

Heart Connection

Newsletter of the **Adventures in Caring Foundation** • Point of Light #407 • **Autumn 2004**



New Video Wins International Award

The Adventures in Caring Foundation's new video, *The Medicine of Compassion*, received the 2004 International Health & Medical Media Award for best video in the category of patient care. The award, affectionately known as The FREDDIE, is an "Oscar" equivalent for media productions in the field of health and health care.

Each year, the International Health & Medical Media Awards attract the best feature-length films, documentaries and videos from all corners of the globe. The competition is currently the preeminent event devoted entirely to health and medical audio-visuals. Top honors were given to producers of *The Medicine of Compassion*, Simon Fox of *Adventures in Caring* and Bent Myggen of *VisionEars*. Bent, Simon and Karen were in New York on November 5th to receive the award at the 30th Anniversary Award Ceremony.



Karen and Simon Fox at the FREDDIE Awards.

The Medicine of Compassion: Core Skills for the Human Side of Healing, is designed to teach skills needed to bring the healing power of compassion

into the healthcare setting. It features real doctors and nurses relating to patients and their families at Santa Barbara and Goleta Valley Cottage Hospitals. There are no role plays or reenactments by actors. Viewers watch and learn how actual medical personnel communicate much more than information to their patients. In practicing the medicine of compassion, these gifted healers convey and extend compassion to their patients in practical, timely ways as a natural part of their every day's work.

The Medicine of Compassion is the first in a series of three videos designed to explore and teach skill in the human side of healing. This first video is aimed at young men and women who are beginning their careers in health care, and shows the core skills necessary to communicate compassion to people who are seriously ill, injured or dying.

At Adventures in Caring, we have long underscored that compassion is vital to healing. Today, current medical research recognizes, for example, the close link between empathy and adherence to a healing medical regimen. But the question of how to teach compassion in the health care setting remains a mystery to trainers and administrators in most organizations – which is where the Adventures in Caring Foundation is making such an important breakthrough.

This video, and the series to come, is a distillation of our twenty years of pioneering work in the field of patient care. It is extremely gratifying that the quality of this work is being recognized, because we can now pass on to a widening audience what we have discovered about compassion and healing. We especially appreciate the funding from the Wood-Claeysens Foundation which made the program and the video possible.



"The Medicine of Compassion can be used by all health care educators to show the central elements of the "art" of medicine; compassion, listening, and communication. In our fast-paced, high-tech health care system we must be reminded that health care is about people and relationships. Bravo!"

– Lanyard Dial, M.D.,
Medical Director
Ventura County
Medical Center



Welcome to Our New Board President

As our 20th anniversary rapidly approaches in 2005, we are proud to announce an important step forward for the Adventures in Caring Foundation mission, and welcome our new board president-elect, David Chernof, M.D. Dr. Chernof will take over from interim president Bruce O'Neal later this year, after a three-month transition period. Mr. O'Neal has done an outstanding job since he took over the presidency after long term president of the board Dr. John Rathbone died last summer.

Dr. Chernof brings a wealth of experience and expertise to the mission of Adventures in Caring. He practiced medicine for 23 years in Los Angeles (in Internal Medicine, Hematology, Medical Oncology and Geriatrics), and later served as Corporate Medical Director for Blue Cross of California, founding Medical Director for the LA Care Health Plan, and founding Chairman of the CaliforniaKids Foundation. Locally, he is Vice Chair of the Santa Barbara Neighborhood Clinics.

Currently, Dr. Chernof holds two academic appointments. He is an Associate Professor of Medicine at UCLA, where he is a member of a faculty team for a course called *Doctoring*.



David Chernof, M.D., F.A.C.P.

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A Foundation Built to Last

Our Mission and Core Values

Our Mission is to *lift the spirit and evoke the will to heal of those who are seriously ill or injured, and to establish a culture of compassion in health care.*

Our Core Values guide our operations to accomplish this mission. By including these Core Values into everything we do, we have created a solid foundation over the past twenty years for an organization that lasts and remains true to its mission.

◆ **COMPASSION**- We work with the healing power of love in action – compassion as a real force that holds people, families, and communities together. Compassion is at the heart of all healthy human relationships and is the foundation of a healthy community. Compassion is practical and tangible: it can be taught, practiced, demonstrated, inspired, encouraged, delivered and received by all human beings.

