

Heart Connection

Newsletter of the Adventures in Caring Foundation • Point of Light #407 • Autumn 2002



Health Care Heroes

Karen and Simon Fox receive the Santa Barbara Neighborhood Clinic's 2002 Health Care Heroes Award.

Karen and Simon were deeply moved by the show of support from the many people who attended the event specifically to honor them, and their work – as well as all who wrote to convey their best wishes. Among those who attended the dinner at the Montecito Country Club on September 29 were, Dr. Michael Fisher, his wife Leslie, and children Sean and Danielle; Drs. Paula and Tom Bruce; Bruce O'Neal and Mary Scopatz, Eileen Bunning, Stephanie and John Harbourne, Dr. and Mrs. David Chernof, Chuck Slosser, Pam Hamlin, Alison Zuber, Jean deBettignies, Christina Thielst, Jan Ingram, and Bill and Barbara Cirone.

"We are thrilled that the emotional and spiritual dimensions of health care are being recognized by Santa Barbara's medical community," said Karen. "The deliberate cultivation of compassion is fundamental to any healthy and sustainable community."

Long-time board member and friend Dr. Michael Fisher introduced Karen and Simon. Congresswoman Lois Capps, being a nurse herself, found it particularly meaningful to recognize the honorees, and State Assemblywoman Hannah Beth Jackson presented them with the California State Assembly Certificate of Recognition.

Kudos to David and Sharon Landecker, and Terra Basche, who made the entire evening a great success – and to Roger Heroux, Director of the Public Health Department of Santa Barbara County, who also received this year's Health Care Hero award.

Santa Barbara Neighborhood Clinics operates three community medical clinics, each of which have served the Santa Barbara community for the past thirty years. They provide free or low-cost primary medical care and dental services for adults and children.



Karen and Simon receive the California State Assembly Certificate of Recognition from Hannah Beth Jackson.



"It takes a special person to volunteer to make others feel they're cared for, and to offer encouragement. I'm very impressed by their dedication. It reminds me that we are not alone."

- A patient in Orthopedics



"I believe the greatest gift I can conceive of having from anyone, is to be seen by them, heard by them and touched by them. And the greatest gift that I can give is to see, hear, understand and touch another person. When this is done, contact is made."

- Virginia Satir



Learning Compassion

Student service-learning program continues to grow.

One hundred and five students volunteered through the Compassion in Action service-learning program during the last year. The program grew by 12%, with participation from students at UC Santa Barbara, Westmont College, Santa Barbara City College, Santa Barbara High, Anacapa School, and faculty from Cal Poly at San Luis Obispo.

Compassion, like anything else, is something we get better at with practice. The Compassion in Action service-learning program gives students the opportunity to exercise these "heart muscles" every week. As a result, after a year of service, they are transformed – having improved their capacity for compassion beyond what they had imagined possible.

"My personality, attitude, and outlook on life changed. I see how lucky I am, and giving back to others makes me feel part of a greater whole. It gives me a sense that I am doing something special and meaningful. Every day I try to make the most of what I have been blessed with, and share my joy with others."

- Lesley Siler, UCSB graduate in Biopsychology now applying to medical school



Raggedy class of June 2002 – still all smiles after four days of training!

(Continued on page 5)

Letter from the President



John S. Rathbone,
D.D.S.

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“Many faculty and administrators in a science/fact oriented world of health education professionals, feel that service to the community is a warm fuzzy we can’t or shouldn’t afford in the education of our students. If the goal is to turn out pharmacists or health care professionals who can only treat disease, then service-learning does not belong in our curriculum. If the goal is to develop health care professionals who treat patients, who understand that treating disease is treating the whole person, and who promote health and wellness, then service-learning must be included and given as much credibility as basic science courses.”

– Ruth Nemire, Director of Clinical Education, Nova Southeastern University College of Pharmacy Plantation, Florida

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At September’s Annual Board Meeting we reviewed the highlights of the last year. I am particularly pleased that we have recruited three outstanding new board members, who expand our linkages to the community and increase our capacity to serve. Eileen Bunning, CEO of Visiting Nurse and Hospice Care, has already begun to develop a new project in which Adventures in Caring and Visiting Nurses will collaborate to provide volunteer visitors to patients in the home. Mike Flint, a Rotarian and

seasoned entrepreneur, has just launched a new internet business, EventsandLeisure.Com. Mike is advising us on e-commerce and marketing our new video series. David Chernof, M.D., recently moved to the Santa Barbara area from Los Angeles. Dave still helps to teach a course at the UCLA School of Medicine called Doctoring 1, in which first year medical students learn interpersonal communication skills, behavioral medicine and medical ethics. Dave is helping with the development of the curriculum that will go with our new video series *The Medicine of Compassion*.

