

NURTURE ANNUAL REPORT

Bringing Sustainable Change to the Planet Through Fun and Acts of Kindness

ABOUT NURTURE

We are here to connect the dots between ancient wisdom, current thinking and spirituality to change the world. We're here to make sustainable change fun.







ANCIENT

Our Philosophy

Nurture envisions working with fellow non-profits, communities & individuals to lift our planet. Nurture provides gatherings to volunteers and connects with existing efforts in place to promote sustainable and effective change. Let us all work together to leave this planet better than we found it.

NURTURE IS A PLACE TO CONNECT













- Self-Love We compliment ourselves regularly.
- Gratitude Remember that smiling, laughing, dancing, and good vibes are contagious.
- Grumble Free We operate in a complaintfree zone. Constantly seeking out the joy and solutions when life presents a challenge
- Giving Our Best Always leave a place, person, ourselves in a better state than you found it.
- Try being in Flow This encourages a feeling of success, pride, and accomplishment in yourself no matter what you're doing.
- Self-Responsibility Accept responsibilities of things and be open for feedback.
- Growth We encourage curiousity and critical thinking.
- We only speak if it's true, kind, and necessary.
- Communication is Key: Continued learning on how to articulate our wants and needs.
- Be in tune, as much as possible, to the needs of others.
- Know that a little bit of alone time is healthy. Don't take it personally.
- Stay and play. Enjoy and love.

WHAT WE HAVE BEEN DOING



NURTURE IS CONTINUOUSLY COLLABORATING WITH FELLOW ORGANIZATIONS LOOKING TO MAKE SUSTAINABLE CHANGE

















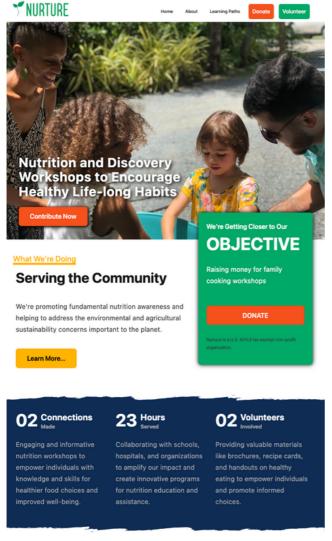


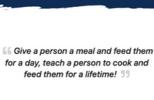


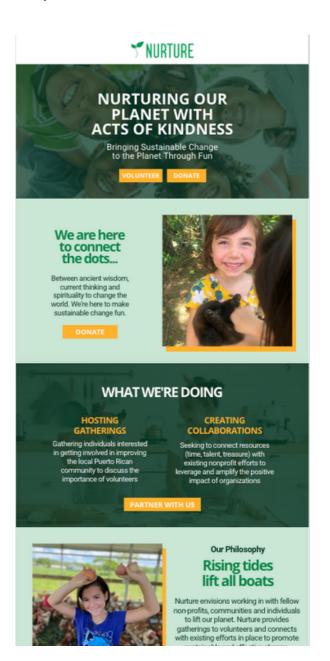


THE NEW NURTURE WEBSITES

We have recently rolled out a <u>single page website</u> To test and refine our new messaging, while behind the scenes we've been busy revamping, updating, and refreshing the <u>Nurture WordPress website</u> and nutrition content to promote both our 15-year mission to provide nutrition resources and education and our newly found goal of supporting fellow non-profits in their goal of making the world a better place.