◆ **SERVICE**- We engage in service because it enriches life and gives it meaning – our own life, the lives of others, and the life of the community. We believe that volunteer work – giving oneself freely to a worthy purpose – is one of the very highest forms of human activity. We treat it as such, and believe that it is an honor and a privilege to serve those who are ill and dying, and alleviate their suffering through compassion.

◆ **SPIRITUAL MOTIVATION**- Our mission is spiritually motivated. At the center of our mission is a spiritual essence the Greeks called *agape*: Universal Love. We are not affiliated with any particular religion or denomination, but have respect for all faiths with preference for none. We make our programs available to all people regardless of their circumstances or conditions.

◆ **INTEGRITY**- Adventures in Caring is an open book. We operate above board, without hidden agendas. Integrity is the bedrock of all we do.

◆ **ACCOUNTABILITY**- We can be counted on to:

- Practice what we preach.
- Lead and teach through example.
- Take responsibility rather than blame others or make excuses.
- Only ask others to do what we are willing to do ourselves.
- Always put quality before quantity.
- Go with the enthusiasm.
- Keep a sense of humor as a top priority, as well as preserve the purity, magic, and wonder of the work we do.

◆ **PARTNERSHIP**- It is important to us that our work be fully integrated into the mainstream of today's healthcare settings and institutions, and that we are seen as valued partners with a common purpose. We function not to fix people or systems, but to infuse existing systems with life-affirming, practical love and compassion.

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"Love is the medicine for the sickness of the world."

– Dr. Karl Menninger

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"Sooner of later, all the peoples of the world will have to discover a way to live together in peace, and thereby transform this pending cosmic elegy into a creative psalm of brotherhood... The foundation of such a method is love."

– Martin Luther King, Jr.

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A Bold New Step

Adventures in Caring Offers In-Service Training for Professional Staff

Can you teach someone to express compassion for others? Even more challenging, can you teach busy professionals, on the job day in and day out, to relate to their patients with full attention, love and compassion?

We answered that question with a resounding YES this year, as we began an effort that has been three years in the making: providing in-service training in the core skills of compassion for professional staff in hospitals and other organizations.

Adventures in Caring has been training volunteers in how to communicate with care and compassion for over 17 years. More than 800 Raggedys have been trained in the skill of conveying compassion for people who are ill or dying, going through 24-30 hours of training before their first visit. From our very first Raggedy training in 1985, we have been offering and continually developing a high quality, top to bottom, training methodology that turns out

extraordinary communicators.

From the very beginning, hospital personnel noticed how our Raggedys were able to handle the most difficult emotional situations with love and empathy, and began to ask: Can you provide the resources and training for our other volunteer groups in communicating the way the Raggedys do?

In response, we began to offer 3 hour and one-day sessions for such volunteer groups as the deacons of the First Presbyterian Church, auxiliary members at Mayo Clinic and Hospital in Phoenix, and volunteers in a variety of hospices and hospital auxiliaries. We even worked with the novice priests at San Lorenzo Seminary in Santa Ynez Valley to further their training as future hospital chaplains.

As our volunteer trainings expanded beyond our own core group of Raggedys, we wrote a book, *What Can I Say?* and produced our first video, *Communicating with Compassion*, complete with a leader's guide on how to teach others the skill and art of compassion.

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In a scene from *The Medicine of Compassion*, Allison Mayer-Oakes, M.D., interacts with a patient in the ICU at Goleta Valley Cottage Hospital.

UCSB Grad Finds Her Future in Medicine



Raggedy Julie leans in to enjoy a story.

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“When I read the Adventures in Caring mission statement, I knew that this was my calling, it resounded so deeply within me... I’ve always wanted to help people, and now I see how I can do that in a way that is hands on and heartfelt.”

– Julie Allen

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“I’ve been visiting the Subacute Unit at the Goleta Valley Hospital for only a few weeks, but it feels like I’ve been there for a long time. The environment is so welcoming and the patients love to interact with me, even those who can’t talk – I can just see it in their eyes and hear it in their breathing.”

– Tam Nguyen, UCSB senior volunteering at the Goleta Valley Hospital subacute unit

“Being a Raggedy is the most meaningful thing I’ve done in college—it taught me the human side of medicine,” said UCSB student Julie Allen, when asked to comment on how her volunteer work with Adventures in Caring has impacted her life.

