



NEWSLETTER



MEET THE TEAM



Krishna Balagopal
Newsletter,
Outreach



Shane Pathania
Campus
President



Andrea Ure
Continual
Learning



Jesse Basra
Program
Documentation



Isabel Arana
Service &
Fundraising

Adventures in Caring Shifts to Student Leadership

For the first time in its history, Adventures in Caring has shifted responsibility from program coordinators to on-campus student leadership. Student leaders include: Andrea Ure, head of Continual Improvement, Krishna Balagopal, head of Outreach, Jesse Basra, head of Program Documentation, and Isabel Arana, head of Service and Fundraising. New interns are encouraged to join one or more of these committees.

These student heads have eagerly jumped into their roles, focusing on planning three to four on-campus volunteer meetings per quarter. "It is extremely important for all the interns to share their experiences," Shane Pathania, President of AIC's campus organization explained. "We should feel like we have a support system here on campus, to share stories and losses. We are focused on cultivating a community of like-minded, caring individuals." "We have the opportunity to rediscover the impact that the Raggedys have on their communities, and also evaluate the ways that we ourselves can become better listeners," added Jesse Basra, the head of the Program Documentation Committee.

The volunteer recruitment process itself has been undergoing substantial changes, with April 2019 being the first cycle completely run by students. Krishna Balagopal, head of the Outreach Committee, along with Anmole Adhi, Volunteer Coordinator, spearheaded the recruitment cycle. New recruitment methods were brainstormed and implemented, targeting mostly pre-medical students and freshman. The April 2019 cycle was fruitful, with fourteen new interns and a waiting list for this upcoming fall.

UPCOMING EVENTS

● New Intern Training Cycles:

Friday, October 11-
Sunday, October 13

&

Friday, November 1-
Sunday, November 3

● Student Outreach Project:

"Why I Love Raggedy" video series coming soon to Instagram and Facebook!

● AIC UCSB's First On-Campus Meeting, Led By Continual Improvement Team:

Thursday, October 10

● Simon Fox leads "Oxygen for Caregivers - Preventing Burnout," at the LeadingAge Los Padres Workshop

Thursday, October 10

FOLLOW US:



Newsletter written and produced by
Krishna Balagopal
kbalagopal27@gmail.com

**“Instead, I did
all that I felt
I could
- I listened.”**

“

MILLIE is very soft spoken, and it was definitely a little challenging to find the right questions to bring her to open up. Every now and then I'd find a small piece of the conversation to latch on to to ask her more about. Most of our conversation, however, was very difficult for me. She kept saying how she doesn't do anything all day; she has no energy and the days drag on and on for her. All she can do is sit and sleep, and wait for the next meal. It was heartbreaking to see the sadness in her eyes. I honestly found it so difficult to find words that could **bring her peace.**

I recently learned that no empathetic words of advice start with 'at least...' so I steered away from that. I didn't try to give her advice. I didn't try to pretend I could even imagine how difficult it was for her. Instead, I did all that I felt I could - **I listened.** I asked her about things that might bring her some happiness, and looking back on it I realized this worked. By the end of the visit, she had said a few times that she was very lucky - she had lived a full life, with a beautiful family, and had many experiences traveling the world. This was such a challenging conversation for me, but I could tell **she appreciated someone to pass the time with.** I really hope that I get the chance to talk with her again.” —Andrea Ure

Karen Fox, founder of Adventures in Caring, in action as Raggedy Ann.



Adventures in Caring Foundation
1528 Chapala Street, Suite 202,
Santa Barbara, CA 93101
805.962.4500

Donate Here:

www.AdventuresInCaring.org