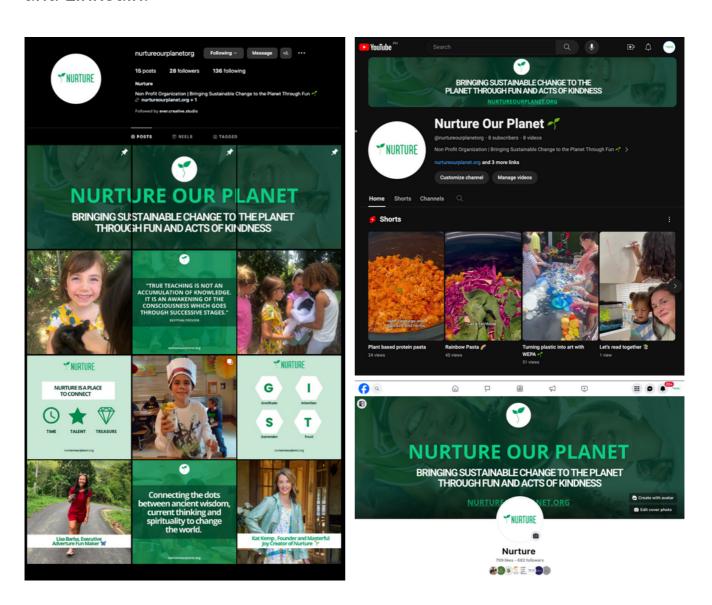




REVIVING OUR SOCIAL MEDIA

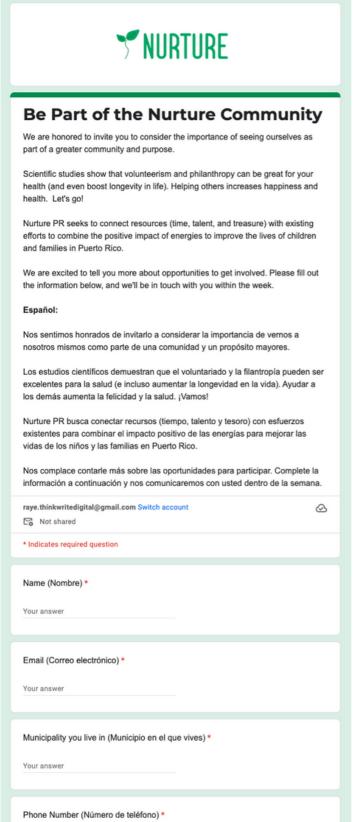
Of course, we want to share our mission and story with the rest of the world. One way to do that is through social media, where we can share our activities, message and also support fellow organizations that are looking to make a change in the world.

Our social media platforms include Instagram, Youtube, Facebook and Linkedin.





BUILDING A VOLUNTEER DATABASE



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." — Margaret Mead

Nurture supports and encourages volunteering by building relationships, lending a hand, asking what and how we can help with our neighbors, local communities and organizations in Puerto Rico and beyond. To lead by doing.

We want to bring together a group of volunteers willing to lend a helping hand to various organizations.

Volunteers are encouraged to fill out a form to get their contact information and to join the official Nurture WhatsApp volunteer group chat where we share insights, news, and volunteer opportunities.

We aspire to further build this database in the months and years to come.



SHARING RESOURCES



The Dia Del Nino is a mini eBook created by Lisa Barba and Raye Ortiz to help promote the celebration of a special day that focuses on the importance of loving, accepting and shining a bright light to celebrate children in their greatness.

The mini eBook includes the history of Dia Del Nino and a list of activities to celebrate children to empower them.





Nurture is always looking to share resources and provide educational materials to all. We gave away copies of Kat's nutrition books for free so that children understand why it's important to eat healthy and to know where food comes from.

We wanted to bring awareness to the families that food is FUN, but more importantly, to know that it needs to be grown, cultivated, and cared for.by sharing the knowledge. With knowledge, there is power and healthy choices as a whole.



SUPPORTING OTHER ORGANIZATIONS FOR GOOD

Click on the images to watch the videos









FEAST ON THE FARM FUNDRAISER FOR FARMERS

Open bar, silent auction, live music and fun to raise funds to purchase shared equipment for small farmers of Puerto Rico.

Held November 5, 2023











WHERE LIFE KEEPS GETTING SWEETER

LOCATED IN THE VIBRANT TROPICAL
MOUNTAINS OF CEIBA, PUERTO RICO, LET
THE NATURAL SCENERY TAKE YOU AWAY
FROM THE DAILY STRESS OF LIFE













Through the work of Raye, we have been helping fellow organizations share their vision to the rest of the world by creating videos for social media. These people and organizations do so much and the world deserves to see their hard work. These videos are shared with these organizations to use as needed.

HIGHLIGHTS



Alma de Bahia Pet Care Nurture Workshop



On the 24th of July 2023, in Rio Grande, a group of approximately 10 individuals visited the animal sanctuary situated in Alma de Bahia with the purpose of acquainting themselves with the animals under the care of the organization. Alma de Bahia is dedicated to the rescue of dogs that roam freely on the beaches, undertaking significant efforts to capture them humanely, provide proper care, and facilitate their rehoming. Notably, the sanctuary adheres to a no-kill policy, ensuring the prolonged well-being of the animals in their care. The primary objective of this visit was to create engaging video content featuring the rescued dogs, aiming to contribute entertaining and shareable material for social media platforms.

