

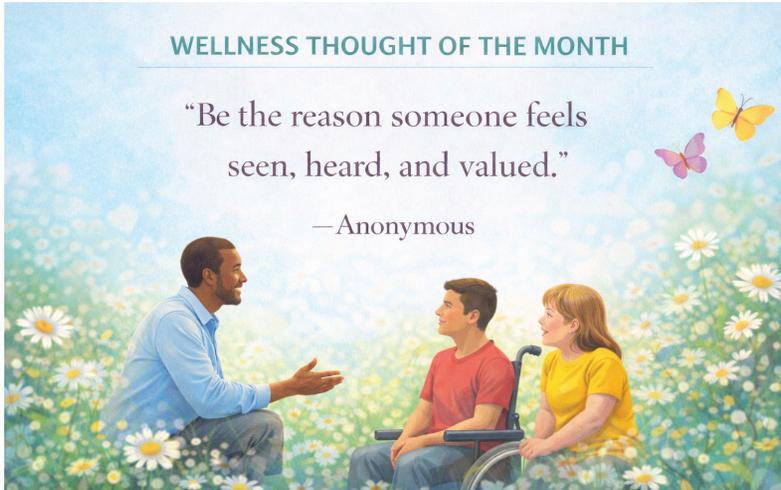
THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

Small acts of inclusion make a big difference.

WELLNESS THOUGHT OF THE MONTH

“Be the reason someone feels
seen, heard, and valued.”

—Anonymous



YOUR MONTHLY WELLNESS CHALLENGE

Complete any 2 – Inclusion in Everyday Moments

- Invite someone's input during a conversation or meeting
- Practice active listening without interrupting
- Use inclusive language intentionally throughout the day
- Reflect on one way you helped create belonging this week

FOR THE TEAM

Staff Survey

The Staff Survey will begin on March 9th, we request all staff to participate share your valuable feedbacks. Your input helps us grow, improve, and strengthen our workplace together.



Learning Corner

On World Down Syndrome Day (March 21st), remember that Down syndrome is a genetic condition, not a disease or illness. It's caused by the presence of an extra copy of chromosome 21, which may influence development and physical traits. The date **3/21** was chosen to represent this unique genetic difference and to honor the strengths, abilities, and individuality of people with Down syndrome.

TO DONATE



SCAN ME

Kindale Developmental Association

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KINDALE NEWSLETTER

MARCH 2026

WWW.KINDALE.NET

DEAR MARCH READERS,

Spring is almost here! Soon, all the beautiful towns of Okanagan will bloom open into vibrant tapestries of colorful flowers and leaves. It's a gentle reminder for all of us to awaken and bloom again.

Here to a month filled with beautiful colours and fresh energy!



LEADERSHIP REFLECTION FOR THE MONTH

The month of March is always special because of the meaningful moments it holds. From the arrival of spring to the recognition of World Down Syndrome Day and International Women's Day, this month reminds us that inclusion truly makes our community brighter. It reflects the journey of women who have fought for equal participation in society and acknowledges how far we have come from where we once were to where we stand today. It also calls on us to continue building awareness around inclusion for people with Down syndrome, reminding us that we are not working for individuals, but with them.

These reminders encourage us to keep creating spaces where everyone feels valued, included, and supported - today and every day.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR



Kindale