

Heart Connection

Newsletter of the **Adventures in Caring Foundation** • Point of Light #407 • **Autumn 2003**



Double the Love

Twice as Many Students Volunteer

“Compassion, when it hits you, really hits you good. There’s nothing better than leaving an unforgettable visit, going home, and finding yourself shouting out, “Man, I love being a Raggedy!” then transforming back into your regular self and reflecting that you may be physically exhausted, but you are oh so in tune with life on a whole new level.”

– Kriston Chen, UCSB pre-med senior majoring in biology and Raggedy Andy volunteer at Cottage Hospital and Buena Vista Care Center

In the last three years, the number of students volunteering through Adventures in Caring has doubled. Kriston was just one of the 80 students actively volunteering with Adventures in Caring

this June, up from 68 last year and 37 just three years ago.

“What are you doing to my students?” asked Dr. Paula Bruice. “They seem to transform before my eyes. Almost every week one of them comes into my office and tells me how the experience with Adventures in Caring has changed their life.” Dr. Bruice is a Senior Professor of Organic Chemistry and the Advisor to the Health Professions Association at UCSB. She went on to say, “This program is a great asset to the education and careers of my students. For some, their volunteer work has been the edge that got them accepted into medical school.”



Taryn Travis



Raggedy Class of April 2003

This service-learning program, where students learn and grow through service to others, is a character building and life changing experience. It is best described in a student’s own words:

“It was a gloriously golden sunset on a winter evening. As I biked along the path leading from Goleta Cottage Hospital back to my apartment near UCSB for the last time, I realized that I was not the same person that I had been three years ago.

(Continued on page 5)

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“Throughout human history, healers of every culture have recognized an essential factor in getting well that we have largely overlooked in our modern high tech approaches. The missing element is the compassion and caring that takes place between a healer and the patient.”

– Larry Dossey, M.D. in the foreword to the book *Voices of Integrative Medicine* by Bonnie Horriagan

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What Can I Say? Sells Out Again!

“This book is such a great resource for family and health care providers. It’s easy to read and uplifting at the same time.”

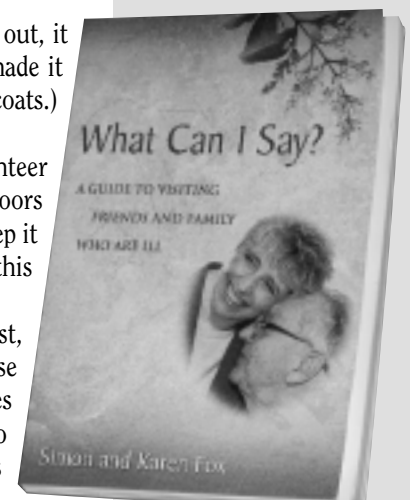
Allison Mayer-Oakes, M.D., Geriatrics and Internal Medicine

As Adventures in Caring evolves, so do our publications. So when the first two editions sold out, it seemed natural to have a new look for the third edition. Even though we added chapters, we made it smaller so that it easily fits in a coat pocket. (Some doctors have already put it in their white lab coats.) The book is being sold nationwide to raise funds for our volunteer programs.

“The current edition of *What Can I Say?* is by far the best,” said Pat Doherty, Director of Volunteer Services at Santa Barbara Cottage Hospital. “I can’t imagine sending volunteers onto patient floors without having the opportunity to read this book. The new size makes it easy for volunteers to keep it in their uniforms for reference. I have received much appreciation from the volunteers who use this tool during a difficult situation.”

Thanks to the sponsorship of the Rotary Club of Santa Barbara, the Santa Barbara Bank & Trust, and the Santa Ynez Band of Chumash Indians, we have 2,200 copies to distribute for free. These copies will be placed (by volunteers) in the waiting rooms of hospitals, clinics and doctors’ offices throughout Santa Barbara and Ventura County. The book is a valuable resource for families who are struggling with the illness of a loved one. So we are putting it in places where those families are likely to be waiting – and worrying.