At 22, Julie is graduating from UCSB with the highest honors. Out of 4,700 students in her year, she was chosen to receive the most distinguished award given to a graduating senior each year for academic achievement, service to the community and personal courage – the Thomas Storke Award. Julie was also her class valedictorian, earning that honor with a straight 4.0 grade point average.

She also worked as a campus peer counselor, advising fellow students about nutrition, eating disorders and fad diets. She was a mentor for freshman music majors, the social chair for the Chancellor’s Scholars Society, a member of the Provost’s Honors Council, and took part in a number of campus advisory committees

But her path to these achievements took a detour when as a freshman she was diagnosed with a serious brain tumor growing on her auditory nerve. At the time she was a music major, studying the flute, and the illness caused a significant loss of hearing. “I’m fully recovered now,” she commented, “but the experience left me inspired to help people in a more direct way, and medicine is now my chosen career.” Julie enters Johns Hopkins next year, “in some area of medicine where I’ll have the most communication and access to people.”

Did her experience as a Raggedy making visits at

local hospitals have anything to do with this turn around? “When I read the Adventures in Caring mission statement, I knew that this was my calling, it resounded so deeply within me. I went through the training, and it was so much more than I expected. I’ve always wanted to help people, and now I see how I can do that in a way that is hands on and heartfelt.”

Julie tells of her first visit with a stroke victim who couldn’t talk at all. “I was nervous and talked about music and my life. He indicated, through a combination of hand signals, that he wanted me to sing. I sang *Amazing Grace* for him, and he started humming while I was singing. He hadn’t spoken since his stroke, and the nurses were amazed. We were all very moved.”

“I’ve learned so much from Simon and Karen,” Julie commented, her gratitude clearly evident. “They are an endless source of learning how to communicate with compassion, leading us all into the next phase of health care. I’m glad to be assisting



Healing touch: Julie Allen as Raggedy Ann in action at Valle Verde

them in training other Raggedys, making new videos and designing programs to go into medical and nursing schools to train practitioners. I’ve just fallen in love with everything here!”

Raggedy Journal Excerpts

As part of their training, Raggedy Volunteers journal to capture their experiences after their visits. Below are some of their insights, indicating the emotional and psychological maturity they gain as pre-med students engaged in the human side of health care.

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Life is Precious. There’s something really beautiful about the human spirit that comes out in the Raggedy visiting process. There’s a trust and love that allows for meaningful connections between people – something that is hard to come by in today’s fast-paced world.

Lauren Pokomo, UCSB junior volunteering at Buena Vista Care Center in Goleta

Raggedy Rounds. My Raggedy experience is only growing better with time. Each week, I try to meet someone new. Not only do I help these people feel better about themselves, but also I feel better about myself.

Emily Harbert, UCSB senior volunteering at Buena Vista Care Center in Goleta

Healing Boost. I had one of my most memorable visits the other day – in the elevator at the hospital. When I entered the elevator, I met a man who thanked me and Adventures in Caring

profusely for what we do. He told me he was in the hospital a few years ago and a Raggedy came to visit him. “I got the emotional boost to rehabilitate from that Raggedy,” he said. I felt honored that we could have such a profound effect on a person and realized how much we are needed.

Brooks Kuhn, UCSB senior volunteering at Santa Barbara Cottage Hospital

Gaining By Giving. The month of April was tough for me because of [medical school entry] exams, but going to Buena Vista was a relief from all that pressure. On one of my visits, I met Betty who told me the most wonderful stories about when she went to the University of Michigan in the 1950’s. She is a wonderful lady and I cannot wait to go and visit her again. I gain just as much from the residents, if not more, than they hopefully gain from me.

Chris Woehrstein, UCSB senior volunteering at Buena Vista Care Center in Goleta

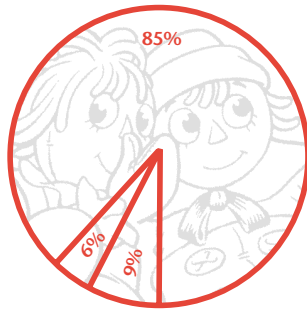
Annual Report for 2003/2004

Board members, key supporters, community leaders and staff worked together this year to develop a new strategic plan. This ambitious plan lays the groundwork for the maturing and perpetuation of Adventures in Caring by developing six key areas: board, committees, relationships with the health care facilities we serve, replication of the volunteer program, publishing projects and a training institute. By implementing this plan we will build the infrastructure that makes it possible to sustain and expand our capacity to serve far into the future.