This video project is a huge undertaking for Adventures in Caring, and we intend it to be a springboard from which many other projects, and resources, will be generated. The series will be released in the summer of 2003, and is a strong compliment to our volunteer programs and existing publications.

Our goal is to build emotional intelligence, communication skills, and the capacity for compassion, in those who are planning to enter the health professions – so that they are capable of creating therapeutic relationships, deriving job satisfaction, and coping with the stressful emotions they will frequently experience in their chosen

profession. A lack of emotional competence only increases the chances of burnout and mistakes. Thus wasting an education, a career, and a life.

I remember when I was a young dentist, stationed in Hawaii, just before World War II. I was working at the Eastman Kodak children’s dental clinic. I had recently graduated from dental school, but we had very little training in how to talk with the elementary school children who were coming to us, often in a great deal of pain, and fear. I was totally green. At that point, the materials and training we now provide through Adventures in Caring, would have made all the difference in my ability to treat the children.

I hope that you will join our team, or give your support, so that we can leave a legacy of compassion for future generations.

– John S. Rathbone, D.D.S., President



Eileen Bunning

“I struggled with how to define compassion, teach it and then measure effectiveness to reflect competency. When I was introduced to Adventures in Caring and saw the quality of their training and resource materials, I knew they were on to something excellent. I am honored to serve on the board to assist in the further development of resources, and see that those resources reach the appropriate people in the medical care professions. This is the approach we need to be teaching to ensure that people are treated competently and compassionately.”

– Eileen Bunning, President/CEO
Visiting Nurse and Hospice Care
of Santa Barbara

Constant Companion

Martha was in her bed for the last year-and-a-half of her life. She couldn’t speak, she couldn’t talk, she couldn’t do anything. But she did manage to do one thing. She held in her hand, twenty-four hours a day, a Raggedy Ann doll.

The doll had, of course, been given to her by the Raggedy Ann volunteer who regularly visited with her at the Valle Verde Health Center. New staff could not understand why Martha held on to the doll so tightly, or why it meant so much to her. Sometimes they would try to pry it from her fingers, or forget to give it back after a bath, much to Martha’s distress. So the nurses and aides who knew her best, took special precautions to protect the doll.

They made a sign and placed it directly above her bed. In big red letters it said: “DO NOT EVER LEAVE MARTHA WITHOUT HAVING RAGGEDY ANN IN HER HAND. If you do her

hair or take her to the shower, when you bring her back be sure she has the Raggedy Ann doll in her hands.”

Somehow Martha knew that she was holding that Raggedy Ann. It seemed to be a tactile link with hope and reassurance, memories of the unconditional love she felt when visited by Raggedy volunteers.

There were times when my wife and I would go in to see her, and we felt that through an eyelash, or a blink, or the slightest movement of her face, that she recognized us. But it was just an amazing sight – the sign above her bed, and the Raggedy doll in her hand. Her constant companion. I wish today I had a picture of it because it told a real story.

– John S. Rathbone, D.D.S.

P.S. Martha heard about the Raggedy Ann & Andy program fifteen years ago when she attended a special Valentine’s luncheon at the Rotary Club. The speaker that day was Karen Fox, in the guise of Raggedy Ann, talking about her volunteer program. Ever since that event, Martha had appreciated the program, and in the last years of her life she benefited from it herself.





The Medicine of Compassion

New video production in the works.

Following in the footsteps of the best-seller *Communicating with Compassion*, we are busy producing a new video, entitled, *The Medicine of Compassion*. The new video will be a series of three 25-minute tapes designed to give a more in-depth understanding of the psychological journey, challenges, and needs of those who suffer ill health or injury.

The video is directed toward the younger members of the health care team: those who are in their first or second year of practice, and college students who are studying to go into health care. However, it will also be valuable for volunteers, chaplains, high school students, family members, and anyone else who assists those who are ill, injured, or dying.

