

# Heart Connection

Newsletter of the Adventures in Caring Foundation • Point of Light #407 • Autumn 2000



## Compassion in Action

### *Undergrads bring compassion to the sick and lonely*

The Adventures in Caring service-learning program, Compassion in Action, is helping thousands of patients in Santa Barbara feel much better. More than forty undergraduate students from UCSB, Westmont College, and City College are delivering compassion to the bedside of patients in local hospitals and nursing homes – every week, all year round.

These students are learning the art of listening to patients, and their families. As future doctors, nurses, dentists, and therapists they are developing better bedside manner now – before they go on to medical or graduate school.

Not only do the students receive an extensive, 30-hour course in how to communicate with people who are seriously ill or dying, their weekly visits with patients, for at least a year, also build the communication skills that are so vital to good doctor-patient relations. Quarterly seminars, and assisting in the training of new volunteers, reinforce this learning about the human side of medicine.

Learning by serving is an old idea, with modern relevance. According to the education experts at the NTL Institute, the learning methods, which produce best retention of knowledge are: 1) teaching others, 2) practice by doing, and 3) discussion groups. Students participating in the Compassion in Action program do all three. As a result, the compassionate listening skills they build can last a lifetime.

To date, 113 undergraduate students who are entering health care professions have participated in the program, with 43 currently active.

*(Continued on page 3)*



Karen Fox speaking on compassion to students at UCSB



“Every day the news is filled with stories of drug use, child or elder abuse, teen pregnancy and violent crimes, all happening in nations both rich and poor. At the core of these problems lies disconnection and alienation. People don’t feel connected to their communities, or to each other. Fortunately, a simple but powerful method of combating disconnection in our communities already exists. That method – volunteerism – is key to bettering ourselves, our community, our nation, and even our world.”

- Robert K. Goodwin,  
President and CEO  
Points of Light  
Foundation



## A Raggedy Graduation

Adventures in Caring honored its student volunteers on May 24, at the Centennial House at UCSB. Dr. Michael Fisher, medical director of the Santa Barbara Artificial Kidney Center, presented the keynote speech about the importance of compassionate care in the future of medicine.

Steve Morris, a graduating senior, delivered the following address to his fellow Raggedy volunteers.

“We are here today because we share a common passion. Nothing makes us feel more alive than when we are helping other people. We don’t do it because we are getting paid, we don’t do it because we are expecting something in return, we don’t even do it because it lets us wear makeup and a wig out in public. We do it because we love people.

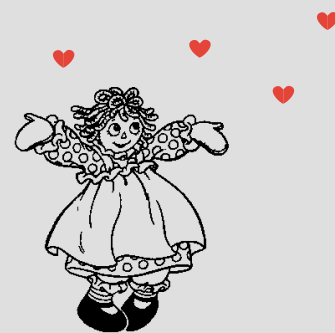
Many of you are planning on becoming healers after you graduate. You couldn’t have chosen a better way to start. Your work with Adventures in Caring will teach you how to listen to patients and understand what they need. It will teach you to become an empathic and wise physician.

I’d like to share one of my first visits as a Raggedy Andy. It was during our training and I was not yet brave enough to venture out on the wards by myself so my friend and fellow Raggedy, Jodi Ferro, was with me.

We were on the oncology floor and passed a room with the door closed and a large foreboding sign on the outside warning against entering and contaminating the room. The patient in the room was an elderly woman with severe leukemia who due to her condition was immune compromised. A nurse said that we could visit the patient but we couldn’t touch her for her own safety.

I was very nervous on entering, I wasn’t a doctor, I didn’t know much about leukemia.

*(Continued on back cover)*



Michael Fisher, M.D. at the Raggedy Graduation

# Guardian Angel

“When mom was first at Cottage Hospital, for medical tests, she was all by herself. Except that a Raggedy Andy volunteer came by and sat with her for an hour, and just held her hand and talked to her. This was right before Mothers Day. She called me that night and told me, “My guardian angel came to visit me.” There was no doubt in her mind, and mine, that he was definitely her guardian angel.

So for Mother’s Day, I live in Oxnard, I drove all over town trying to find a Raggedy Ann or Raggedy Andy doll for her. They are not easy to find anymore, but I finally found a Raggedy Ann and sent it to her. She just cried and loved it. She took that Raggedy Ann with her every place she went – to all of her radiation treatments – everything.

