



# blooms of KINDNESS

Winter 2026

## HAVE YOU HEARD? OUR NAME AND MISSION HAVE EXPANDED!

The last several months have seen a flurry of activity as the Blooms of Kindness Board has put the finishing touches on its organizational rebrand. Our simple, stylized new logo, our social media presence, and even our new aprons all reflect our expanded mission - to spread kindness, enhance wellbeing, and strengthen connections by delivering repurposed, donated flowers to individuals in our community, including those in healthcare facilities, crisis housing, and child/veteran/senior settings. Or as we at Blooms of Kindness like to say, we're spreading kindness to Western North Carolinians one bouquet at a time.

Research shows that bouquets increase feelings of happiness and life satisfaction. Understanding just how much impact one bouquet has is something we've put a lot of thought into. Consider a single bouquet's journey. By the time it passes through five of our volunteers' hands

(there's a person each to pick-up, store, arrange, package, and deliver), it then passes through another three hands at the healthcare facility (there's the front desk personnel, the deliverer, and the recipient), and finally there's the conservative impact on another six people (all of the recipient's visitors and the facility's staff). That one bouquet has now brought smiles and a dollop of the feel-good hormone dopamine to 14 people minimum. And when that conservative estimate is multiplied by the by 7,293 bouquets we delivered in 2025, you can see the significant impact - more than 102,000 people touched by us last year alone!

As Blooms of Kindness moves toward spring and the bounty of flowers ahead, we are renewed by the community of flower-loving folks that we have cultivated along our three-year journey. As you will read in the pages ahead, there a many new avenues of growth we are pursuing. We invite you to click the links to our social media platforms on this page and find out more about the good we're doing in the world. Join us, won't you?!



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## BOUQUET TALLIES



Year to Date  
1,360



Since 2024  
11,929

# BLOOMS OF KINDESS WOWS AT THE WNC WEDDING FESTIVALS BRIDAL SHOW

On Saturday, February 7, a team of four Blooms of Kindness Board of Directors worked a booth at the WNC Bridal Show. This well-attended expo gave couples the resources for a stressless and lovely wedding. Our team handed out bookmarks with Blooms of Kindness contact information, shared how we give bridal flowers a second life, and took more than a couple of photos.

Folks were delighted to know about our organization. So many had no idea that flowers could have such a meaningful post-wedding life. Blooms of Kindness made a great debut, and the team met many couples and florists who were interested in our services. In fact, we walked away with over 150 leads for wedding flower donations!

We owe hearty thank yous to some amazing businesses and individuals who made this possible: Marc Wheeler of Wedding Festivals Bridal Show for the complimentary booth and our incredible raffle sponsors, Joyful Llama Cookie Company and 3 Eggs Cakery. Joyful Llama generously provided a scrumptious treat basket of individually painted cookies, and 3 Eggs Cakery provided a generous gift certificate.

Thanks also to volunteer Judy Testo who made the beautiful flower frame that festival goers enjoyed taking selfies in, and to volunteer Joyce Williams whose flower arrangement drew participants to our booth. And a huge shout out to the booth set-up crew: Scott Abernathy, Jeannie Blackwelder, Linda Heaton, and Cathy McDonald; as well as those who staffed the booth: Paula Anthony, Lynn Roberts, Linda Heaton, and Cindy Wolff.

And to all of our Blooms of Kindness volunteers, be prepared for brisk bouquet days during the upcoming wedding season!



*The Festival Bride wishes our gang a great expo.*



*Soon-to-be newlyweds pick up our flower donation information.*

## Wedding Festivals

*Marc Wheeler and his family hosted an amazing bridal expo.*



*Raffle winner Kristin Lampe is sure to delight in her upcoming shopping experience with 3 Eggs Cakery.*



*Board member Cindy Wolff makes a delicious handoff of personalized cookies from Joyful Llama to raffle winner Elizabeth Murray.*



# SOWING KINDNESS WITH TEAM BUILDING WORKSHOPS

This winter while still under the Random Acts of Kindness umbrella, we conducted two team building workshops. The first was for Explore Asheville, who inspires travelers to visit and support our area. Part of its outreach includes supporting local businesses, and they have been a dynamite partner to us! The second workshop was for the Southeast Division of OZK Bank, a nationally recognized industry leader in the financial services market. Each of these groups wanted a team building workshop that would allow employees to bond over a creative project while giving beauty and joy back into the world. Being a perfect match with our mission, a thoughtful, hands-on program was created for each.