"We hope to shorten the learning curve", said Simon Fox, the Executive Producer, "by recording the wisdom of experienced doctors, nurses, and others - on what they have learned about the human side of medicine - and then sharing it with younger people who are just starting out. We hope it will help them set out on the right foot, and develop good listening habits and emotional intelligence early in their careers."

Prominent doctors, authors, and national experts in the field, have already been interviewed for the project, such as: **Larry Dossey, M.D.**, author of *Healing Beyond the Body*; **Barbara Dossey, Ph.D.**, author of *Florence Nightingale: Mystic, Visionary, Healer*; **Ken Pelletier, Ph.D., M.D.**, author of *The Best Alternative Medicine*; **William Close, M.D.**, author of the novel *Subversion of Trust*, and **Len Jacobs, M.D.**, Director of the Trauma Program at

Hartford Hospital School of Medicine. Local doctors such as **Steve Hosea, M.D.**, **Mike Fisher, M.D.**, and **Tony Allina, M.D.**, have also participated. The advisory committee for the project is a team of local health care experts, whose feedback has shaped the approach and script of the video series.

"Bringing compassion back into healing has become a matter of good science" Dr. Larry Dossey, told us. "What we are seeing is that compassion and love evoke changes in the individuals to whom they are directed. They have the capacity to change the flesh, to push tissue around. We are not talking metaphor or poetry here. We are talking about physiological changes that are set in motion through the experience of compassion, that have the ability to heal the body. This (compassion) is more than just an emotion. It has real healing power."

The video series, *The Medicine of Compassion*, is funded by a grant from **Mr. Pierre Claeysens** and the **Wood-Claeysens Foundation**, and a donation by the late **Mrs. Roberta Smith**.



Larry Dossey, M.D. shares a lighter moment by the fireside during filming.



Bill Close, M.D., calling in a prescription for his patient, Tuffy Davis, during a house call at Tuffy's ranch in Wyoming.

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"The gift of life... is no less beautiful when it is accompanied by illness or weakness... mental or physical handicaps, loneliness or old age. Indeed, at these times, human life gains extra splendor as it requires our special care, concern, and reverence."

- Cardinal Terence Cooke

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"Perhaps true healing has more to do with listening and unconditional love than with trying to fix people."

- Gerald Jampolsky, M.D.

Publishing Success

Last year *Adventures in Caring* earned 33% of its budget through sales of its book and video. The video *Communicating with Compassion* is still selling strong, with more than 3,600 in use so far. Sales of the book, *What Can I Say?* grew by a whopping 165%. As a result, the second edition is almost sold out, and we are making plans to publish the third edition in 2003.

Thanks to the initial funding from the **Wood-Claeysens Foundation** for the video, and the **Rotary Club of Santa Barbara** and **Hutton Foundation** for the book, *Adventures in Caring* is now a successful publisher. All proceeds from the sales go directly into supporting the local volunteer programs. In the process, thousands of volunteer, church, and health care programs throughout the United States have been inspired and empowered.

"I am using the video and books in two churches now. Great response. People raved about it. They watched the whole thing, and talked about it, and stayed hours."

- Crys Burgett, Office Manager, Carrollton First United Methodist Church, OH

"I am very impressed with this videotape. It is a wonderful tool to use with my volunteers, especially my junior volunteers. Some people are naturals

around sick people, but many need guidance. Your tape addresses simple techniques that can be used anywhere in your daily life. The world needs more compassionate people, and your tape opens your eyes and your heart, and gets you motivated."

- Ann Marsolais, Manager
Seton Health System, Troy, NY

The first foreign rights publishing contract for *Adventures in Caring* was signed in a venture with **Southern Adelaide Palliative Services**, in partnership with the **Rotary Club of Noarlunga East**, who will soon be publishing the Australian edition of *What Can I Say?* **Kathy Sandow**, who initiated the project in Adelaide, wrote to say "I am an avid fan of the *Communicating with Compassion* video and have used it when training volunteers in palliative care and other settings. I also have one copy of *What Can I Say?* which I am very impressed by. I would very much like to see an Australian version of the book... it has such wide application that I am sure we could sell thousands." Work is in progress to make this vision a reality.

Another spin-off from the original project was created this year when we published the e-book version of *What Can I Say?* which is being marketed via the **Energize** volunteer catalog website (<http://energizeinc.com/bkstore.html>).