The last couple of days of her life, mom went back into the hospital. The Raggedy Ann doll was the only thing she took. It was the only thing she wanted with her – her guardian angel doll. When I visited mom she said, “When I die I want to take Raggedy Ann in the casket with me, because she’s my guardian angel.”

After a while I noticed that mom was beginning to get tired. So I gave her a break and took a walk over to the nurses’ station to find out what the next steps would be in her treatment. On my way back to mom’s room, as I turned around the corner I saw a Raggedy Andy volunteer standing right outside her door. I firmly believe that God put him there.

So I took him into the room with me. He sat with mom for over an hour. I left them alone for most of that time. He listened to her, he cried with her. He was incredible.

The next day Raggedy Andy came back and he gave mom a Raggedy Andy doll to go with her Raggedy Ann. She adored them. Mom died just a day or two later, and both dolls went into the casket, per her request, and then were cremated with her.

You can not believe how much it meant to her son, William, and to her grandchildren Adam and Todd. Raggedy Andy made the transition so much easier for us as a family, and for her. To have him there through every one of the steps of her dying helped tremendously. It was truly magical. Thank you.”

– Holly Duell, Oxnard

## Post Script:

Holly Duell told me this story over the telephone in July. Her mother-in-law, Meta Duell, had immigrated to the United States from Germany after World War II. Meta was the first female president of Santa Barbara’s annual Fiesta celebration. As Holly told me the story, I realized which Raggedy Andy volunteer had played the key role: Tyler Leigh, who was now in the process of applying to medical school after graduating from UCSB in June.

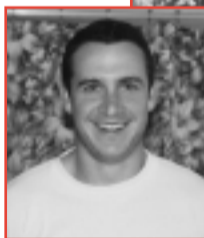
“Please pass on my deepest thanks to the Raggedy Andy who visited mom,” said Holly as she concluded her story. At that moment I heard voices outside my office, and recognized one of them to be Tyler, who had just arrived. “You can thank him personally if you like,” I said, “he just walked in the door.” And so the magic of the Raggedy guardian angel continued, even in the telling of the story.

– Simon Fox, Adventures in Caring

● ● ● ● ●

“My experience in this program has been life changing. When I enter the hospital dressed in my Raggedy costume, my heart fills, people smile, and I know that I am making a difference! Each patient is so unique and offers me so much in return for my love, listening, and acceptance. One woman cried, “Oh... Raggedy Ann!” with tears in her eyes before I even had a chance to ask if she wanted me to visit. What an amazing way to fill my heart! I have never experienced that love before – love from a stranger who knows that we are part of one humanity. There are no words to explain the bliss!”

– Diana Hill, senior year, UCSB



Tyler Leigh, UCSB graduate, B.A.in Physiology

# A Legacy of Compassion



Dean Crawford Smith , 1925 to 2000

For the last ten years, as a member of the Adventures in Caring Foundation’s board of directors, Dean played a key role in making the Foundation what it is today. During that time Dean became a close friend and a trusted advisor. His passing is a shock to us all, but even though we were all caught unprepared for this, Dean still left behind something that will last - forever. He left us a legacy of compassion.

Dean deeply believed in the mission of Adventures in Caring: that of cultivating compassion, and lifting the spirit of those who are sick and alone.

He came to us in 1988 after Karen spoke at a Rotary Club meeting, and asked if we were prepared to go nationwide. His encouragement, ideas, and financial support made it possible for Adventures in Caring to create an educational program that now teaches compassion in hundreds of health care organizations across the United States. (By working closely with Dean, we also learned how important a good cup of tea can be at the start of a board meeting.)

Dean’s vision continues to unfold in beautiful ways. God obviously has other plans for him, but he came into our lives, left footprints on our hearts, and we will never forget him. Thank you Dean for being a part of our lives.

● ● ● ● ●

“Life is so short and we do not have too much time to gladden the hearts of those who travel with us, so be swift to love and make haste to be kind.”

– Henri-Frédéric Amiel (1821-1881)

# Annual Report for 1999/2000

Thanks to the support of our volunteers, board members, donors, and grantors, the past year saw the continued growth of all Adventures in Caring programs.

106 Raggedy Ann & Andy volunteers – up from 65, five years ago – made over 73,000 one-on-one visits to patients and their family members. These volunteers visited 35 health care facilities on a weekly basis: 6 hospitals and 28 nursing homes.

