

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