Adventures in Caring is a team effort. We would like to thank the teams of wonderful people and organizations who made it possible to accomplish so much this year.

Even though we managed to earn 55% of our income, mostly through the sales of our books and videos, these efforts were complimented by generous benefactors who made it possible to innovate and expand our capacity to serve. These include: Alice Cox, Kim Gruelle, Palmer Jackson, Bruce O'Neal, Esther Mlynek, Suzette Prange, Paula Bruice, David Chernof, Kathleen Gardella, Alex & Ker Massengale, Jill Morris, Priscilla Peak, Kendall Mills, Marcia Vaile, John & Stephanie Harbourne, and Mary Scopatz.

Local foundations and corporations also demonstrated their commitment to the health of our community by funding the Adventures in Caring volunteer programs: The Wood-Claeysens Foundation, Santa Barbara Cottage Hospital Foundation, Crawford Idema Family Foundation, Santa Barbara Foundation, Casa Dorinda, Karuna Foundation, Camarillo Health Care District, Santa Ynez Band of Chumash Indians, Mid-State Bank & Trust Camarillo Branch.



Expense allocation for fiscal year 2003/2004	
Program:	85%
Administration:	9%
Fundraising:	6%
Total expenses for year:	\$301,519

Major In-Kind Gifts

200 volunteers: 8,000hrs: Raggedy Ann & Andy volunteers, volunteer training assistants, dialysis patient support volunteers, music therapy volunteer, 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.

Spanish translation of *What Can I Say?*: Denise Parris

Storage: Penny Paine

Major Discounts:

Video production: Bent Myggen, VisionEars.com

Self-publishing and marketing advice: Penny Paine, To Press & Beyond

Website design and hosting: Tom Stanfield, Adept MultiMedia

Bulk sales and marketing advice: Cathy Feldman, BluePoint Books

Graphic art/book & video cover design: Peri Poloni, Knockout Books

Graphic art/newsletter design: Kathy Fritz, Fritz Creative

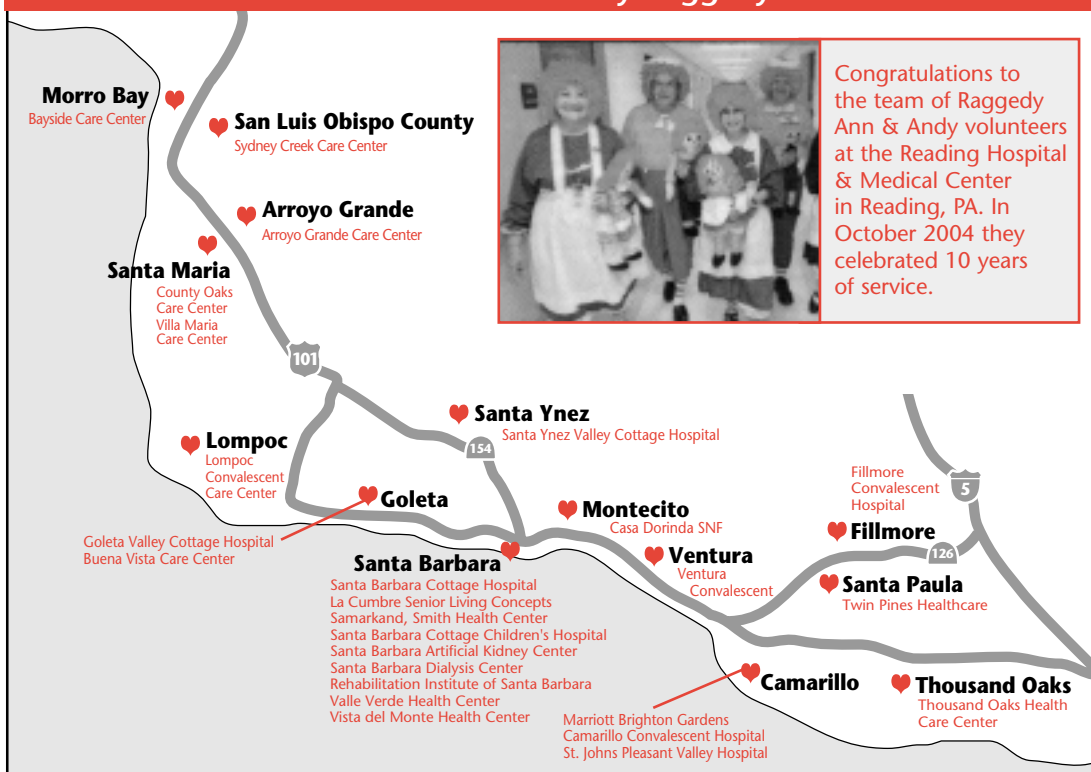
Printing: Sara Frank, Phoenix Color and Steve McCurry, Ventura Printing