Annual Report for 2001/2002

Thanks to the love and dedication of 210 volunteers (159 Raggedys) 68,000 heart-to-heart visits were made this year – extending friendship to patients and their families, at 32 health care facilities. That adds up to a grand total of 700,000 Raggedy visits to patients to date!

Raggedy Therapy at Santa Barbara Cottage Hospital and The Reading Hospital and Medical Center remain the two strongest programs, with more than two dozen volunteers at each hospital, visiting patients every week. In addition, due to the increasing numbers of student volunteers, more Raggedys are now visiting more residents, more often, in the nursing homes of Santa Barbara.

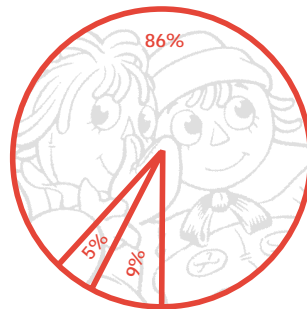
Kudos to our stars of service – the Raggedy Ann & Andy volunteers who visited the hospital or nursing home forty or more times last year. They are: **Carol Saucedo and Vince Schlerf** (48 times) **Harold Gruber and Joan Oxenrider** (46), **Irma Cohen** (45), **Edith Moyer** (44), **Diane Ashton** (43), **Bruce O'Neal and Charlie Brubaker** (40).

Student volunteers, shining especially brightly, with twenty-five or more weekly visits, despite the fact that most of them are available only during the shorter (30-week) school year, were: **Jon Iaconelli** (33 visits), **Patrick Farmer** (32), **Kristin Satow** (31), **Lesley Siler** (30), **Kevin Porciuncula and Beth Loveless** (29), **Chris Gault and Steven Boyle** (28), **Kelly Hammond** (27), and **Ben Diener** (26).

Many thanks are due to our funding partners who's generosity provided the finances to orchestrate these efforts. Angels such as **Kim Gruelle, Palmer Jackson, Diane Gillon, Priscilla Peak, Paula Bruice, Mary Scopatz, Eliot and Victoria Cowan, and Kendall Mills** have made it possible to innovate and expand our capacity to serve.

Local foundations demonstrated their commitment to the health of our community by

continuing to fund the Adventures in Caring programs. The **Wood-Claeysens Foundation, Santa Barbara Cottage Hospital Foundation, Santa Barbara Foundation, Crawford Idema Family Foundation, Mr. Kim Gruelle, Rotary Club of Santa Barbara, Downtown Amgen Foundation, Camarillo Health Care District, Mr. Palmer G. Jackson, The Reading Hospital and Medical Center, Santa Ynez Band of Chumash Indians, Ms. Diane Gillon, Casa Dorinda, Ms. Priscilla Peak, Valle Verde, Paula Yurkanis Bruice, Ph.D., Rotary Club of Santa Barbara, Sunrise, Vista del Monte Health Center, Ms. Mary Scopatz, Mr. and Mrs. John S. Rathbone, Mr. and Mrs. Allen Pierce, El Montecito Presebyterian Church, Mrs. Kathleen J. Waltrip Gardella, Ms. Ann C. Carneros, Ms. Linda H. Corniea, Mrs. Debra P. Geiger and Mr. Eliot Crowley, Mrs. Jacqueline L. Gibson, Mr. Michael Towbes, Mrs. Harold J. Vaile, Mr. and Mrs. Bertram C. Willoughby, Dr. and Mrs. Anthony A. Allina, Ms. Lyn L. Anderson, Mr. and Mrs. Warren D. Terrell, Mr. Brian Rockwell, Mrs. Marcia L. Wrisley, Mr. Robert E. Bryant, Mr. and Mrs. Floyd A. Gustavson, Mr. and Mrs. Roger C. Millikan, Mr. and Mrs. Ken Siler, United Methodist Women National Charity League, Mrs. Roberta Smith, Ms. Barbara Ann Davis, Aetherius Society, Mr. and Mrs. Norman R. Andrews, Mr. and Mrs. Robert J. Baker, Mr. and Mrs. Charles L. Cleek, Mr. and Mrs. Lendon R. Everson, Mrs. Elizabeth Everson, Mr. and Mrs. Simon Fox, Mrs. Anne C. Hand, Mr. and Mrs. Larry Hewlett, Mrs. Mary Jane Ivey, Mrs. Pamela B. Jones, Knights of Justice, Mrs. Barbara Ann Marsh, Babji P. Mesipam, M.D., Mr. A.A. Milligan, Mr. Bruce D. O'Neal, Mr. and Mrs. Dennis Parris, Mrs. Judy Semenza, Mrs. Ruth Stark, Mr. Jude Unegbu, Mrs. Leny Van Wingerden, Mr. and Mrs. Charles F. Wagner, Mrs. Joni Gruelle Wannamaker, Mr. Andrew D. Oser and Frances Ann Oliver, Mr. and Mrs. Larry Dunst, Moustapha Abou-Samra, M.D., Drs. John and Ruth Ackerman, Mr. and Mrs. John H. Adams, Mr. Robert L. Adams, Mrs. Anne M. Alverson, Mr. and Mrs. Armand Belanger, Mr. and Mrs. Terry Bliss, Mr. Richard W. Christensen, CPA, Mr. and Mrs. William J. Ciron, Mr. and Mrs. Ralph J. Crandall, Mr. Patrick Farmer, Mr. and Mrs. William D. Hill, Mr. Einar L. Hovind, Ms. Simona Ivry, Mr. and Mrs. James H. Johannsen, Mrs. and Dr. Diana M. Kennett, Mrs. Phyllis Krystal, Mr. and Mrs. Dean C. Landis, Mrs. Margaret K. Loder, Ms. Beatrice McGrath, Ms. Beatrice M. McGrath, Ms. Monica Orozco, Dr. and Mrs. Leonard A. Price, Paul Rehder, M.D., Mr. and Mrs. Paul R. Ryan, Mr. and Mrs. David Shaw, Susan J. Shaw, Mr. and Mrs. Sidney J. Smith, Ms. Tana Sommer-Belin, Mr. and Mrs. Bill Straka, Mr. and Mrs. Ron Way, Mrs. JeanLouise Webster**