In Santa Barbara more than 80% of the volunteers are undergraduate students from UCSB, Westmont and City College, studying to become health care professionals.

In addition to the above volunteer programs, the Adventures in Caring educational programs continue to thrive. In growing numbers – 1,800 to date – hospices, hospitals, churches, charities, and colleges are using our video, *Communicating with Compassion*, to educate and inspire their staff, students, and volunteers.

By collaborating with other organizations, we are building a strong network of caring, that is deliberately integrating compassion into the practice of medicine. Cottage Health System, University of California Santa Barbara, American Trauma Society, Reading Hospital & Medical Center, Camarillo Health Care District, Santa Barbara Artificial Kidney Center – are partners with us in giving health care an infusion of compassion.

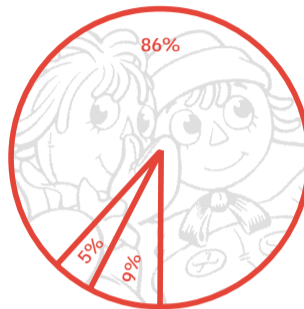
Thank you all for your foresight, commitment, and heartfelt generosity.

*Economic and technological forces are now pushing health care towards an impersonal, assembly-line approach to medicine. So the emotional distress that already accompanies illness, injury, and dying – is intensified. Such an emotional toll on patients, families, and staff, can complicate, delay, and even prevent healing.*

*So we view compassion as essential to health care, not as an optional extra.*

*Your contribution to Adventures in Caring will improve the quality of life, and health care, far into the future. We need your continued support to make sure that compassion is not left out of the practice of medicine.*

– Karen S. Fox, *Founder/Co-Director*  
Simon Fox, *Executive Director*



Expense allocation for FY 1999/2000	
Program:	86%
Administration:	9%
Fundraising:	5%
<b>Total expenses for year: \$226,925</b>	

## Major In-Kind Gifts

**140 volunteers: 10,500hrs:** Raggedys, board, committees, office help, seamstresses, fashion show help, training assistants, musician, writers.

**Rent & Utilities:** Santa Barbara Cottage Hospital

**Character Licensing:** Simon & Schuster

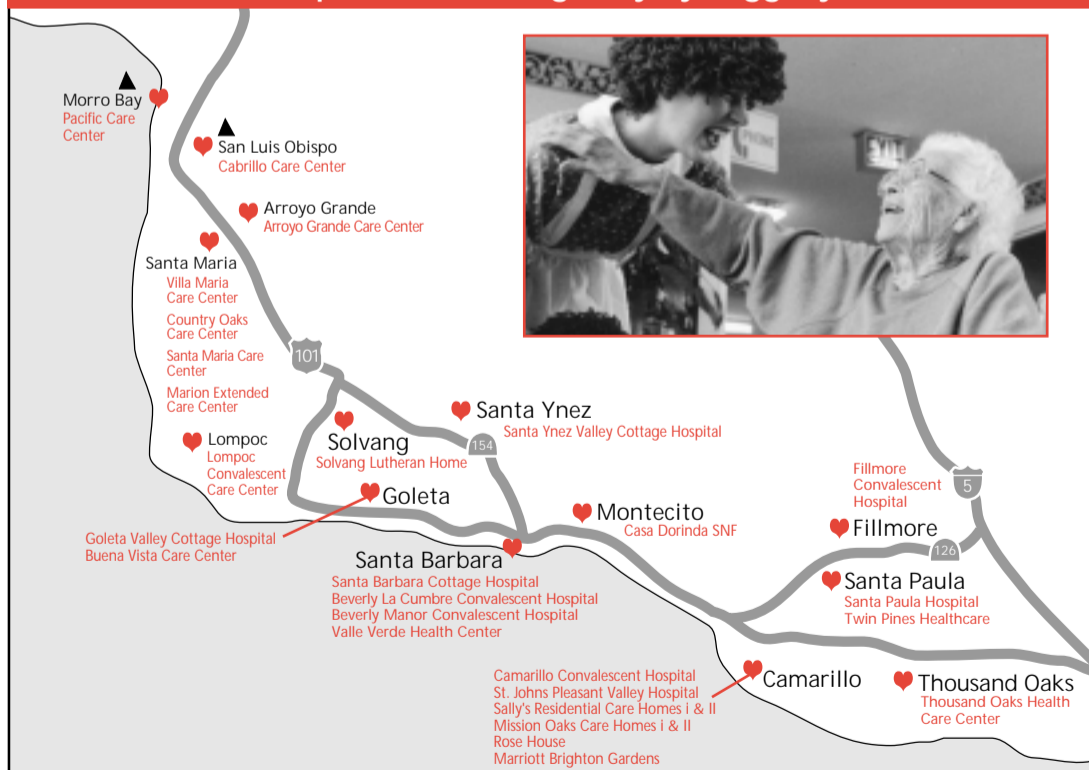
**Fashion Show models & supplies:** Talbots

