

THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

Celebrate the Spirit of the Season



WELLNESS THOUGHT OF THE MONTH

*"The magic of Christmas is not in
the presents, but in
the moments we share."*

-Anonymous

The holidays remind us to slow down,
appreciate one another, and find joy in
the simple moments that bring
connection and warmth.



YOUR MONTHLY WELLNESS CHALLENGE

Complete any 3 – Self Care for the Holiday Season

- 🌸 Do a relaxing winter activity (hot drink, cozy reading, warm bath, etc.).
- 🌸 Try a simple stretching or breathing exercise each morning this week.
- 🌸 Give yourself permission to rest without guilt on at least one day.
- 🌸 Add one nourishing meal or snack to your week.
- 🌸 Set one boundary to protect your time or energy.

FOR THE TEAM - CARF Update

Our CARF Survey went well this year, thank you to every one of you
for your hard work, teamwork, and dedication. Your commitment truly
shines and makes Kindale stronger every day.



Season's Greetings

As we head into the holidays, we wish you rest, joy, and time to refresh your energy.
Thank you for all you do, and happy holidays to you and your loved ones.



Performer of the Quarter Update

Nominations for October–December will open in January.

TO DONATE



SCAN ME

Kindale Developmental Association

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KINDALE NEWSLETTER

DECEMBER 2025

WWW.KINDALE.NET



Dear December!

As the holidays arrive, we come together to embrace the spirit of Christmas
and step into the new year with gratitude, joy, and renewed purpose.

Wishing everyone a season filled with kindness, cheer, and meaningful
memories from Kindale.



Give joy.
Give hope.
Give Christmas.

LEADERSHIP REFLECTION FOR THE MONTH

As the year comes to an end, let us reflect on the impact we make each day.
Quality care is not built in a moment; it grows through consistency, respect,
and genuine commitment. Let's carry this momentum into the New Year with
pride and purpose.

Holiday Cheer Across Kindale

Our programs and homes are already buzzing with festive energy. Craft days,
warm treats, winter outings, and celebrations are underway. Wishing you all a
month filled with joy, rest, celebration, and meaningful connections as we close
out 2025 together.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR

Kindale