Expense allocation for fiscal year 2001/2002	
Program:	86%
Administration:	9%
Fundraising:	5%
Total expenses for year:	\$236,563

Major In-Kind Gifts

210 volunteers: 10,500hrs: Raggedy Ann & Andy volunteers, dialysis patient support volunteers, music therapy volunteer, volunteer training assistants, office helpers, seamstresses, endowment and video project committee members, and board members.

Rent and Utilities: Santa Barbara Cottage Hospital
Character Licensing Fee: Simon and Schuster, Inc.

Graphic Art Discount: Fritz Creative

Website Design Discount: Tom Stanfield

Paint and Painting Supplies: Goleta Valley Paint

Quilts for Patients and Office Decor:

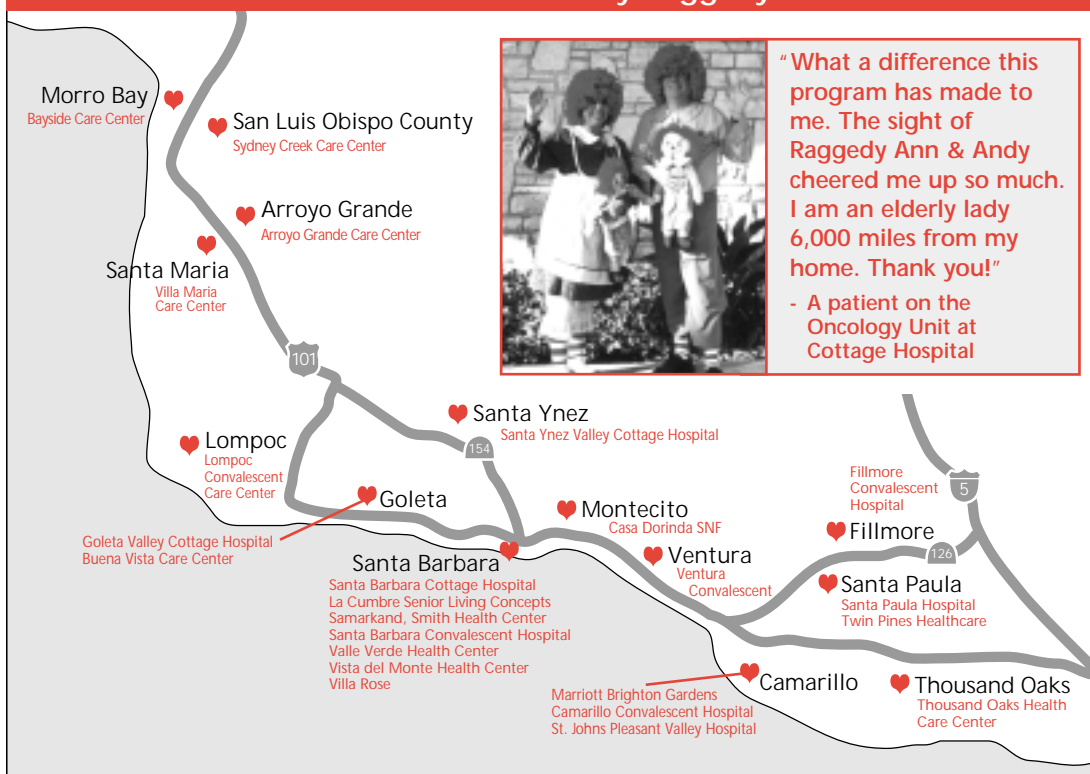
Blue Island Quilts, Coastal Quilters Guild