(Continued on page 5)



A Year of Challenge, Growth and Miracles

A letter from the Executive Director



Simon Fox

People and organizations always seem to get tested on what they say they stand for, and we are no exception.

This last year proved particularly tough. However, despite the challenges we faced, Adventures in Caring not only continued in its mission, it grew stronger. Karen was sidelined most of the year because of being hospitalized three times, facing life-threatening situations each time. After two major surgeries in Denver to relieve nerve and vascular constriction in the thoracic outlet area of the neck, she is now on the mend, slowly but surely. (This is entirely unrelated to the cancer Karen suffered from many years ago.) The surgeries seem to be working and hold much promise to alleviate many of the health problems that have plagued Karen for the last 20 years.

We are incredibly grateful for the outpouring of love and support from so many, as well as the first class medical care we received at Santa Barbara Cottage Hospital and Rose Medical Center in Denver. Babji Mesipam M.D., David Agnew, M.D., and Jean DeBettignies, PT (Santa Barbara), James

Collins, M.D. (UCLA), and Richard Sanders, M.D. and his team (Denver) have worked miracles. Good friends, too many to mention – you know who you are – plus hundreds of hours of prayers have kept us going. We know we are not out of the woods yet, but we still owe a big thank you for the love and kindness shown to us by so many.

While all of this was going on, and Dr. Rathbone becoming very ill, (see page 3) we also had a 100% turnover in our small staff. Determined to make lemonade out of lemons, we managed to push forward. As a result, we have published a new edition of our book, and continued to increase the size of our volunteer program. We also rebuilt our website and continued to make progress on our new video production for young professionals in the field of health care, called *The Medicine of Compassion*.

Adversity is a strict teacher. But it has taught us, in no uncertain terms, just how essential compassion is to human survival and healing.

Our heartfelt gratitude goes out to all of our wonderful volunteers, board members, staff and supporters, who have stuck with us through it all – and demonstrated the healing power of loving kindness.

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“We like to think that we give people treatments and they get better, but we don’t actually know in any individual why they get better. However, one of the factors is undoubtedly the time we spend with people and the feeling of being connected, which that gives patients.”

– Andrew Leuchter, M.D.
Placebo Research
at the UCLA
Neuropsychiatric
Institute

New Virtual Community for AiC Volunteers

www.AdventuresInCaring.org

Thanks to the hard work and creativity of Tom Stanfield and Jill Charboneau, the Adventures in Caring (AiC) website has been completely rebuilt. The new, much larger site (over 60 pages so far!) makes it possible to create a virtual community for Adventures in Caring volunteers. Although most of our volunteers are local, we also have volunteers throughout the country, and the new website gives

them a chance to come together in a discussion group and share what they are learning with each other. In this way we continue to build a base of working knowledge about compassion and its role in healing. Then, through our publishing projects we share this knowledge with the world.

For supporters the new site will be a way to refer friends to Adventures in Caring and its mission. You can buy Adventures in Caring publications there, make donations, and gain access to valuable resources.



New Website Home Page

The Rainbow on My Thumb

The following poem, by Raggedy volunteer Julie Allen, captures her feelings about a visit in Pediatrics:

The rainbow on my thumb
was painted with care
by a little girl in a hospital bed.
She had a shaky hand that made her giggle
contagious bubbles of laughter
that shook the bed, and her hand
so that she asked me, “Why are you laughing?”
I said I’d stop so she could concentrate.
I pulled the tops off the polish pens
“since I’m not strong” she said.
Each color went on: sparkly purple, magenta, red,
blue, green, peach, and pinkish orange,
the color of lips.
At the base of my nail she’d left a
crescent, a glowing moon yellow.

“I want to be a doctor,”
she told me. “You’d make a great one”
I said, “since you know what it’s like to
be in the hospital.”
“I know what it’s all about.”

I told her to get better
so she could be a Raggedy Ann, like me.
And I left – her bouncing body
tired from being a beautician.
I walked out the double doors,
red wig heating the skin under my own hair,
a rainbow on my thumb,
and painted with the love of the
wisest 8 year old to hug my doll
and say “I love you Raggedy Ann.”