**Graphic Art discount:** Fritz Creative

**Printing discount:** Printing Impressions

**In-Kind Gifts: \$176,500**

## Hospitals Visited Regularly by Raggedys



### Outside Southern California

Reading Hospital & Medical Center, West Reading, PA  
Phoebe Berks Health Care Center, Reading, PA  
Pine Run Community, Doylestown, PA  
Haven Park Christian Nursing Home, Zeeland, MI  
Henry Ford Continuing Care Center, Roseville, MI

National Health Care of Franklin, Franklin, TN  
Ridgecrest Village, Davenport, IA  
Arcola Health Care, Arcola, IL  
Crosslands Health Care Center, Sandy, UT  
Sunrise Healthcare Center, Roseville, CA

**In 1999/2000 Raggedy Ann & Andy volunteers visited the above 35 facilities 2,840 times.**

## Major Contributors in 1999/2000

- Mrs. Dean C. Smith
- Wood-Claeyssens Foundation
- Santa Barbara Cottage Hospital Foundation
- Rotary Club of Santa Barbara, Downtown
- Santa Barbara Foundation
- Camarillo Health Care District
- Amgen Foundation
- Mr. Kim Gruelle
- Mr. and Mrs. Joe Cox
- Crawford Idema Family Foundation
- Ms. Priscilla Peak
- Hutton Foundation
- Karuna Foundation
- Mr. Palmer G. Jackson
- Reading Hospital & Medical Center
- NEBS Foundation
- Valle Verde
- Casa Dorinda
- Phoebe Berks Health Care Center
- Ms. Ann C. Carneros
- Dr. & Mrs. Alexander T. Massengale
- Mr. Bruce D. O'Neal
- Mr. Jay Rhoads, Jr.
- Mr. Richard Rhoads
- Rotary Club of Santa Barbara, Sunrise
- Mr. Kendall A. Mills, Jr.
- Mrs. Harold J. Vaile
- Mrs. Alyce Schroth
- Mrs. Ruth Stark
- Mrs. Valerie Guerrero
- New England Historic Genealogical Society
- Ms. Alice Stephey
- Dr. & Mrs. John S. Rathbone
- Mr. & Mrs. Don Sweet
- Paula Yurkanis Bruce, Ph.D.
- Mrs. Marilyn D. Atkinson
- Mr. & Mrs. Bertram C. Willoughby
- Mr. Antonio Gardella
- Mr. & Mrs. Warren D. Terrell
- Ms. Judith Avery
- Ms. Linda H. Cornia
- Mrs. Debra P. Geiger
- Mrs. Karen Gellert
- Mr. & Mrs. Merrill Hoffman
- Ms. Mary P. Scopatz
- Mr. and Mrs. Charles McLatchy
- Col. Willoughby B. Tyler
- Ms. Margaret Skeen
- Mrs. Kathleen Waltrip Gardella
- Mr. & Mrs. David J. Landecker
- Mrs. Marcia L. Wrisley
- Mr. and Mrs. Scott D. Crudele
- Mrs. Jessica M. Shepard
- Alzheimer's Association of Ventura County
- Mrs. Margaret K. Loder
- Mrs. Mary C. Millikan
- NEBS, Inc.
- Ms. Lyn L. Anderson
- United Methodist Women
- Mr. Raymond Eller
- Mr. and Mrs. Philip M. Hawes
- Mrs. Pam Jones
- Mrs. Sherree Degiuli Nunn
- Mr. & Mrs. Henry E. Bauernschmidt
- Mr. and Mrs. Albert Anderson
- Dr. Ruth Appleby
- Ms. Shirley Baird
- Mr. and Mrs. Robert J. Baker
- Mr. and Mrs. Charles Cleveland
- Mr. and Mrs. Ralph Crandall
- Ms. Mary F. Duszak
- Good Shepherd Lutheran Church
- Mrs. Anne Hand
- Mrs. Betty Hatch
- Mr. and Mrs. Larry Hewlett
- Mr. & Mrs. William Hungerville
- Knights of Justice
- Mr. Philip Lyons
- Ms. Jane P. Merovick
- Babji Mesipam, M.D.
- Mr. A.A. Milligan
- Mr. & Mrs. James D. Milliken
- Mrs. Howard J. Nammack
- Dr. and Mrs. Nicholas Piediscalzi
- Mr. & Mrs. Generoso Porciuncula
- Mr. and Mrs. Paul R. Ryan
- Mr. & Mrs. Joseph Saunders
- Mrs. Judy Schab
- Mrs. Judy Semenza
- Mrs. Beverly Smaniotto
- Mr. & Mrs. William Van Wingerden
- Mrs. Jean Wagner
- Mrs. Jacqueline Wheeler-Gibson