Room Discount: Harbor View Inn

Self-Publishing and Marketing Consulting: Penny Paine

In-Kind Gifts: \$212,000

Health Care Facilities Visited by Raggedy Volunteers



Nationwide

Reading Hospital and Medical Center, West Reading, PA
Phoebe Berks Health Care Center, Wernersville, PA
Highlands at Wyomissing, Wyomissing, PA
Pine Run Community, Doylestown, PA

Crest Health Center, Ridgcrest Village, Davenport, IA
Crosslands Health Care Center, Sandy, UT
Desert Highlands Care Center, Kingman, AZ
Sunrise Healthcare Center, Roseville, CA

In 2001/2002 Raggedy Ann & Andy volunteers visited the above 32 facilities 2,773 times.

Major Contributors in 2001/2002

Wood-Claeysens Foundation
Santa Barbara Cottage Hospital Foundation
Santa Barbara Foundation
Crawford Idema Family Foundation
Mr. Kim Gruelle
Rotary Club of Santa Barbara, Downtown Amgen Foundation
Camarillo Health Care District
Mr. Palmer G. Jackson
The Reading Hospital and Medical Center
Santa Ynez Band of Chumash Indians
Ms. Diane Gillon
Casa Dorinda
Ms. Priscilla Peak
Valle Verde
Paula Yurkanis Bruice, Ph.D.
Rotary Club of Santa Barbara, Sunrise
Vista del Monte Health Center
Ms. Mary Scopatz
Mr. and Mrs. John S. Rathbone
Mr. and Mrs. Allen Pierce
El Montecito Presebyterian Church
Mrs. Kathleen J. Waltrip Gardella
Ms. Ann C. Carneros
Ms. Linda H. Corniea
Mrs. Debra P. Geiger and Mr. Eliot Crowley
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Mr. Michael Towbes
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Mrs. Elizabeth Everson
Mr. and Mrs. Simon Fox
Mrs. Anne C. Hand
Mr. and Mrs. Larry Hewlett
Mrs. Mary Jane Ivey
Mrs. Pamela B. Jones
Knights of Justice
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Mr. A.A. Milligan
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Mr. and Mrs. Dennis Parris
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Mrs. Ruth Stark
Mr. Jude Unegbu
Mrs. Leny Van Wingerden
Mr. and Mrs. Charles F. Wagner
Mrs. Joni Gruelle Wannamaker
Mr. Andrew D. Oser and Frances Ann Oliver
Mr. and Mrs. Larry Dunst
Moustapha Abou-Samra, M.D.
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Mr. Robert L. Adams
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Mr. and Mrs. Ralph J. Crandall
Mr. Patrick Farmer
Mr. and Mrs. William D. Hill
Mr. Einar L. Hovind
Ms. Simona Ivry
Mr. and Mrs. James H. Johannsen
Mrs. and Dr. Diana M. Kennett
Mrs. Phyllis Krystal
Mr. and Mrs. Dean C. Landis
Mrs. Margaret K. Loder
Ms. Beatrice McGrath
Ms. Beatrice M. McGrath
Ms. Monica Orozco
Dr. and Mrs. Leonard A. Price
Paul Rehder, M.D.
Mr. and Mrs. Paul R. Ryan
Mr. and Mrs. David Shaw
Susan J. Shaw
Mr. and Mrs. Sidney J. Smith
Ms. Tana Sommer-Belin
Mr. and Mrs. Bill Straka
Mr. and Mrs. Ron Way
Mrs. JeanLouise Webster

Contributed income: \$122,682 (48%)
Earned income: \$133,108 (52%)

Total income: \$255,790



Learning Compassion

(Continued from page 1)

"I feel my inner strength has increased immensely, along with my admiration, respect and love for other people. I feel every relationship in my life has benefited from my experiences with Adventures in Caring."