Additionally, the founder of Nurture generously supplied meals for the volunteers, sustaining them throughout their philanthropic endeavors.

Nurture Adventure to Finca Pastoreo



On August 4, 2023, in Dorado, Puerto Rico, a group of 20 individuals accompanied us in the distribution of Kat's nutritional books. The objective was to educate families on the importance of maintaining a healthy diet and understanding the origins of food. Our aim was to instill awareness within families regarding the significance of recognizing the entire process involved in the cultivation, care, and transportation of food. This includes understanding the distinction between wholesome, nourishing foods beneficial for our bodies and processed alternatives that may not contribute positively to our well-being.

The speaker, Jose, expanded on their regenerative farming practices, underscoring their role in environmental sustainability. Additionally, the organization actively supports numerous local businesses, not limited to their own, providing a platform for these enterprises to showcase their talents and expertise.

Liberalis Open Learning Center



On August 16, 2023, in Loma de la Niña Mariana, a group of 15 individuals accompanied us to the inaugural event of the Liberalis Open Learning Center. During the visit, attendees had the opportunity to explore the library and open learning spaces designed to foster both education and a connection with nature. The Center provides a supportive environment where families can engage in learning amidst the inviting backdrop of the natural surroundings.

The primary objective of our attendance was to show support for acquaintances involved in a homeschooling group who, recognizing their own educational requirements, endeavored to establish this space. Through collaboration and partnership with a nonprofit organization, they gained access to the facility, extending its benefits to other families in the local area and across Puerto Rico. The initiative is facilitated and overseen by the nonprofit entity known as ARECMA, which conducts an annual pana festival to generate funds, subsequently allocating them to support various initiatives on the property as determined by their collective efforts.

Leatherback Turtle Release



A group of 20 individuals participated in the release of 40 leatherback turtles orchestrated by the federal natural animal resources authority, the ones responsible for the liberation of these creatures. The relocation of certain nests became necessary as a consequence of shoreline recession, posing a threat to the eggs. In response, the organization took measures to construct new nesting sites for leatherbacks, ensuring adequate time for the eggs to hatch.

The overarching objective of this effort is to facilitate the safe emergence of the turtles and their subsequent return to the ocean, considering the stark reality that only a fraction—specifically, 4 out of the 40 released—will likely survive to adulthood. This endeavor aims to address the challenges faced by leatherback turtles in their life cycle by recreating conducive nesting environments, thereby contributing to the survival and preservation of the species.

WEPA Bottlecap Sorting Party



On October 6, 2023, a team of 25 participants collaborated in the washing and sanitization of used bottle caps, subsequently organizing them by color. This collective effort aimed to support a local artist's sustainable project, wherein recycled bottle caps sourced from various locations across the island, contributed by families or collected from the beaches, would be repurposed. With the sponsorship of WEPA, our initiative seeks to raise awareness not only on the island but also among individuals interested in supporting the WEPA project, which entails the creation of murals across each municipality.

The founder, Vanessa, endeavors not only to heighten awareness about recycling on the island but also to instigate a sustainable transformation by channeling recycled materials into artistic endeavors. Through the creation of artwork from repurposed goods, the initiative aims to foster lasting positive change and environmental consciousness within the community.

Local Church House Painting Project



On September 23, 2023, in Ciudad Cristiana, a group of 20 individuals participated in the renovation of a house that required a fresh coat of paint. Together, we diligently scraped off the old paint and applied new vibrant colors as chosen for the revitalization project.

Summit church orchestrated and facilitated this event, with a dual focus on assisting a local family with necessary repairs and conducting roof sealing to prevent further water damage. The overarching objective was to transform the dwelling into a habitable and inviting space for the resident woman. By undertaking these initiatives, the community aimed to foster trust, forge connections, and exemplify human compassion through the selfless contribution of time and energy. This collective effort provided an opportunity for individuals to connect on a deeper level, transcending typical interactions and fostering a greater understanding of one another.