Julie Allen is a junior at UCSB. A concert-level flautist, pre-med student, and Regent Scholar, Julie helps out with trainings and uplifts patients at Cottage and residents at Valle Verde with her flute.



In Memoriam: Dr. John Rathbone, Board President

After leading the board of directors for the last five years Dr. John Rathbone (everyone knew him as Jack) passed away. His death is a great loss, not only for Adventures in Caring, but also for the entire community. Jack made a huge contribution to the Adventures in Caring Foundation. He served on our board for 12 years, and as President for five years, right up to the day he died.

Jack's vision for Adventures in Caring was far-reaching. It was influenced by his earlier experiences in dentistry. As a young man Jack helped Dr. Charles Tweed who had developed a new surgical technique for orthodontists. The specialty of orthodontistry was just emerging and Dr. Tweed was struggling to get his innovative technique accepted by the dental institutions of the time. Jack volunteered as secretary, and then as president, of the Charles H. Tweed Orthodontic Foundation, working diligently to educate dentists and dental students until the much-needed surgical innovation was tested, accepted and implemented by dental schools nationwide.

Similarly, in Adventures in Caring, Jack recognized another innovation in the field of health care. This time, it was in the human side of healing: the crucial but often overlooked need for compassion and kindness in health care. His leadership made it possible for Adventures in Caring to develop a method whereby the rather nebulous concept of compassion could be reliably delivered and taught.

Thanks to Jack's involvement Adventures in Caring was able to refine its teaching methods and produce a video on the subject. The video, *Communicating with Compassion*, is now being used by over 4,000 organizations, to educate staff, students and volunteers on the art of bringing compassion to the bedside of those who are sick, injured and dying.



John S. Rathbone, D.D.S.

In honor of Jack we have created an endowment fund: The John S. Rathbone Memorial Fund for Teaching and Delivering Compassion. This fund, as its name implies, will be used to develop and publish educational programs that build competencies in compassion, especially for the young men and women who are entering the health professions.

We feel honored to have served our community with Jack, and cherish the time we shared together. He was not only the president of our board, Jack was a dear and trusted friend, and a wonderful mentor. Although we miss him deeply, his influence and legacy of compassion will continue to live on through the Adventures in Caring mission.

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"The seminar you presented yesterday in Chico (to the Region II California Hospice and Palliative Care Association)... met, and in fact exceeded our expectations. I have been getting enthusiastic feedback all day today from hospice volunteers and staff who attended."

– Marilyn Traugott, Ed.M.,
Manager, Hospice Services
Mercy Medical Center
Redding



The Power of a Child's Hope

I didn't know why, but there was one room on the Oncology Unit that said Pediatrics. I had to stop. I went in and the mother let me visit with her daughter who was about 7 years old. She was coloring beautifully, and I told her I thought her pictures were gorgeous. "Are you an artist," I asked. "Yes," she replied.



She was very focused on drawing and coloring, so I decided to make the stay short. As a parting compliment I said, "You have very pretty jewelry." From what I could see, she had a gold heart ring, beautiful diamond-like heart earrings, and a necklace that I couldn't make out. "Thank you," she said, and stopped coloring. She showed me the ring and told me her grandmother gave it to her. Then she said secretively, "I have a necklace also, with special power. Do you want to see it?" "Yes," I replied.

She pulled it out from under her shirt and said, "Nobody is allowed to touch it because of the special power it has. I decided to keep it under my shirt because I thought it would be the safest place. If anybody wants to see it, then I can safely take it out,

that way they know not to touch it. But, if somebody accidentally touches it, then I hold it really tight with both hands, like this, and then I start counting. For every number that I count, I hope for that many white blood cells to be made, and for that many cancer cells to die." Then, she whispers, "It's real crystal!" as she safely puts it back under her shirt.