– Pam Porteous, UCSB graduate, now applying to dental school

"The calling to enter the healing arts, and contribute to the health of the community is shared by all of the students who volunteer with us" said the program's founder, Karen Fox. "They are deluged with information – but what they are hungry for is experience. Experience of the kind that fosters transformation. And that is exactly what they get through Adventures in Caring."

The Compassion in Action program was recently nominated for the 2003 Community-Campus Partnerships for Health Award, by Dr. Paula Bruice from UCSB.

In an age where information is often confused with transformation, the Compassion in Action program is standing up for the power of first-hand experience in transforming the lives and characters of the young men and women who will be leaders in health care twenty to thirty years from now.

"This work reaffirmed my reason for going into medicine. Helping people in any way requires trust, and trust is earned through patience, compassion and understanding. I learned through my visits with patients that there is a need for greater trust between patients and their physicians. I've also learned a little bit about how to gain that trust, and how fulfilling those relationships can be. It has been so inspiring and empowering for me to experience this."

– Elizabeth Shaw, UCSB graduate, now applying to medical school (while living in Mexico to brush up on her Spanish)

Funding for the Compassion in Action service-learning program this year was generously contributed by grants from: the Wood-Claeysens Foundation, Cottage Hospital Foundation, Santa Barbara Foundation, Crawford Idema Family Foundation, Santa Ynez Band of Chumash Indians, Rotary Club of Santa Barbara, Sunrise – and donations by Kim Gruelle, Palmer Jackson, Priscilla Peak, and Paula Bruice, Ph.D.



Ilyssa Abaranok (as Raggedy Ann) a senior at UCSB, visits with her friend Beatrice, at Buena Vista Care Center. Ilyssa is majoring in Sociology, with a minor in Speech and Hearing.

Raggedys in Disguise

Sometimes Raggedy Ann & Andy appear as regular people

"One of my most valuable experiences as a Raggedy didn't involve wearing the red wig and candy cane stockings. I was riding the bus home from school, listening to my Walkman, when I noticed an older gentleman in front of me. He appeared sad and confused. I smiled, and immediately he began speaking with me. I took off my headphones and listened to his story."

A couple of days earlier he found out that he needed to have his leg amputated. He had been riding the bus all day searching for answers. It was nearly ten at night and the bus was going to stop running soon. He told me that his time was running out, and the bus ride had given him no answers to his dilemma. Deep down he trusted the doctor's recommendation for the amputation, but accepting the loss was his biggest hurdle. I must have been the only person to stop and listen all day because he talked and talked until our stop arrived. I shared with him my insight, but mostly I listened. He thanked me graciously for taking the time to talk, and I got off the bus. I'm not sure what happened to him, but I hope that my presence gave him some comfort. I used the skills I acquired through my visits as a Raggedy. Essentially I had been a Raggedy without the costume."

– Angela Allen, UCSB graduate, now applying to medical school

"Before I became a volunteer, I was very judgmental. I thought I could see a person for who they were at first sight, without any interaction. Being a Raggedy Ann proved this attitude wrong, many times. Whenever I entered a patient's room, already with a stereotype in mind of what kind of person they are, I was proven wrong. I learned that this type of thinking is foolish, especially in a world we live in today."

The amazing thing about this change in me that even my friends and family see that I have become a better person without these misconceptions. In this respect, the program was not only beneficial to the patients I visited, but especially to me."

– Tien Nguyen, UCSB graduate



Kevin Porciuncula, a recent graduate of UCSB (Biology major), demonstrates his skills as a magician for Andrew who is on dialysis at the Santa Barbara Artificial Kidney Center. Kevin has volunteered with Adventures in Caring since 1999, first as Raggedy Andy at Cottage Hospital, and now as a supportive (and creative!) listener to those who undergo dialysis at the Kidney Center.

"The most precious thing anyone, man or business, anybody or anything, can have is the goodwill of others."

– Anne Parish

Many Thanks to our extended team of advisors and friends, who's expertise, encouragement and participation have contributed greatly to the success of the Adventures in Caring volunteer programs and educational resources.