Editing: Nancy Marriott

Computer troubleshooting and maintenance: Ed Togami, Togami & Associates

In-Kind Gifts: \$230,000

Health Care Facilities Visited by Raggedy Volunteers



Nationwide	
Reading Hospital and Medical Center, West Reading, PA	Crosslands Health Care Center, Sandy, UT
Phoebe Berks Health Care Center, Wernersville, PA	Desert Highlands Care Center, Kingman, AZ
Highlands at Wyomissing, Wyomissing, PA	Sunrise Healthcare Center, Roseville, CA
Pine Run Community, Doylestown, PA	Prescott Valley Samaritan Center, AZ
Crest Health Center, Ridgecrest Village, Davenport, IA	

In 2003/2004 Adventures in Caring volunteers visited the above 32 facilities 2,221 times.

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Major Contributors in 2003/2004

- Mrs. Alice C. Cox
- Wood-Claeysens Foundation
- Santa Barbara Cottage Hospital Foundation
- Crawford Idema Family Foundation
- Santa Barbara Foundation
- Mr. Kim Gruelle
- Mr. Palmer G. Jackson
- Mr. Bruce D. O'Neal
- Mrs. Esther R. Mlynek
- Casa Dorinda
- Karuna Foundation
- Ms. Suzette Prange
- Camarillo Health Care District
- Paula Yurkanis Bruice, Ph.D.
- David Chernof, M.D.
- Mrs. Kathleen Gardella
- Dr. & Mrs. Alexander T. Massengale
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- Mr. and Mrs. Ben Graves
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- Mrs. Dorothy V. Kurz
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- Mr. and Mrs. Christopher J. Uldricks
- Mrs. Joni Gruelle Wannamaker
- Mrs. Bonnie J. Watson
- Mr. & Mrs. Richard B. Welch

Special Thanks

The following standout volunteers went far above and beyond what was asked of them - and we asked a lot! Without their exemplary efforts we could not have accomplished what we did this year. Such volunteers are truly the heart and soul of Adventures in Caring.

- Amelia Butler-Nalin
- Denise Parris
- Susan Smith
- Christina Del Toro
- Tam Nygun
- Julie Allen
- Carol Saucedo
- Courtny Reynolds
- Diana Bruno
- Bob Standing
- Nicole Weber
- Hilarie Golino
- Kristen Chen
- Carson Welty
- Kristen Satow
- Diane Gerry
- Dhruv Verma
- Brooks Kuhn

True to Character, True to Heart

A Deeper Look at the Raggedy Adventure

When people first hear about the Adventures in Caring mission, they are universally surprised to find the Raggedys are more than friendly, entertaining visitors bringing cheer to people who are ill. They quickly learn there is a deeper significance and many layers of symbolism in these adorable children's icons, the most obvious of which begins with the story of the dolls' origin.

In 1915, artist and illustrator Johnny Gruelle invented the character of Raggedy Ann to comfort his young daughter who was seriously ill for much of her short life. Using old rags and a few spare buttons, he made the Raggedy Ann character into a doll that brought joy and lifted the spirit of the dying girl. A father's love was later memorialized by the popular children's books containing the adventures of Raggedy Ann and her brother, Raggedy Andy.

In 1984, Karen Fox, unaware of this history but inspired by the same wish to ease suffering, brought the beloved characters to life in her Raggedy Ann & Andy Volunteer Visiting Program for patients in local hospitals and nursing homes. Through the timeless language of symbols and fables, both Gruelle and Karen had connected to the rag doll as an archetype for the healing power of love.