I thanked her for her visit and told her to keep drawing. I could not fight the tears as I approached the elevator. The girl was hoping to live, tightly holding onto her necklace. Similarly, I felt that the faith and hope of a child should be held onto for all eternity.

– Christina delToro, pre-med, UCSB.

After Christina graduated in Art History, she realized that she wanted to be a doctor and returned to complete course work at UCSB. Christina visits patients at Cottage Hospital, and residents at Ojai Valley Community Care Center.



Christina delToro

"Compassion is the basis of morality."
– Arnold Schopenhauer

Annual Report for 2002/2003

Like many other nonprofits, Adventures in Caring faced tough times last year, but thanks to the generosity of three angels in particular, **Alice Cox, Pierre Claeysens and Kim Gruelle**, we kept our heads above water and moved volunteer programs and educational publishing projects forward.

As a result, more lives were touched (69,000 visits!). More patients and families received comfort and kindness, and did not suffer alone. More caregivers and health care staff received inspiration and guidance, to help them cope with the intensity of their task.

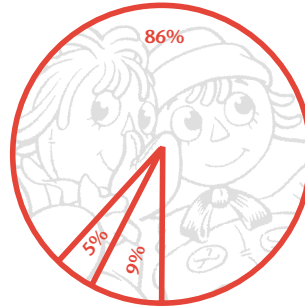
Other generous benefactors that made it possible to innovate and expand our capacity to serve, include: Palmer Jackson, **Jill Morris, Bruce O'Neal, Priscilla Peak, Esther Mlynek, Marcia Vaile, Paula Bruice, David Chernof, and Kendall Mills**.

Local foundations and corporations continued to demonstrate their commitment to the health of our community by funding the Adventures in Caring programs: **The Wood-Claeysens Foundation, Santa Barbara Cottage Hospital Foundation, Santa Barbara Foundation, Crawford Idema Family Foundation, Santa Barbara Bank & Trust, Rotary Charitable Foundation, Camarillo Health Care District, Santa Ynez Band of Chumash Indians, the Rotary Club of Santa Barbara, Sunrise and The Towbes Group**.

Even our Endowment Fund, which, like all others, had struggled for over two years, made a dramatic turn-around in the fourth quarter, and ended up showing a healthy gain of 5.6% for the

year. Kudos to our Endowment Committee of **Bert Willoughby, Phil Hawes and Kathy Pierce** for their wise investing!

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



Expense allocation for fiscal year 2002/2003	
Program:	86%
Administration:	5%
Fundraising:	9%
Total expenses for year:	\$250,319

Major In-Kind Gifts

202 volunteers: 8,000hrs: Raggedy Ann & Andy volunteers, dialysis patient support volunteers, music therapy volunteers, volunteer training assistants, office helpers, seamstresses, 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