Tony Allina, M.D.
 Jill Ariew, R.N.
 Anna Bissell, R.N.
 Carol Cachelin, R.N.
 William T. Close, M.D.
 Larry Dossey, M.D.
 Barbara Dossey, Ph.D.
 Paula Gallucci, R.N.
 Sam Hilow, R.N.
 Stephen Hosea, M.D.
 Shelby Hughes
 Jan Ingram, R.N.
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 Sam Leer, L.M.S.C.
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 Ker and Alex Massengale, M.D.
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 Jane Metiu, R.N.
 Sherry Morez, R.N.
 Carol Henderson Nelson, R.N.
 Penny Paine
 Ken Pelletier, M.D.
 Krista Roney, R.N.
 Tokie Shynk, R.N.
 Christina Thielst, M.H.A.
 Dana VanderMey, R.N.
 Donna Weber, R.N.
 Pat Wheatley

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Karen S. Fox

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 Kathy Pierce
 Mary Scopatz
 Bertram Willoughby, CPA

Executive Director

Simon Fox



This newsletter is proudly sponsored by the Rotary Club of Santa Barbara

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

Your Help Needed

"There is much suffering in the world... from hunger, from homelessness, from all kinds of disease; but I still think that the greatest suffering is being lonely, feeling unloved, just having no one."
 — Mother Teresa of Calcutta

A life-threatening injury or illness forces us to come to terms with issues that, normally, we would rather not think about. Patients in hospitals and nursing homes often have no one to talk to about such issues; no one to listen to their hopes and fears. As many as eighty percent of patients in nursing homes have no visitors at all.

The solution is human contact – with someone who cares and who listens. Adventures in Caring meets this need with a good listener and a friendly face at the patient's bedside. More than just rag dolls, Raggedy Ann & Andy are support for the soul in illness.

Please support these pioneering efforts to cultivate compassion in health care. Efforts that benefit the most fragile members of our community – free of charge – regardless of their diagnosis, age, gender, income, race, or religion. Now, and in the future.

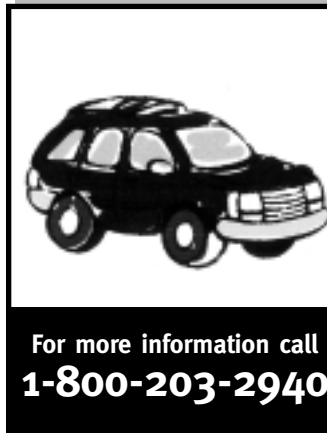
Your donations, grants, gifts of automobiles and stock, purchases of our publications, sponsoring of student volunteers, bequests, and gifts to our new endowment fund, are helping to build a healthy, sustainable future – and a



"I believe that at every level of society – familial, tribal, national and international – the key to a happier and more successful world, at every level of society, is the growth of compassion."

– The Dalai Lama

The Heart Connection, Written by Simon Fox, Graphic Design by Fritz Creative, Photos by Simon Fox, Amanda Chestnut and Julie Sabin



Vehicle donations help our cause!

Donating a car is easy.

1. Call (800) 203-2940
2. We pick up your car at your location
3. You get a receipt
4. Deduct 100% of its fair market value from your income

For more information call
1-800-203-2940

higher quality of health care.

The need for compassion in health care, and in our world, is greater than ever. With your help we can, and do, make a difference – one visit, one person, one life, at a time.

Adventures in Caring needs help in the following areas:

Sponsors and Donations for:

- ♥ The Raggedy Companions program at local nursing homes and hospitals.
- ♥ Compassion in Action service-learning scholarships for students
- ♥ The Adventures in Caring website
- ♥ Future issues of the *Heart Connection* newsletter
- ♥ 3rd edition of the book *What Can I Say?*

Volunteers to help with:

- ♥ Sewing Raggedy Ann & Andy outfits
- ♥ Office maintenance and repairs
- ♥ Shipping books and videos
- ♥ Organizing program archives
- ♥ Computer network maintenance
- ♥ Correspondence and filing
- ♥ Special events
- ♥ Visiting patients in local nursing homes and hospitals as Raggedy Ann & Andy

ADDRESS SERVICE REQUESTED

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Adventures in Caring Foundation
Raggedy Ann & Andy Visiting Programs for Hospitals and Skilled Nursing Facilities



Lifting the spirit of those who are sick and lonely.

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