**TOTAL INCOME: \$231,887**

---

# Compassion in Action...

(Continued from page 1)

• • • • •  
"The skills I've learned have made me an eager and caring volunteer, and a better person. Thank you for allowing me to return to the world a bit of the kindness that it has shown to me."

- Meagan Littlepage, junior year, UCSB

Two of the highest awards from UCSB were given to two of these students this year. Sienna Steckel received the Motor Board Honors Society Award for highest GPA. Lynn Nisbit received the Daniel Aldridge Award for the greatest contribution to the University by a student, due to her high GPA, becoming an All-American Athlete in water polo, and her service to the community. We are proud to have such talented and dedicated young people join us in serving our community.

Seven out of the twelve of our student volunteers who graduated from UCSB this June have been accepted to medical or dental school. This is no small feat. As the Los Angeles Times reported on August 5th, "The vast majority of the people who apply to California's medical schools get turned down. Last year more than 12,000 people applied for about 1,050 available seats for first year students in the nine medical schools."

Adventures in Caring receives no funding from the government, the colleges, or the university, so the service-learning scholarships that make this program possible were granted by: Santa Barbara Cottage Hospital Foundation; Rotary Club of Santa Barbara, Downtown; Rotary Club of Santa Barbara, Sunrise; Crawford Idema Family Foundation; Karuna Foundation; Ann Jackson Family Foundation; plus generous donations from many individuals (see list on page 4). *Please consider making a contribution so that this program may continue.*

• • • • •  
"In the hospital, my hopes were shattered but I truly felt better after Raggedy Ann's visit. I appreciate having had Raggedy visit me."

- T.S., Santa Ynez, a patient at Santa Barbara Cottage Hospital



Debbie Lupeika MacLean, M.D. This year Debbie began her practice in Redding, California, becoming the first student volunteer with Adventures in Caring to become a medical doctor. This photo was taken in 1989 when she was an undergraduate at UCSB. It shows Debbie, as Raggedy Ann, bringing cheer to a resident at Beverly Manor Convalescent Hospital.

• • • • •  
"As a result of the Adventures in Caring volunteer program the lives of patients who suffer from chronic kidney disease have been greatly enriched. Pre-med students spend hours at a time listening with compassion and caring, while empowering the dialysis patients with much needed love and support."

- Michael B. Fisher, M.D., Medical Director, Santa Barbara Artificial Kidney Center

---

## News Briefs



♥ **Mayo Clinic**, regarded throughout the world as the gold standard of medical care, is now using Adventures in Caring resources to educate its volunteers. Karen & Simon Fox began the year-long educational program on compassionate care by presenting their three-hour seminar, *Communicating with Compassion*, to the Mayo volunteers. The seminar, in Scottsdale in March, was considered to be of great value to the Mayo organization.

"We continue to hear from our volunteers how they will do things differently now after hearing your presentation. Mayo Clinic strives to give our patients not only the best care but outstanding service in our world-class settings. Thank you for helping us to encourage and equip our special teams of volunteers who support us in keeping the needs of our patients first."

- Joslyn Park, Director, Volunteer Services at Mayo Clinic, Scottsdale and Mayo Clinic Hospital, Phoenix

♥ A contribution from the **Amgen Foundation** is building the team of Adventures in Caring volunteers at the **Santa Barbara Artificial Kidney Center** to ten. The volunteers are all undergraduate students who are interested in careers in health care. They receive special

training in therapeutic communication and emotional intelligence from Adventures in Caring, and then additional clinical training from Dr. Fisher and his staff on the special needs of dialysis patients.