Quilt Raffle: Mary McNeil and Blue Island Quilts

Self-publishing and Marketing Consulting: Penny Paine

In-Kind Gifts: \$212,000

Major Contributors in 2002/2003

Wood-Claeysens Foundation
Mrs. Alice Cox
Santa Barbara Cottage Hospital Foundation
Santa Barbara Foundation
Crawford Idema Family Foundation
Mr. Kim Gruelle
Santa Barbara Bank & Trust
Mr. Palmer Jackson
Santa Barbara Rotary Charitable Foundation
Mrs. Jill Morris
Mr. Bruce O'Neal
Ms. Priscilla Peak
Mrs. Esther Mlynek
Camarillo Health Care District
Casa Dorinda
Valle Verde
Mrs. Marcia Vaile
Paula Yurkanis Bruice, Ph.D.
David Chernof, M.D.
The Towbes Group
Rotary Club of Santa Barbara, Sunrise
Santa Ynez Band of Chumash Indians
Mr. Kendall Mills
Reading Hospital & Medical Center
Mr. & Mrs. Merrill Hoffman
Dr. & Mrs. Alexander Massengale
Ms. Christiane Schlumberger
Ms. Alice Stephy
Ms. Mary Scopatz
Mr. & Mrs. Scott Crudele
Dr. & Mrs. John Rathbone
Mrs. Stephanie Harbourne
Ms. Ann Carneros
Ms. Linda Corniea
Mrs. Jacqueline Gibson
Mr. & Mrs. Bertram Willoughby
Mrs. Lyn Anderson
Mrs. Kathleen Gardella
Ms. Charlene Snow
Mrs. Eileen Bunning
Mr. & Mrs. Simon Fox
Mrs. Judy Semenza
Mr. & Mrs. Floyd A. Gustavson
Ms. Suzanne Faulkner
Mr. Robert Bryant
Mr. & Mrs. Floyd Gustavson
Mr. & Mrs. Roger Millikan
Mr. & Mrs. Ken Siler
United Methodist Women
Mr. & Mrs. Norman Andrews
Mr. and Mrs. Robert Baker
Mr. and Mrs. Charles Cleek
Mr. & Mrs. Lendon Everson
Mrs. Anne Hand
Knights of Justice
Mrs. Barbara Ann Marsh
Mrs. Ruth Stark
Mrs. Leny Van Wingerden
Mr. & Mrs. Charles Wagner
Mrs. Marcia Wisley
Mr. B.P. Blasingame
Mr. & Mrs. Fred Sutphen
Mrs. Pauline Riparetti
Mr. Richard Welch
Mr. & Mrs. Charles Chester
Mr. & Mrs. Jerry Beaver
Ms. Annette Collinge
Dr. & Mrs. William Arnett
Ms. Ruth Kovacs
Mr. Lester Mantell
Andrew D. Oser & Frances Ann Oliver

Contributed income: \$171,594 (63%)
Earned income: \$101,066 (37%)

