



OUR FIRST 17 MONTHS

After beginning to make and distribute our Kindness Charms (more than 5000 made and placed in 23 countries and every state) in 2011, this group of women decided we needed to do more. The SedonaKind project was born in November, 2015. Since then we've accomplished more than we ever thought possible.



February 2016 – **Operation Special Delivery:** We partnered with the Sedona Art Center to create and deliver 250 handmade cards and pottery hearts to the unsung, much-appreciated heroes in our community.

March 2016 – **Welcome Home Vietnam Veterans Day Celebration** at Posse Grounds: We manned computers, brought lunch, brunches and treats for all the Veterans, rounded up massage therapists to donate their time, and distributed our kindness charms.

Winter Hats: It was a cold winter last year as well, and we gathered donated yarn and knitted over 400 warm hats. Warm hats were distributed to House of Ruth, The Homeless Alliance, the Cottonwood Mission, and to the children at the American Heritage Schools in Camp Verde in the fall of 2016.



May 2016 – **Mothers' Day Cards:** We joined with Sedona Community Center and made Mothers' Day Cards for all the Meals on Wheels clients.

May – September 2016 – **Kindness in Schools (KIS):** We began organizing and planning for our Kindness in Schools (KIS) program. In October, after meeting with the West Sedona School principal and teachers, the KIS team began building a library of kindness-related books and activities that we presented to the children in grades kindergarten to second. The program has been so successful that we were asked to expand it to include Grade 3 students, next year. In addition to the books and activities, we added a puppet theater to the mix. The teachers have told us the incidents of bullying reduced significantly. At each visit, the committee members are greeted with cries of "It's the Kindness Ladies!" Our KIS team also participated in the school carnival and the Christmas holiday festival, where we helped children make their own kindness charms as gifts to their families. We also gave out kindness bracelets (which say kindness in 5 different languages) to the children.

July – November 2016 – **Sedona Kindness Day:** We began planning for Sedona Kindness Day to take place on World Kindness Day, November 13th. The City of Sedona was approached, and granted a proclamation making it official. Months of planning and fundraising ensued, and 5 major events were created.

November 3, 2016 – **Rainbow Acres:** We spent the day with the Ranchers and handed out kindness bracelets.

November 13 – December 31 – **Sedona Kindness Week:** We joined with Mitzvah Day, arranging radio and TV spots telling the community about this wonderful event. SedonaKind members also all participated. We partnered with the Sedona International Film Festival for two showings of an award winning film *The Starfish Throwers* at the Mary D. Fisher Theater. Proceeds benefited the Yavapai Food Council. The tickets were just \$5. But the donations made at the film plus a matching donation, we raised \$2700 for the Council. Pay-It-Forward Day was part of Kindness Week, and 5 businesses participated. We created and placed six Gratitude Trees around Sedona and the Village. The trees stayed up until the end of December. All the venues have asked us to repeat



this event with them in 2017. We raised funds to bring to West Sedona School a nationally recognized children's speaker. His program commits the children to perform and track 5000 Acts of Kindness in 15 Days. The program was also delivered at Big Park School, and Mountain View Elementary. It was a huge success in all three schools.

January 2017 – **Kind Art from the Heart:** The New Year began with an event called, Kind Art from the Heart. SedonaKind joined with Sedona Art Center, Rotary and Big Brothers/Big Sisters to create an event for the "Bigs and Littles." The kids made their own kindness charms which were put on display at the Art Center. We also staged a celebration of kindness for them. All have asked for another event next year.



February 2017 – **Boxes of Love:** Our teams created and distributed 200 "Boxes of Love" to the volunteers at Verde Valley Caregivers, all the patients and medical workers at the Cancer Center at Verde Valley Medical Center, the caregivers and patients at the Hospice facility in Cottonwood and the Accord Hospice in Sedona.

Ambassadors of Kindness: We presented a program for the Women's Guild of St. John Vianny. We are scheduled for a Lunch and Learn at Ollie in May and in September for the Retired

Teachers Association.

March 2017 – **Cottonwood Hospice:** We created Spring Baskets and cards for the patients and caregivers at the Cottonwood Hospice.