A Powerful Healing Force

Through the Adventures in Caring programs, Raggedy Ann & Andy have grown beyond their origins as children's rag dolls, into a powerful healing force symbolizing safety, love and a healing presence. Volunteers dressed in the Raggedy costumes bring cheer, but even more, they are highly trained to engage in life-affirming conversations with patients that are intended to evoke the will to live and heal.

Like the Kachina dolls of the Hopi Indians, or the role of the court jester in Shakespeare's plays, the Raggedys perform a vital function for healing and well-being. Not only do they convey a lightness of being in their colorful costumes, but they bring with them a profound willingness to listen and simply be with another at the depth of human

suffering experienced by the sick and dying. Trained to practice heartfelt acceptance and keen attentiveness at the bedside of the people they visit, the Raggedy characters actually call forth life and healing potential in those they touch, bringing valuable psychosocial support.

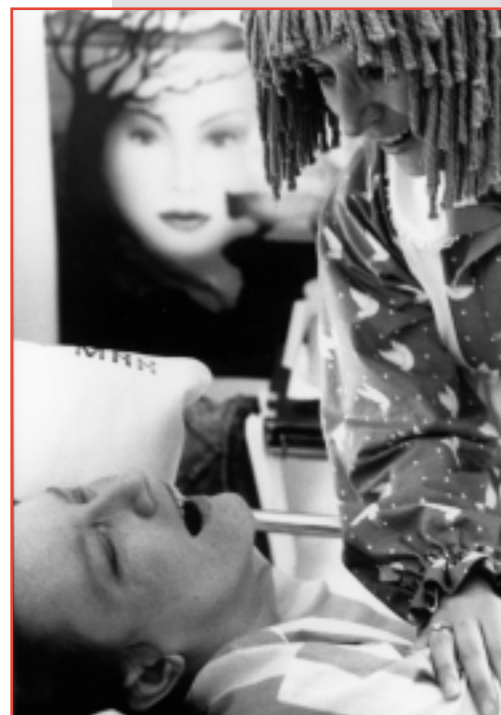
The Raggedy adventure is in some ways akin to the hero's journey of old, when a stranger in rags knocked unexpectedly at the hero's door to deliver some key at a pivotal moment in the hero's life. Today, Raggedy volunteers embody that same spirit, stepping into the unknown and entering upon a journey with another, often to the deepest levels of the human experience.

The Raggedys' True Mission

Much has been written about the importance of love in the healing process, and how a patient's state-of-mind is a key factor in recovery and well-being. But few programs reliably deliver the healing components of compassion, love, and hope to the bedside or wheelchair on a regular basis.

Karen Fox and her team of Raggedy volunteers at Adventures in Caring have been doing exactly that every week for the past 20 years, proving better than any study that human compassion and love, when expressed and shared at crucial times, has a healing power all its own.

There are few requirements to become a Raggedy volunteer, but one is absolutely necessary, and that is courage. To step into the world of someone who is suffering and face the unknown together is truly an *Adventure in Caring*. To do this, our Raggedys must learn to set aside their egos, agendas and time, and stand at the threshold of life and death with another. At such moments, they are witnesses to the miracles of healing that can occur when love and compassion are truly present.



The Spirit of Healing. Karen Fox, as Raggedy Ann touches the heart and eases the pain.

New Board President, cont.

(Continued from page 1)

In this course, students work on developing interview skills, rapport with patients, and sensitivity to the needs of patients in our multi-cultural society. At USC, Dr. Chernof is Senior Fellow in the School of Policy, Planning and Development. As we strengthen our educational focus to teach the skills that bring compassion into healthcare on an increasingly wider scale, Dr. Chernof's expertise will be a great asset.

In the leadership of Adventures in Caring, Dr. Chernof is joined by vice president Paula Bruice, Ph.D., a faculty member in the Department of Chemistry and Biochemistry at UCSB. Through her links with the UCSB Health Professions Association, Dr. Bruice provides guidance to most of the top students at UCSB who are pursuing careers in health care.

We also welcome two valuable new directors to the board. Jill Morris, who, with her husband Steve, is owner of ChoiceWorks, a management coaching and training company and author of a new book on management, *Leadership Simple*. Suzanne Wedow is Director of Corporate and Foundation Relations for the Foundation for Santa Barbara City College. Suzanne's previous experience as Executive Director of the Wellness Foundation, which provides psychosocial support to cancer patients, is another valuable asset to our team.

