

SedonaKind General Meeting Minutes
February 16, 2024 - 10:00 am @ West Sedona Library

Meeting, Chaired by Karen Bare, called to order at 10:05am, 20 SK members present

Kindness Stories were shared by Patti, Julie, Sandy & Lou Ann B.

A Committee Chair gift was presented to Katie for chairing the Knitting Committee. Katie asked Christine to display the ear warmers/neck warmers that are being made for the Veteran Blessing Bags this year. Katie also thanked Heather for her Wish List submissions that help SK get all the yarn they need.

Pop-up Projects:

Gift Box to SIFF celebrating their 30th Anniversary – Joy displayed the amazing box, created by Heather and Joy, that is a perfect replica of the SIFF ‘Movies on the Move’ truck. Pictures were shown of Pat Schweiss receiving this wonderful gift which was filled with all kind of goodies for the staff – priceless!

Random Acts of Kindness by KIS – Karen shared pictures of the Valentine notes created by the KIS Committee that were placed in the teacher’s mailboxes at WSS. KIS is working on partnering with WSS to create activities for next year’s Random Acts of Kindness week.

Karen also shared that Kindness is alive and well at WSS. In the cafeteria they have a Kindness Bucket into which students can place a heart describing an act of kindness they performed. Each week a heart is drawn and the child is named Kindness Kid for the week. All other hearts are displayed on the window. The WSS Counselor also has weekly Kindness Lessons.

VV Sanctuary Love Boxes and Boxes of Love – Christine shared the information, as pictures of the Love Boxes and Boxes of love were displayed, regarding Pam’s delivery of Love Boxes, Boxes of Love and sweet treats to VV Sanctuary. The Love Boxes are a combination of a Box of Love and a Good Things box and contained the message: “This is a special gift filled with love and encouragement. Know you are thought of and are wished all the strength you need right now. We encourage you to write down a ‘good thing’ in your life, each week, and add it to the box. When you feel a little blue, open the box and read your ‘good things’ to lift you up.”

Karen spoke about VV Sanctuary’s need for various items, some of which were listed in a recent Wish List posting. While they do receive generous donations through wish list donations, it is never enough. A list of items needed was available at the meeting and anyone that feels inclined to donate anything can bring the items to the March meeting and we will see that they are delivered to them. Some of the items listed were: disinfecting wipes/spray & baby wipes, flip

flops (all sizes), hair ties/bobby pins/hairspray, laundry baskets filled with cleaning supplies, dishwashing liquid, laundry soap, plastic plates and bowls, pots, pans, bakeware, shampoo & conditioner (full size), snacks, taxi vouchers, teas and hot chocolate, tissues, toothpaste/mouthwash, woman's toiletry kits, etc.

Newsletter Column Request – we would love to have volunteers to write for the newsletter column for March, April and May. Lou Ann Bruck volunteered for April. Anyone else interested, please contact Jawn McKinley.

Additional Committee Announcements

Rainbow Acres/Lago Gardens – Joy shared her and Jawn's experience during the tour of Lago Gardens. It is a wonderful facility donated by Mrs. Lago for Neurodiverse Community Living. It is a new facility, very warm and welcoming, and meant to be transitional for those able to eventually live on their own or in small groups.

Katie shared that Marge has been meeting with some of the residents, on a weekly basis, to teach them to knit and Heather shared that she has jewelry, art supplies and school supplies that she will be donating.

Veterans Breakfast – the date for the breakfast is May 10th. Linda Brecher and Carol Wallen are co-chairing this committee and will be reaching out, in April, to volunteers that signed up, to assign tasks/cooking duties.

SK Project Support Day – March 23rd – Christine announced the date for our first Project Support Day. We will be meeting in the Javelina Room at the library in the Village from 10am – 1:30pm. We will have many projects to work on and look forward to a productive day filled with a lot of fun conversation. Come anytime and stay for as long as you can.

Committee sign-up sheets – sign-up sheets were displayed on the table in the back and everyone was encouraged to sign up for anything that moves them.

Caregiver's Retreat – Accord Hospice is sponsoring a Caregiver's Retreat on May 4th at the Sedona Library. It is open to anyone in the community that is a caregiver...not just hospice caregivers. If you know anyone that may want to attend, encourage them to contact Accord Hospice for details.

March Meeting – Joy announced that we will have the SedonaKind 'Science of Kindness' presentation, based on the book "The Five Side Effects of Kindness" by David R. Hamilton, at our March meeting, followed by a Q&A with Dr. Brenda Howland, a local health care provider. Dr. Howland is a 1989 graduate of the University of Arizona, specializing in internal medicine, and is affiliated with Helios here in Sedona. The public is invited to join the discussion.

Movie – *The Boy, the Mole, the Fox & the Horse* – we showed this 2023 Best Animated Short and it was wonderful. Everyone enjoyed it, even with a few tears. After the movie we had a drawing for a copy of the book the movie was based on. Everyone in attendance signed the book which was won by Lou Ann Scott.

Quilt Squares Project – Karen discussed the book, *The Kindness Quilt*, which the KIS Committee will be reading to the elementary schools. This book, and the current Quilt Show at the library inspired a joint project between SK & the library which we are calling the Community Kindness Quilt. The community is invited to draw or write what Kindness means to them on a paper quilt square and add it to the quilt grid displayed in the main lobby of the library. Everyone is encouraged to spend a few minutes reading what others have to say about Kindness. To “kick” this project off, each member at the meeting was given a paper quilt square and asked to write or draw what kindness means to them and to add it to the Community Kindness Quilt as they leave. It is looking amazing and everyone is encouraged to visit it again and see how it is progressing.

Kindness Quote – Karen shared a picture painted by a dear friend of her’s, **???????** and a quote by Mary Pipher, “Paying attention is the purest form of LOVE.”

Adjourned at 11:30am