

Caretaking Council Meeting, 2010-01-24

Present: Leah Samson-Samuel, Susan Pearsall, Carol Rubin, Steve Fleck, Don Katz, Celeste Robins

Minutes from previous meeting approved with correction of spelling of Celeste's name

- 1) Providing support to Snowflower participants – a more formalized process for providing support to Sangha members who are experiencing acute illness, family crises, etc.

Carole mentioned at steering council meeting and discovered that Jane Peckham has been doing something similar as a free-standing project (as noted in our posted Roles and Responsibilities document as the Care Group). Not well advertised. Jane's primary concern is those who didn't speak up for themselves; and to check-in with folks who are regular and then stop coming to make sure they are OK.

We noted that some people feel comfortable asking for help, or have a friend advocating for them; but we could invite others to contact someone on CTC, and there are people who need help but don't know that Sangha can provide support.

Don will write an article for the next newsletter describing this effort, listing all of our names and (if she chooses) Jane.

We discussed whether we should include chronic illnesses in this, or only acute. We noted that we already have people in the Sangha with chronic illnesses to whom Sangha members are providing support.

We want Sangha participants to know who to contact, and we could also watch out for people who need help.

We need to be careful not to increase people's expectations too much – only a few people have responded to the requests for help for Sue Kailin. Don't think we can promise people that we can provide the help they need, only that we will encourage Sangha members to help. The people who need help will be part of it at each step; make sure they really want email request; not set up big expectation – no guarantee of what would happen.

What kinds of services might Sangha members help with? Examples include: rides to medical, meals, sits with small groups, gardening, cleaning, childcare, pet care.

We decided not to mention TimeBank at this time – although it might be something someone coordinating support might try to use to help someone. They would contact us, but who would organize it? Don suggested that some CTC member (not necessarily the person contacted) take responsibility for coordinating support for a particular person.

Helping people can be a real gift – this effort will support building connections and nourishing compassion in the Sangha.

Celeste has been coordinating Sangha support for Sue Kailin – **Celeste will announce this support opportunity at Tuesday Sangha, and Steve will announce at Friday Sangha.**

2) Scents at Sangha

Scent is a problem for some on both Tuesday and Friday nights. It is good to periodically remind people not to wear scents. Karuna has sent email around fairly recently.

Leah will make an announcement on Fridays. Don will put reminder announcement in newsletter. Celeste and Susan remind folks not to wear scents on Tuesdays.

3) 5 Mindfulness trainings – is there more to think about or do?

We are comfortable with the decision made and are not aware of any dissension in the Sangha about it.

4) CTC Role vis-à-vis KM groups and mentoring

We are aware of three ongoing KM groups, one new one forming (organized by Pam) and one that was ongoing but about which we have no information (young people's group).

We agreed to update the KM/Mentoring document at our next meeting, and think about whether any changes are necessary. **Celeste will scan current version to Word, and distribute to everyone.**

Susan is mentoring contact for Tuesday, Jane for Friday.

It would be good if CTC members periodically make announcements about mentoring and KM groups.

5) Coming Home project review

A lengthy email went out on January 4 to Sangha listserv and Coming Home google group about the five projects that have occurred in the last year and changes in the Coming Home organization. There began to be lack of agreement in Coming Home Coordinating Council about how independently various projects were going to function, so Coming Home Coordinating Council is no longer an oversight collaborative. Coming Home is reformulated to a) support those in Sangha (and Insight) who are doing this as part of their practice, b) be a communication conduit, and c) continue to look at new projects that do not involve independent entities (e.g. letter writing exchange with individuals in prison). Coming Home Coordinating Council is currently Carol, Steve, and Kate Edwards. There will be potluck announcement out very soon – to get people together to talk with each other about what this has meant and how it is going. Also, it was suggested that a panel of Coming Home volunteers might give a dharma talk in March/April. While Cheri mentioned a summer training for new volunteers, this is no longer a responsibility of the Coming Home Coordinating Council, although they would encourage such training.

6) Change of venues of January gathering to accommodate Karen Foxgrover

Leah and Carole were there. It was a good event. Although the venue wasn't as homey as Susan and Jim's – in some ways, it was set up better to handle a large group of people. It was very generous to Susan and Jim to switch gears and move this event. People were worried about parking, but it wasn't a problem.

We discussed possibility of sometimes meeting in Karen's common room when we can't sit at Friends'.

7) Next meeting: Sunday April 18th, 7 PM, 5112 Arrowhead Dr, Monona, Carole's house

submitted by Don Katz