Wellness Afternoon at Alma de Bahia



On September 29, 2023, in Alma de Bahia, Rio Grande, a collaborative meeting was convened with the participation of six individuals, aiming to facilitate the exchange of information between Alma de Bahia and Nurture. During this session, both entities articulated their respective missions and objectives, exploring avenues for potential collaboration and mutual support.

The overarching objective of the meeting was to discern ways in which the organizations could synergize their efforts and provide reciprocal assistance. Notably, Kat has been actively contributing her time and expertise to Alma de Bahia on a weekly basis. Her involvement includes the provision of meals and additional assistance, enabling the workers of Alma de Bahia to sustain their endeavors in capturing stray dogs along the beach. By nourishing these animals with meals they might otherwise neglect, Kat plays a crucial role in supporting Alma de Bahia's mission of nature conservation and animal welfare. This collaboration extends to the informative tours conducted by Alma de Bahia, which educate families and business professionals visiting Bahia about the surrounding environment and its inhabitants.

Rainbow Day Nurture Adventure



On May 19, 2023, in Rio Grande, a gathering of 20 individuals convened to participate in an educational session focused on nutrition. The event encompassed instructing children on the principles of healthy eating, imparting knowledge about various food colors and the corresponding energies they contribute, and providing parents with insights into maintaining a nutritious diet. Collaborative and enjoyable activities were undertaken to establish an environment conducive to promoting healthy eating practices within the family unit.

The initiative aimed not only to enhance individual well-being but also to contribute positively to the overall health of the planet. Emphasis was placed on instilling an awareness of healthier dietary choices, such as opting for natural sugars over processed alternatives, distinguishing between fresh farm produce and processed packaged foods, and advocating for the support of local farmers. By fostering understanding and practices that prioritize health and mindful food choices, the event sought to create a ripple effect, benefiting both individuals and the broader community.

Leemos Juntos! Let's read together!



On August 23, 2023, in San Patricio, a group of 17 individuals accompanied us to the Leemos Juntos initiative. This non-profit organization provides a free reading space adorned with an assortment of beautiful books. The primary objective is to encourage families to spend quality time together while engrossed in the act of reading. The initiative aims to instill essential values such as appropriate behavior in a public space, the importance of caring for others' belongings, fostering harmonious play, and promoting virtues such as sharing. The program incorporates various interactive elements, including role-playing and storytelling.

Nurture, in collaboration with UnschoolingPR, sought to impart a valuable lesson to the future generation by emphasizing the significance of seizing the opportunity to engage in reading. This endeavor not only fosters bonds and friendships but also cultivates a sense of mentorship among older children who discover the rewarding experience of guiding and supporting their younger counterparts. The Leemos Juntos initiative, therefore, serves as a platform for holistic development and positive social interactions within the community.

Hike & Lunch with Partnership for ModernPR



On October 21, 2023, in El Yunque Rainforest, a group of 25 participants gathered for a walk to Britton Tower, a structure constructed by the Forest Tree Service and situated at one of the highest points in El Yunque. The expedition provided a valuable opportunity for attendees to delve into the unique characteristics of the rainforest, including its distinctive flora and fauna. The informative session shed light on the stark environmental contrasts between the rainforest and the rest of the island, encompassing differences in wildlife, vegetation density, and overall ecosystem dynamics.

Beyond the educational aspects, the hike served as a medium for participants to forge connections and get to know one another better. The shared experience of exploring the wonders of El Yunque Rainforest fostered a sense of camaraderie among the attendees, contributing to a deeper appreciation for the natural beauty and diversity that the rainforest has to offer.

Levantando: Feast on the Farm



On November 5, 2023, Nurture actively took part in the Levantando Fundraiser, a philanthropic endeavor aimed at generating funds for the acquisition of shared equipment benefiting small-scale farmers in Puerto Rico. This initiative advocates for the development of a communal network comprising compassionate farmers and organizations.

The collaborative effort not only seeks to enhance food production and abundance but also emphasizes the cultivation of meaningful relationships among community members, regardless of their geographical location on the island. By supporting the Levantando Fundraiser, Nurture contributes to fostering a sense of unity and shared responsibility within Puerto Rico's agricultural community.