♥ The **Santa Barbara Foundation** granted funds to buy new computers. The new, faster computers give us the ability to utilize the internet to coordinate and support our volunteers. Our website ([www.adventuresincaring.org](http://www.adventuresincaring.org)) will give people a way to find out about our learning resources, volunteer opportunities, and patient & family support programs.

♥ **Santa Barbara Quilters Guild**, in cooperation with **Blue Island Quilts** is busy making quilts to give to the frail elderly residents at local nursing homes. The quilts will be specially delivered by the Raggedy Ann & Andy volunteers who visit these nursing homes every week. Thanks to all our quilting volunteers, who are giving of their time and materials to bring comfort to those who are ill and alone.

♥ **Kim Gruelle**, grandson of Johnny Gruelle, the creator of Raggedy Ann & Andy, recently shipped 26 boxes of limited edition Raggedy Ann & Andy dolls, for our Raggedy volunteers to give to patients.

# What Can I Say?

## Second Edition Published

All 5,000 copies of the first edition of the book *What Can I Say?* were distributed by February. Approximately 3,800 were sold, raising more than \$19,000 for the Raggedy Ann & Andy volunteer programs, and 1,200 were given away to patients and their family members at local hospitals and nursing homes.

The new second edition, completely revised, redesigned and expanded, is now available. Written by Karen and Simon Fox, with photography by Glenn Dubock, *What Can I Say?* is a concise guide on how to communicate with friends and family who are ill.

“One of our goals with the new edition is to place it in the waiting rooms of hospitals and doctors offices – where it will do most good,” said Simon Fox, co-author. “Those who are waiting and worrying often feel helpless, not knowing what to do or say when a loved one is ill. *What Can I Say?* shows how to be supportive, so that the emotional distress that can interfere with healing, is eased.”

The new edition was sponsored by the downtown Rotary Club of Santa Barbara, with additional funding from the Hutton Foundation. Discounts were given on the printing by Printing Impressions, and on the graphic art by Fritz Creative. Editorial and health care revisions were made by ten volunteer advisors. Kudos to all who made the new edition of *What Can I Say?* such a quality publication.

*“What Can I Say? presents the best of healthy psychological approaches to illness – in a concise, clearly written, and practical way. This guidance and positive orientation to healing is helpful for both health care professionals and families.”*

– Anthony A. Allina, M.D., Family Practice and Internal Medicine

To order call: 1-800-833-5678



## 2nd Trauma Pilot Program to Begin at Cottage Hospital

### First Hospital in the Nation to Test New Program

The 2nd Trauma Pilot Program is planned to begin at Cottage Hospital in the spring of 2001. A meeting with the senior staff at Santa Barbara Cottage Hospital in October, concluded with an agreement to proceed with the pilot project, in collaboration with the American Trauma Society and Adventures in Caring.

“We are thrilled to have the 2nd Trauma program begin here at Cottage Hospital” said Alicia Kelley, Vice President of Quality Support, “It fits perfectly with our goal of staying on the leading edge of medicine, and delivering compassionate care to the whole family.”

Karen and Simon Fox have served on the national advisory committee for the 2nd Trauma Program for almost two years. As a result Cottage Hospital was chosen as one of two sites in the nation to pilot the program.

Its purpose is to reduce the intense psychological distress suffered by the families of trauma victims. The first trauma is to the person who is injured; the second trauma is the long-term emotional impact on the family.

As Cottage Hospital becomes a Level II Trauma Center, the pilot program will give its staff a chance to be trained in some of the best practices of the nation, on how to support and communicate with the families of trauma victims. In addition to the Emergency Department, the program will include nursing staff from the Intensive Care Unit and the Pediatric Intensive Care Unit, plus surgical residents from the Trauma Team. Adventures in Caring staff will help the American Trauma Society design and implement the program.

● ● ● ● ●

“Raggedys know exactly how to approach patients without being pushy. They are kind and honest, and will talk to you about anything from the most trivial to the heaviest subject. The program is invaluable to the hospital. I had two visits and they made my stay much more cheerful. Keep up the great, friendly work!”

