

## THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

Stay Cool And Safe This Summer

### WELLNESS THOUGHT OF THE MONTH

*"Find joy in simplicity and brightness in every sunny day."*

As temperatures rise, it's important to listen to your body and take steps to stay cool. Summer heat can sneak up on us causing fatigue, dehydration, or even heat-related illness. Even a quick refresh can make a difference.



### Quick Cool-Down Tip:

Soak a washcloth in cold water, add a drop of essential oil, and keep it in the fridge.

Place it on your neck or wrists for an instant cooling boost!

### Mini Heat-Safety Reminder:

Don't wait until you're thirsty. Keep sipping water throughout the day. Remember that caffeine and alcohol can increase dehydration in the heat.



## YOUR MONTHLY WELLNESS CHALLENGE

### THIS WEEK'S WELLNESS CHALLENGE:

Try completing any 3 this week to beat the heat.

- ☀️ Drink a glass of water every hour while awake
- ☀️ Wear a hat and sunglasses outdoors
- ☀️ Make a DIY cooling towel or ice-pack bracelet — show it off!
- ☀️ Plan a fun indoor activity

### FOR THE TEAM - TRAINING OPPORTUNITIES- OPEN FUTURE LEARNING

A big thank you for all your efforts - May was Fantastic!

You asked for more training in the survey, and we're pleased to highlight an existing opportunity. Kindale provides access to **Open Future Learning**: a dedicated online platform for the learning disability workforce.

Learn valuable skills flexibly, at your own time. To get started, please contact your manager to register.



### WAYS TO DONATE

### WE VALUE EVERY SMALL CONTRIBUTION



Give us a call at **250-546-3005** and our receptionist will take your donations and details.

Come in person **2725A Patterson Ave, Armstrong, BC V0E 1B0** to donate using debit or credit card or drop off a cheque!

Mail your donation payable to:

**Kindale Developmental Association PO Box 94, Armstrong, BC V0E 1B0**

SCAN ME

Kindale Developmental Association  
250 546 3005 | [www.kindale.net](http://www.kindale.net) | 2725A Patterson Ave, Armstrong, BC V0E 1B0

# KINDALE NEWSLETTER

MAY 2025

[WWW.KINDALE.NET](http://WWW.KINDALE.NET)

### WELLNESS GROWS WITH US!!

As we enter the vibrant month of June, let's embrace the warmth, energy, and opportunity that summer brings. This month is a perfect time to focus on physical wellness, hydration, and safe summer that go a long way in supporting our overall well-being. Together, let's continue creating a culture that celebrates health, mindfulness, and connection.

### MENTAL HEALTH AWARENESS MONTH HIGHLIGHTS

In May, we united in support of Mental Health Awareness Month—reflecting, sharing, and reminding one another of the importance of mental wellness. From thoughtful activities to simple acts of kindness, our Kindale family showed up with heart and intention. Thank you for helping foster an environment of care, compassion, and awareness.



## LEADERSHIP REFLECTION FOR THE MONTH

As the summer season unfolds, I'd like to take a moment to encourage everyone to take care of yourselves and look out for one another, both at work and in the community. With warmer weather comes increased outdoor activity and higher risk of heat-related stress, dehydration, and fatigue. Whether you're supporting someone on a walk, heading out for a program, or commuting, please make sure to stay hydrated, take breaks, and remain mindful of your surroundings.

Let's make this a season of support and safety. Small acts—like checking in with a colleague, offering a shaded break, or noticing someone in need—can have a big impact.

**Wishing you all a safe, energized, and enjoyable summer.**

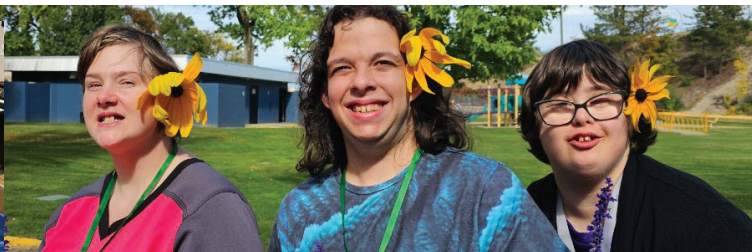
TOGETHER, WE TRULY  
DO MAKE A DIFFERENCE!



**BENITA (B) ELLIOTT**  
EXECUTIVE DIRECTOR

# Kindale

Celebrating the artist in everyone,  
Celebrating moments together!



*We value every  
Small Contribution*

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