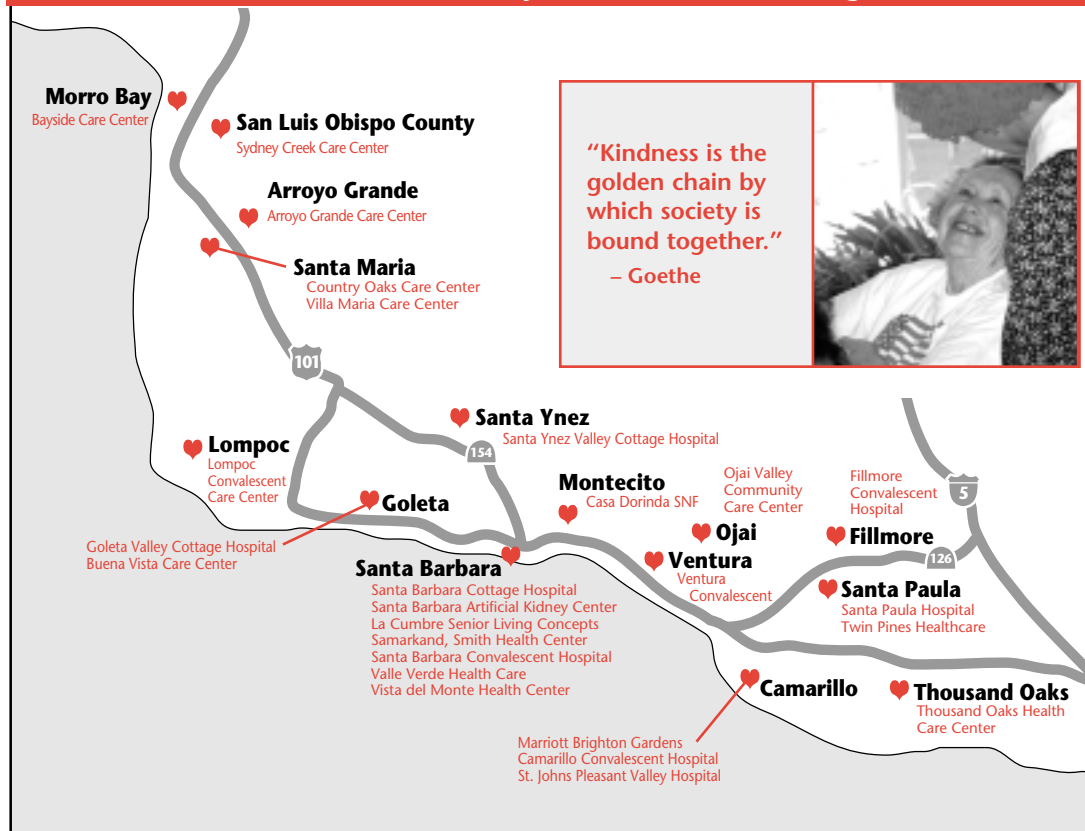
Total income: \$272,660

Special Thanks

A special thank you to the following UCSB student volunteers, many of whom graduated this year. Despite the fact that most of them are available only during the shorter (30-week) school year, they each made at least 25 weekly visits, giving much love, compassion and goodwill to patients, while continuing to take a full class load:

Julie Allen
Cesar Barba
Alberto Amezcua
Dave Garra
Amelia Butler-Nalin
Jeris Cox
Courtney Reynolds
Levi Dansby
Patrick Farmer
Ryan Gallagher
Katie Ferry
Chris Garvin
Ethan Handler
Brent Heimlich
Lindsay Wighton
Jenny Urena

Health Care Facilities Visited by Adventures in Caring Volunteers



Nationwide

Reading Hospital & 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 2002/2003 Raggedy Ann & Andy volunteers visited the above 34 facilities 3,031 times. (up 9% from last year).

Double the Love

(Continued from page 1)

Each week as I made my bike ride toward the hospital, with my Raggedy Ann doll and costume in my backpack, the colors in the sky and the temperature in the air were different. Some days the fog lingered until sunset keeping the air cool and damp, and other days the sun was so bright that I could see the Channel Islands clearly.

Like the weather, the patients that I visited in the subacute unit changed on a daily basis. Some days everyone would be out of their beds and ready for a visit, while other days the curtains were still closed and tempers were brewing. I soon learned to be understanding, flexible, and ready to face whatever the day or the patient had to offer. I lost all presumptions and expectations and learned to follow the emotional cues and desires of the patient. Compassion soon filled me as I slipped into my costume, and I learned that just by being present and offering support to the patients, life was beautiful and life was better. Some days I would return home saddened with a patient's grief and suffering and other days I would greet my roommates with laughter and smiles and great stories to tell.

Gradually, however, the weather, the mood, and the experience all became superfluous. By simply focusing on others and opening my heart, everything became brighter and more beautiful. My three years as "Raggedy Alison" have left me braver, more compassionate, more emotional, and more alive. I now realize that life is stunning in both its magnificence and its disappointments for these experiences awaken us, enliven us, and bring us closer to each other and to God.

I am so grateful for the experiences that I have been able to have while a volunteer with Adventures in Caring and know, without any doubt, that they have made me a better friend, a better daughter, a better girlfriend, and one day I hope, a better doctor."

– Alison E. Freimund, UCSB graduate, pre-med, interested in pediatrics. She volunteered at the sub-acute unit at Goleta Valley Hospital.



Alison Freimund



"When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space."

– Pema Chödrön



"Dear Raggedy Ann and Andy's: Your visits brightened our days while Charlie was in the Hospital. Thank you so much"

– Charlie and Sheri Parr



"What wisdom can you find that is greater than kindness?"

– Jean-Jacques Rousseau



What Can I Say? Sells Out Again!

(Continued from page 1)

We have already distributed more than 500 copies in this way, and it is proving to be very popular – not only with the patients and their families, but also with the office managers, nursing staff, and doctors. The National Charities League is helping distribute the books in the Santa Barbara area, and Camarillo Health Care District is helping distribute the books in Ventura County. Our own Raggedy Ann & Andy student volunteers have also begun carrying a book or two with them on their rounds, in order to give them to families in need, when they run across them in the hospital or nursing home.