Under the skilled leadership of flower enthusiast and Blooms of Kindness volunteer Lisa Regush, as well as members of the Board of Directors, each company was treated to a flower arranging workshop that explored flower longevity, floral design, and after care. We planned for each participant to take home their bouquet, but a lovely surprise occurred when many employees of both companies declined to keep theirs, insisting that they be donated to those in need. And so they were!

## MOBILE MAMMOGRAM SYNCHRONICITY



On February 23 our Bouquet Day coincided with the Envision Diagnostics Mobile Mammogram Event. AmeriHealth Caritas Wellness Center Administrator Courtney Wilson gave a Blooms of Kindness carnation stem to each woman receiving a mammogram.

These events were so rewarding that Blooms of Kindness is now offering these workshops to any business that would like to host team building workshops for its employees and management. (See page six for more details.)



OZK Bank team members gather with the Blooms of Kindness workshop facilitators to show off bouquets and smiles!

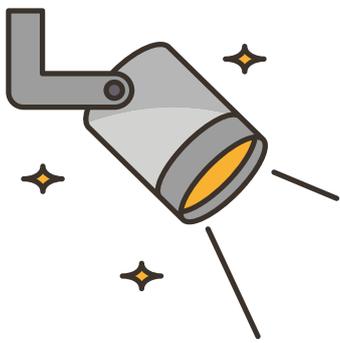


Explore Asheville and Blooms of Kindness celebrate an afternoon of bouquet making!

## THANK YOU, ONE LOVE CHIROPRACTIC



How do we make it work? One flower or cash donation at a time! We thank you for your generous monetary donation, One Love Chiropractic, and we hope our bouquet of appreciation brought joy to staff and clients alike.



## Q&A WITH VOLUNTEER LINDA HENRY



**Q: There are so many incredible ways to volunteer in Asheville, so how did you land on Blooms of Kindness?**

A: After moving here in 2022 I was looking for some post-retirement activities. While reading the local newspaper my husband called out, "I've got the perfect thing for you - read this!" I was delighted that I could join people in arranging flowers that would then be given away. I love Blooms of Kindness, and I've rarely missed a volunteer bouquet day.

**Q: What are some of your favorite activities to do within the organization?**

A: It's not just the beauty of the flowers and the artistic expression of arranging, but it's also connecting with folks who share this passion. So far I've enjoyed delivering flowers, gathering vases, and picking up flowers from donating businesses. My favorite part is the arranging, though. It's such a great outlet for my artistic urges!

**Q: What new ideas or skills have you picked up by volunteering with Blooms of Kindness?**

A: I've learned a few things by watching more experienced flower arrangers. I cram too many flowers together at times! I love seeing others' creations; they give me ideas to vary my arrangements. I also appreciate being able to sit next to someone I've just met and learn about their life.

**Q: What's a little of your history with flowers? Any memories that stand out?**

A: My husband and I had a vegetable garden in Amherst, MA, and I was a little snooty about the fact that "we grow food we can eat." Then a friend divided her bulbs and shared them with me. She assured me her directions for the perennials would work, and thus began my love affair with flowers! My property became a canvas, and I painted the backyard with flowers. I was so sad to leave that sunny backyard behind, but now I have an opportunity to grow my palette of shade plants!

**Q: If you could choose only one flower scent to smell for the rest of your life (not that you'd have to smell it 24/7/365), what scent would you choose and why?**

A: My flower scent would be that of the Bubby Bush, or at least that's what my family called it! This bush bloomed next to my childhood school bus stop, and I remember picking a bloom from it each morning and holding it to my nose. It was the best scent! I bought a plant recently at the NC Arboretum plant sale, and its official name is Carolina Allspice.

**Q: Who is someone you think could use a bouquet to lift their spirits?**

A: My elderly neighbor lost her husband last year, and she could use a smile. Also, a dear friend's father is in failing health, so I would want to cheer them both with a bouquet.

In that spirit, I'd like to share one of my most satisfying Blooms of Kindness experiences; it occurred when I delivered flowers to a local nursing home. As I was bringing in four boxes of flowers, I passed a resident who seemed dejected. Out of my mouth popped, "Do you like flowers?" He answered that he did, and suddenly he was following me with his walker. He pointed to its built-in seat and offered, "Why don't you put your boxes of flowers here?" He helped me get all the flowers inside. "Can I have one of the vases?" he asked shyly. I told him to pick whichever one he liked. He started walking down the hall but then turned back to me. He asked, "Could I have another vase? I'd like to give it to the lady in the room next to me."