A big word of thanks is due to Bruce O'Neal who so ably took the reins after Dr. Rathbone died suddenly last year. Bruce has served on numerous boards of directors throughout Santa Barbara for over 50 years, including the Adventures in Caring board for 15 years. His depth of experience, willingness to challenge assumptions, recruitment of other Rotarians as board members, and his priceless network of community contacts has helped us build a sure foundation from which to launch our next 20 years of growth.



"A coward is incapable of exhibiting love: it is the prerogative of the brave."

– Modanes K. Gandhi



Many thanks to our extended team of advisors and friends, who's 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
John Davies
Cathy Feldman
Michael Fisher, M.D.
Shelby Hughes
Jan Ingram, R.N.
Sam Leer, L.M.S.C.
Nancy Marriott
Ker & Alex Massengale, M.D.
Allison Mayer-Oakes, M.D.
Babji Mesipam, M.D.
Jane Metiu, R.N.
Carol Henderson Nelson, R.N.
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Joe & Pat Wheatley
Alison Zuber

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Bruce O'Neal
Mary Scopatz, Ed.D.
Suzanne Wedow
Bertram Willoughby

Adventures in Caring Foundation is a 501(c)3 nonprofit organization. Its mission is to lift the spirit and evoke the will to heal in those who are seriously ill or injured, and to establish a culture of compassion in health care.

♻️ Printed on recycled paper

A Bold New Step, cont.

(Continued from page 2)

It wasn't long before staff and administrators at some of the beneficiary organizations were calling us up and asking: Can you train our professionals – doctors, nurses, technicians – to communicate in this remarkable way?

In response, we designed a training and materials that would meet the need for compassion in the professional health care setting. At the foundation of our training is our Communication Model for Health Care, a powerful tool for establishing a culture of compassion in hospitals, clinics and other health care settings. Our latest video, *The Medicine of Compassion*, teaches core skills of compassion and is used by nursing colleges and medical schools to instruct the students who will become the nurses and doctors of the future.

Our first professional in-service with these new materials took place this past May in San Jose at the California Hospice Foundation Annual Conference. Utilizing the four elements we have identified as essential to conveying *compassion – attention, acknowledgement, affection and acceptance* – to form the basis of our Communication Model, Simon, Karen and Eileen Bunning from Visiting Nurse and Hospice Care of Santa Barbara presented a 90-minute seminar for staff educators.

A second staff training took place in September this year, when Simon and Karen presented at the annual Oncology Symposium at Good Samaritan Hospital in Los Angeles. Nurses, nurse educators, doctors and other staff attended the training, viewed the video and took the program back to their facility to educate their own staff on the needs of patients. They know how easy it is to get overly wrapped up in tasks and technology, forgetting that there is a real person in the bed, one with real needs, feelings and thoughts.

A third training for the year took our efforts to a national level, when we presented at the National Association of Home Care and Hospice Annual Conference in Phoenix in October. A patient advocate who attended the training at Good Samaritan Hospital summed up the value of having reproducible tools for teaching compassion:

"I have seen through my work the need for staff education related to empathy and compassion. I had always thought that these were qualities everyone who goes into the field of healthcare possesses, but now I realize my assumptions were not accurate. I was feeling frustrated, but you helped tremendously by showing me that [compassion] is a skill that can be taught. Thank you so much for creating tools."

Your Support Is Needed Now

The combined effect of technological, economic, legal and demographic trends continues to push compassion to the sidelines of medicine, as if it were an optional extra. However, as anyone who has been seriously ill lately will tell you, it isn't.

Unless we give people the tools and encouragement they need to take a stand for a more humane way of delivering health care we will descend into an assembly-line approach that treats people like so many units of consumption.

With your help we can cultivate a culture of compassion in health care. We can teach people how to extend the real compassion that promotes healing of the body and mind, heart and soul – healing that restores the balance of life throughout our community and world.

It takes foresight to hold such a vision, and courage to implement it. Will you join with us in this, and help to make miracles of healing happen?

The enclosed remit envelope suggests several ways you can help.



ADDRESS SERVICE REQUESTED

www.adventuresincaring.org
E-mail: CaringFdn@aol.com

Phone: 805.687.5803, Fax: 805.563.7678
P.O. Box 3859, Santa Barbara, CA 93130
Raggedy Ann & Andy Visiting Programs
for Hospitals and Skilled Nursing Facilities

Adventures in Caring Foundation



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