Alma de Bahia, El Centro de Providencia y Nurture



On this joyous occasion, December 1, 2023, in the heart of Rio Grande, Alma de Bahia warmly welcomed Nurture to join in a festive luncheon with El Centro de Providencia. Embracing the spirit of the season, we gathered with our neighbors and community in Loiza to indulge in delightful treats crafted by Nurture, creating cherished memories from singing harmonious tunes on the beach to discovering the enchanting beauty of our beloved Puerto Rico at Rio Espiritu.

Our purpose on this festive day was to embrace the present and savory every moment, forge new connections, and foster a deep appreciation for Mother Nature. Celebrating the magic of the holiday season and the joy of community, as we come together to savor the delights of the season and revel in the wonders that surround us in Puerto Rico.

Nurture and Latidos Home Care



On November 21st, 2023 in Juncos Nurture volunteers continued in the spirit of the holiday season with a lovely coffee chat group; KaffeeklatschPR from Humacao. Both parties had the honor of being welcomed by the mayoral executive director of neighboring Juncos. Together, they shared a delightful coffee and lunch gathering with the wonderful residents at Latidos Home Care.

Embracing the true essence of community and gratitude for Dia de Amistad. To be in service to the families by offering a nourishing meal, sharing time with a therapy dog, singing with smiles, and relishing in the rich flavors of freshly baked desserts and local Puerto Rican coffee.

In the spirit of giving back, Nurture provided crock pots for the home, aiming to assist with convenient meal preparation as a "Thank You" to the dedicated staff that care at Latidos. Our demonstration showcased how effortlessly wholesome meals can be prepared in these crock pots, emphasizing the joy of coming together and supporting one another during this festive season.

Turkey Trot: Fundraising Event for Young Life



On Thanksgiving Day, November 23, 2023, Nurture had a fundraising gig in the Pterocarpus forest in Humacao. About 150 showed up to support Young Life, a Christian youth group in Humacao.

Nurture assisted on the kid's craft table. While the parents took a breather with a stroll or jog through the forest, the volunteers kept the little ones busy with all sorts of fun stuff such as coloring, crafting turkeys with stickers, playing with playdough, checking out bugs, wagon rides, and bubbles.

Caribbean Agroforestry with Paradiso Prep School



On December 2, 2023, an enlightening and eco-conscious event unfolded, hosting a select group of 10-12 participants eager to delve into the world of sustainable living. The primary goal of this gathering was to empower individuals with the knowledge and skills to craft their own environmentally friendly skincare products. Participants embarked on a hands-on journey, learning the art of concocting savs, lotions, and chapsticks using medicinal herbs.

The event emphasized the importance of using raw honey, berries, and the preservation techniques of herbs and fresh ingredients. Attendees gained insights into the intricate balance of elements such as air exposure, environmental factors, and the precise ratios and measurements of oils. Cultivation and preservation methods were also highlighted, ensuring a comprehensive understanding of the sustainable process.

The sustainability aspect of the workshop extended beyond the finished products. Participants were educated on how to responsibly source, cook, and prepare ingredients, taking into account environmental considerations. This holistic approach aimed at reducing the ecological footprint associated with skincare product manufacturing.

Introducing ImpactoPR



On December 16, 2023, Integro introduced their new platform, Impacto PR, connecting nonprofits with donors and supporters. This event welcomed and introduced 7 other local nonprofits on the island, from providing new technology in the schools to eco tours learning about the Taino culture and history.

Co-sponsored by Nurture, the event gathered 25-30 participants at Norberto's Piano Bar. Nurture not only co-hosted but also provided the venue and sponsored the event, ensuring a delightful culinary experience. Impacto PR's sustainability lies in its potential to foster ongoing partnerships, making a lasting positive impact on local communities and the planet.

Special Thanks to: Alejandro Silva Diez, Lisa & Rodney Norberto



- To collaborate with 100 organizations that are looking to make sustainable change in Puerto Rico
- To update the resources on the Nurture website for evergreen information and activities for families and communities to enjoy
- To begin a Nurture newsletter to share events, stories, and resources
- To have at least 200 volunteers in our database







Heidi DeCoux Marcela Cañón Abel Blanco Jeselyn Calderon Ayala Sebastian Mergal Magda Segarra Jose Luis Melendez Christian Pagan Yasenia Davila Vanessa Perez Jenn Morrow Amanda Holt

THANK YOU!

