LIST OF THINGS WE OFFER:

♦ Primarily, to support your Dharma practice
  - Visit individually, one-on-one for meditation, conversation, or quiet
  - Dharma companionship
  - Meet for small group meditations, metta in your home or room

♦ Read or listen to Dharma talks

♦ Sing or play an instrument

♦ Going out for errands, walk, car ride

♦ Transportation to and from medical appointments

♦ Doing errands

♦ Bringing meals

♦ Cooking meals

♦ Gardening

♦ Help with things around the house

♦ Respite for the caregiver(s)

♦ Animal companionship (certified dogs) – not yet available

♦ Misc other tasks:
  - helping set up ipod for Dharma talks
  - coordinating other resources
  - helping with photo albums
  - etc
  - etc