This kind of connection is so essential, and I am very grateful to Blooms of Kindness for opportunities like these.



*During Mardi Gras week Linda breezed in to help with delivery!*

# DIVIDING AND REPLANTING: Blooms of Kindness Arrives in Hendersonville!

When a plant is healthy enough, the knowledgeable gardener divides its root base and replants half in a new location, doubling the plant's purpose and beauty. And so too it goes with Blooms of Kindness. After considering the geographic delivery challenges of the Asheville site, a satellite group was planted in Hendersonville to best serve the Henderson County area. This happened in July 2025 and has been very popular with volunteers who don't want to make the drive up to Asheville every week. Two regular volunteers are even traveling from the Lake Lure area!

The Hendersonville group meets on the third Monday of each month at 10:00 a.m. in the First Congregational Church on 5th Ave in Hendersonville. The FCC has been an outstanding host for our group. Pastor Karla, Associate Pastor Marc, and administrator Jennifer are always welcoming and very accommodating to us – even outside of our regularly scheduled bouquet days.

We typically have at least a dozen people at our Bouquet Days and arrange an average of 70 bouquets at each event! Volunteers then make deliveries to the various locations who have opted to receive our floral gifts.

One of our newer recipient groups is St. Gerard's Center for Autism in Hendersonville. This nonprofit provides Applied Behavior Analysis therapy, prevocational training, social skills classes, and a wide array of other services for individuals with autism and their families. We held a St. Gerard's Day in November in which participants learned the art and craft of making bouquets, including bringing home a bouquet for their families to enjoy. This event is a great example of the outreach guided by our expanded mission.

The Hendersonville Blooms of Kindness satellite has been a quick success due to the generous efforts of its volunteers who:

1. gather, collect, clean, and decorate donated vases,
2. collect flowers from stores and local gardens,
3. deliver bouquets to local facilities, and
4. participate fully and make the most beautiful bouquets!

If you'd like to join us for our next Bouquet Day, send an email with your name and phone number to [info@bloomsofkindness.org](mailto:info@bloomsofkindness.org) and mention the Hendersonville location. We hope to see you soon!

*The Blooms of Kindness Board would like to say a special thank you to Linda Heaton for getting this new site up and running. Her tireless efforts, creativity, and quick problem-solving have facilitated the success of our Hendersonville site. We couldn't have done without you, Linda! THANK YOU!*



*Volunteers gather to decorate vases.*



*Bouquet Day volunteers wait for the flowers to arrive in their new FCC space.*



*Bouquets abound as re-homed flowers are tucked into arrangements.*



# Help Us Grow and Bloom

## On April 25 Shop at Flat Creek Plant Farm

Here's a most delightful way to support Blooms of Kindness! Ryan and Sarah Browers are fans of the BOK mission, and they are donating 10% of their sales to us on April 25. We deeply appreciate their generous support, and we encourage every one of our volunteers and supporters to visit [Flat Creek Plant Farm](#) in Weaverville on Saturday, April 25. No matter what your vision is for your home or property, Ryan and Sarah can help you achieve it with their hand-selected plants perfectly adapted for the Western NC region.



## Book a Workshop for Organizational Team Building

If your business is looking to strengthen its effectiveness as a team, book a spirited team building workshop with us. Participants will receive a crash course in floral longevity and design, arrange bouquets to deliver to our community partners and to take home, plus experience the stress relieving tonic that is creativity and collaboration. Half day workshops are offered for \$80 per person and can be held either at AmeriHealth Wellness Center or your facility. Workshops are limited to 6-20 people. All inquiries can go to [info@bloomsofkindness828.com](mailto:info@bloomsofkindness828.com).



## Make a Monetary Donation In Any Amount

While flowers are donated to us freely and the Board of Directors is an all-volunteer one, we still have considerable operating costs. Plus, our dream is to rent a space that can be dedicated to our mission 24/7/365. We currently have access to an incredible space through AmeriHealth Caritas Wellness Center, and we are so grateful for the support we receive from them! Our time to be there, however, is limited to several hours each week. It is our hope that with a space of our own, we can host more Bouquet Days and provide free workshops for groups that can sincerely benefit from the healing power of flowers.



