



## OUR FIRST 2 YEARS

After beginning to make and distribute our Kindness Charms in 2011, (more than 6000 made and placed in 23 countries and every state) 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 more than 400 warm hats. Colorful 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 through 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 13<sup>th</sup>. 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 participated to fulfill need. 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. With 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. The program, *Think Kindness*, 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 Vianney. We are scheduled for a Lunch and Learn at Ollie in May and in September for the Kachina Retired Teachers Association.

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

April 2017 – **Planning**: We began planning for Sedona Kindness Week in November, what movie to show, the Gratitude Tree locations and more. We began work on our brochure and discussed creating a Wall of Kindness for Sedona – more on that later. We also planned Operation Special Delivery 2018.

May 2017 – **Grants & Presentations**: We were honored to receive grants from the Arizona Community Foundation and Christ Lutheran Church for our Kindness Week activities and a grant from St. John Vianney Church to help fund our KIS library. West Sedona School requested an expansion of the KIS program to include the 3<sup>rd</sup> Grade. Our presentation at the OLLI Lunch and Learn session was moved to November.

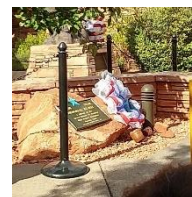


Summer 2017 – **Hats & Charms Galore**: We knitted hundreds of hats and created hundreds of charms for our fall events. Who says kindness has a summer vacation?

September 2017 – **Pebbles in the Pond**: We received word that another SisterKind is being formed in Oregon. Aling, our provider of charm tags in China and now our dear friend, sent us 400 charms she and her team made for SedonaKind. We learned another kindness group is underway in Canada. Our little pebbles of kindness are making ripples around the world. We presented Kindness Bracelets to two “esteem-building” groups for girls: Girls on the Run and Heart & Soul. At the ACF of Sedona Spirit Awards luncheon, we were honored, and presented the story of SedonaKind. We also provided 200 Kindness Charms, one for each attendee and ACF purchased our Kindness Cards for all. We received an amazing donation of works of art. In response, we’re planning an Art Show for April 13, 2018 at the Sedona Art Center.



October 2017 – **Proclamation, Veterans, Blessings Bags, and Crafts**: Once again, the City of Sedona proclaimed November 13, 2017 as Sedona Kindness Day. We were honored to speak at the Blue Star Memorial Ceremony at the Sedona Library. For the event, we baked hundreds of cookies and created red, white and blue Kindness Charms for the veterans and for the hosting gardens clubs. Our team packed all 100 Blessings Bags to be given to veterans and the homeless during Kindness Week in November.



November 2017 – **Kindness Month**: We spread our message and our Boxes of Love at the Heritage Museum and at the Methodist Church Fall Bazaar. So many of our gifted artists contributed to our success. Our team presented at the OLLI Lunch and Learn and the Kachina Retired Teachers Association meeting. In partnership with Sedona Rotary, we brought the national Think Kindness programs to hundreds of children at Big Park, West Sedona, Mountain View Elementary, Sedona Red Rock Junior and Senior High Schools, and Sedona Charter School. Many of our members donated their time during Mitzvah Day, and we filled the rest of Kindness Week with events. The Sedona International Film Festival donated the Mary Fisher Theatre and all of the proceeds from the screening of the award winning “Perfume War.” It was our fundraiser for local Veterans’ programs, and we topped \$3500 in donations plus the sale of the film tickets. Our Gratitude Trees returned by public demand. They were set up at the Sedona Community Center, The Collective, Oak Creek Country Club, the Children’s Room at the Sedona Library, and in Big Park and West Sedona Schools. We delivered 100 Blessings Bags to Veterans Post 7400. And we encouraged local residents to devise their own Pay It Forward activities for Kindness Week.



December 2017 – **Holiday Break**: After a year of inspired activities, we took the month off to celebrate and recuperate...and get ready for our next big planning session in January and another “Oh So Kind Year” in 2018.