# THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE
## Find meaning in everyday moments.



**WELLNESS THOUGHT OF THE MONTH**

*"Kindness begins with being gentle with ourselves and others."*

-Anonymous



## 🎯 YOUR MONTHLY WELLNESS CHALLENGE

Complete any 2 – Kindness in Action

- ❤ Write a short note of appreciation (email or handwritten) to someone
- ❤ Acknowledge a behind-the-scenes effort you noticed this week
- ❤ Offer help without being asked, even in a small way
- ❤ End one workday by reflecting on something that went right

## FOR THE TEAM

### Performer of the Quarter Update

Nominations for **October–December** are now closed. Congratulations to all the winners.

### Learning Corner

**The Bill of Rights for Persons Served** reminds us to uphold dignity, respect, choice, privacy, and safety in every interaction. Please take a moment to review these rights and reflect on how they are supported in your daily work.

**STAFF CORNER**

**TO DONATE** | SCAN ME

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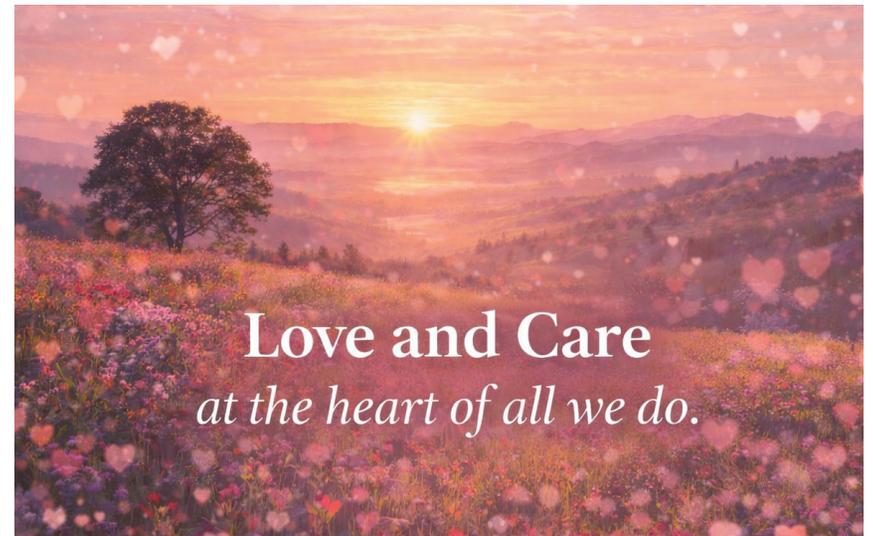
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# KINDALE NEWSLETTER

## DEAR FEBRUARY READERS,

As the days slowly grow less cold, this month invites us to focus on connection, kindness, and the relationships that strengthen our community.

Here's to a month grounded in care, collaboration, and compassion.



Love and Care
*at the heart of all we do.*

## LEADERSHIP REFLECTION FOR THE MONTH

As we move through February, I would like to wish everyone a happy Valentine's Day and Family Day. Both occasions remind us of the importance of appreciation, support, and the relationships that matter in our work and in our lives.

I would also like to extend my congratulations to our staff and volunteers recognized through the Performer of the Quarter nominations. Your commitment and professionalism continue to make a meaningful difference. Thank you to everyone who participated in the nomination process and took the time to recognize their colleagues.

Wishing everyone a positive and meaningful month ahead.

*TOGETHER, WE TRULY DO MAKE A DIFFERENCE!*

**BENITA (B) ELLIOTT**
*EXECUTIVE DIRECTOR*

Kindale