Our mission is to spread kindness, enhance wellbeing, and strengthen connections by delivering repurposed, donated flowers to individuals in our community, including those in healthcare facilities, crisis housing, and child/veteran/senior settings.

# Become a Blooms of Kindness Sponsor

Many people, particularly those in transitional housing, VA facilities or healthcare facilities, have never experienced the joy of receiving or making a bouquet with a bounty of flowers to choose from. At Blooms of Kindness, we have seen how making beautiful bouquets brings about a level of serenity and hope that is awe-inspiring. When you give to our organization, you make that kind of joy possible.

## **Forget-Me-Not Sponsorship**

Your \$25 donation keeps us supplied with flower picks and cards for one month. A \$50 donation keeps us supplied in aprons and logo button pins for three months. A \$75 donation keeps us supplied with clippers and plant food for six months. All donations receive a Blooms Of Kindness button as a thank you.



## **Bee Balm Sponsorship \$100**

Your \$100 donation enables 25 bouquets to be delivered with your name on the flower pick cards, and you may choose the location that receives the flowers from our list of recipient facilities.



## **Cone Flower Sponsorship \$500**

Your \$500 donation enables you to pick three different bouquet recipients, with each recipient facility receiving 30 bouquets. The flower pick cards will list you as the sponsor.



## **Cardinal Flower Sponsorship \$1000**

Your \$1000 donation enables Blooms of Kindness the ability to host a Bouquet Day workshop for one of our Bouquet Day recipient organizations, for up to 20 participants. You may choose the recipient organization from our list, and you may attend the workshop as well. This sponsorship level gives the healing power of working with flowers to those in need. Additionally, you will receive two tickets to one of our Blooms of Kindness Art Workshops (dates to be determined in the latter part of 2026).



## **Carolina Lily Sponsorship \$5000**

Your \$5000 donation enables Blooms of Kindness to provide 50 bouquets to your designated location, which can include your business, once a month for an entire year. Bring the joy of flowers to many! Additionally, you will receive four tickets to one of our Blooms of Kindness Art Workshops (dates to be determined in the latter part of 2026).



*All giving levels above the Forget-Me-Not level will guarantee that donors are listed on our website, social media, and newsletter.*

# Join the Board of Directors



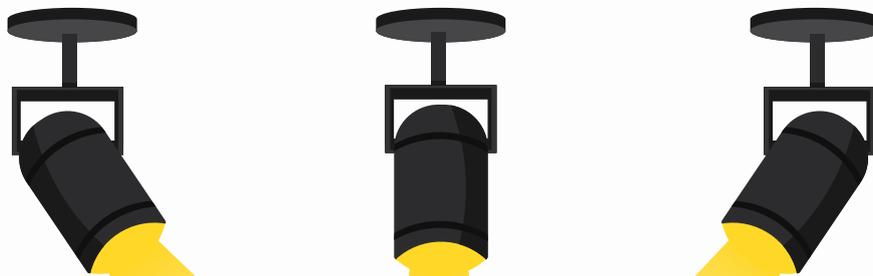
Blooms of Kindness is looking for new members to join our Board of Directors! We are a volunteer board, currently consisting of 11 members. We are specifically looking for people who have served on a non-profit board and who have significant fundraising or grant writing experience.

Members of the Blooms of Kindness board are expected to:

- Serve for a term of at least (2) two years (each term is eligible for renewal for one additional term),
- Attend and participate in a majority of board meetings/gatherings,
- Participate in mission-related activities (floral pick-ups, Bouquet Day, deliveries, etc.) whenever possible,
- Develop and oversee fundraising opportunities,
- Attend and participate in special events/fundraisers and encourage others to be involved as well, and
- Find ways to further our mission in unique and innovative ways.

Potential board members are encouraged to reach out to Candace Andersson ([candace.andersson@gmail.com](mailto:candace.andersson@gmail.com)) or to a Flower Power Board Member at our Monday Bouquet Day events.

## Coming Soon



Did you know the healing power of flowers can be accessed in multiple ways? We've got some great workshops in the wings, and we'll update you soon with the art instructors, dates, and costs. Stay tuned, friends!

### Botanical Drawing



### Botanical Watercolor



### Floral Arranging