In addition to the guidance on how best to communicate with those who are seriously ill, the

book also includes a list of local and national resources where people can get help.

"It is a wonderful guide to tapping the human potential for understanding and expressing compassion." Said, David Chernof, M.D., Associate Clinical Professor of Medicine at the David Geffen School of Medicine at UCLA.

You can buy *What Can I Say?* on Amazon.com, or (preferably) directly from Adventures in Caring, by phone: 1-800-833-5678; or from our website: www.adventuresincaring.org. All proceeds go into funding our volunteer programs.

Pennsylvania Raggedys

In Reading, Pennsylvania, at a town meeting a gentleman stood up and announced, "I want to tell everyone that the Raggedy volunteers are doing a great job at the Reading Hospital. My mother was in the Continuing Care Unit of the hospital recently because of a stroke. She was not responding at all so the nurses asked Raggedy Ann to go in to see her. Raggedy Ann (Mabel Riley) spent some time with her, then, as a parting gift, gave her a small Raggedy Ann doll. My mother smiled, she just beamed. It was her first response since the stroke. We, her family, were thrilled. So were the doctors and nurses."

The Raggedy Therapy program, with its 18 volunteers, now extends to four facilities in and around Reading: The Reading Hospital and Medical Center, the Pennsylvania Dialysis Center, and the skilled nursing units at Phoebe Berks and The Highlands at Wyomissing. The team is coordinated

by a six-person administrative team headed by Edith Moyer and Linda Henne. Edith and Linda recently developed a learning outline to guide a discussion of our book *What Can I Say?* and tested it out at their team's latest annual renewal meeting, with much success. Kudos to Wally Snyder for inspiring the team with her creativity and leadership at the annual meeting. "The Raggedy visits mean so much to us at Reading Hospital" said Lynn Rockwell, Director of Volunteers Services, "they brighten the day, not only for the patients, but also for the staff."



The Raggedy Ann and Andy Volunteer Team in Pennsylvania

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

Tony Allina, M.D.
 Anna Bissell, R.N.
 Jean deBettignies, PT
 Stephen Hosea, M.D.
 Shelby Hughes
 Jan Ingram, R.N.
 George King, Th.D.
 Craig LeBreton
 Sam Leer, L.M.S.C.
 Nancy Marriot
 Allison Mayer-Oakes, M.D.
 Ker & Alex Massengale, M.D.
 Babji Mesipam, M.D.
 Jane Metiu, R.N.
 Carol Henderson Nelson, R.N.
 Penny Paine
 Jane Rozanski
 Tokie Shynk, R.N.
 Anne Stark, R.N.
 Christina Thielst, M.H.A.
 Joe & Pat Wheatley
 Marcia Wrisley
 Alison Zuber

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 Merrill Hoffman
 Bruce O'Neal
 Kathy Pierce
 Mary Scopatz
 Bertram Willoughby, CPA

Executive Director
 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

You Can Help

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these."

– George Washington Carver:

Adventures in Caring is a team effort where creative individuals volunteer to:

1. Honor the past – by remembering and bringing joy into the lives of elders who built our community.
2. Improve the present – by alleviating the emotional distress and loneliness of those who are ill, injured or dying.
3. Bless the future – by giving young men and women who are entering the health professions the inspiration, experience and skills to practice medicine with compassion.

As a result we help to build a healthier, more sustainable community on the cornerstone of compassion. This is the invisible stuff which produces emotional intelligence, healthy relationships, civic engagement, heroism and goodwill – because people care. It holds people, families and communities together. Without compassion there is no civilization.

So all Adventures in Caring programs are designed to deliberately cultivate compassion.

"Constant kindness can accomplish much."

– Albert Schweitzer



Elizabeth Thompson

The Heart Connection, Written by Simon Fox, Graphic Design by Fritz Creative, Photos by Simon Fox and Caroline Howard



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

You can play a vital part in this pioneering program. Adventures in Caring needs:

Sponsors for:

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

Volunteers to help with:

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

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