation to the team at Relvas Catering for their continued support of JoeAnna's House. As a leading catering provider, Relvas Catering is dedicated to serving the needs of the community. With a passion for great locally sourced ingredients they strive for excellence in every service they provide. Lindsay and Adam Relvas have been graciously donating premade meals for our guests every month for over a year now! We are so grateful to have such dedicated community members supporting JoeAnna's House.



Word Search

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

Word Bank

achieve	family
bonding	harmony
celebration	lemonade
connections	summer



50% off all regularly priced items at
Rutland Thrift from June 27-29th!