– A.H., Santa Barbara, a patient at Santa Barbara Cottage Hospital

● ● ● ● ●

American Trauma Society

**Adventures in Caring Foundation**

**Founder**

Karen S. Fox

**Board of Directors**

John Rathbone, D.D.S., President  
 Bruce O'Neal, Vice President  
 Philip Hawes, Secretary-Treasurer  
 Janine Blum  
 Paula Yurkakis Bruice, Ph.D.  
 John Davies  
 Stephanie Bell Eagle  
 Michael Fisher, M.D.  
 Karen S. Fox  
 Kathleen Gardella  
 Merrill Hoffman  
 Kathy Pierce  
 Mary Scopatz  
 Donald Sweet  
 Bertram Willoughby, CPA  
 Laurie Yttri

**Honorary Board**

Roberta Smith

**Executive Director**

Simon Fox

# Graduation... (Continued from page 1)

I didn't even know much about elderly ladies. I was afraid to be there, I felt helpless and overwhelmed. All that changed when I saw the woman in her bed.

She wasn't a huge, evil, spectre of disease, she was just a very sick old lady and my heart immediately went out to her. She was very thin and not coherent due to all of the pain medication she was on. She didn't even seem to hear or notice Jodi or I as we knelt near her bed and spoke softly to her. What she did notice was our dolls. We had put our own name tags on them from our orientation that morning and the woman kept calling out and reaching for "Steve" and "Jodi." It was heart-breaking because we couldn't let her hold our dolls due to the risk of making her sicker.

I had an idea. I went downstairs to the gift shop of the hospital where they sell miniature Raggedy Andys and Anns, and bought a little Andy. I went back up to the ward and asked the nurse if the hospital had an autoclave. We agreed that the lab probably had one, so we put Andy in a zip-lock bag and stuffed him into the little air-tube that they use

to ship things all around the hospital. The lab was kind enough to autoclave the doll and sent it back up to us through the chute.

Andy didn't seem to mind his sauna treatment and high speed ride. Maybe his hair was fuzzier than normal but now he was safe for the patient to handle. I was given gloves and allowed to give Andy to her. She cooed and giggled and talked to the doll. She didn't seem to notice anyone else in the room, so Jodi and I watched her for a few minutes and then quietly tip-toed out of the room, leaving her with a smile.

The road we have ahead of us as Raggedys is sure to be full of wonderful encounters and special people. So be proud that you are a Raggedy. Know that what you are doing is good work. Know that your patients place an enormous amount of trust in you. This is an honor that you must respect, and I'm sure that you all do. So please join me now in thanking the Adventures in Caring board members, supporters, and staff for giving us this opportunity."

- Steve Morris

"I feel that the psychosocial support I give, as a Raggedy Andy, is at least as important for the patient's health as is their medication. When I become a doctor I want to heal patients with compassion as well as with medicine."

- Stephen Morris, UCSB Senior, Biology



This photo by Mike Eliason. Courtesy of the News-Press

Steve Morris graduated from Cabrillo High School in Lompoc. His dad is a disabled Vietnam veteran. Steve worked as a security guard and motorcycle mechanic for several years, before saving enough money to start undergraduate school. In 1996 his younger brother was diagnosed with cancer and Steve decided that he wanted to pursue medicine to help people like his brother get well. Throughout his three years at UCSB Steve continued to help his family financially by working as a tutor and teaching assistant in organic chemistry, genetics, and immunology. With the exception of a few generous scholarships he payed his own way through school. In June Steve graduated with highest honors, and a 3.9 GPA, earning a bachelor of arts in Biology. This fall he continues on his path to become a doctor at the UCSF Medical School. Congratulations Steve!

*The Heart Connection*, Written by Simon Fox, Graphic Design by Fritz Creative, Photos by Glenn Dubock and Simon Fox

*Adventures in Caring Foundation is a 501(c)3 nonprofit organization. Its mission is to lift the spirit of those who are sick and lonely. This mission is accomplished through all-volunteer, year-round programs, that teach and deliver compassion.*

Printed on recycled paper



*Lifting the spirit of those who are sick and lonely.*

ADDRESS SERVICE REQUESTED

**Adventures in Caring Foundation**  
 Raggedy Ann & Andy Visiting Programs  
 for Hospitals and Skilled Nursing Facilities  
 P.O. Box 3859, Santa Barbara, CA 93130  
 Phone: 805.687.5803, Fax: 805.563.7678  
 E-mail: [CaringFdn@aol.com](mailto:CaringFdn@aol.com)  
[www.adventuresincaring.org](http://www.adventuresincaring.org)



NONPROFIT ORG.  
 U.S. POSTAGE  
**PAID**  
 SANTA BARBARA, CA  
 PERMIT NO. 652