

VOLUNTEER CONNECTION

Bringing Our Capital Caring Health Volunteers Together

"How can I help?" is a question we love to hear! Our volunteers continue to amaze us with their innovative ways to lend a hand from a distance during these unusual times. In this month's edition, we hope to shine a light on a few of the many creative approaches that our incredible volunteers are taking to support those in our care, even from far away.

If you miss the work as much as we miss you, please contact us for ideas about how to stay engaged. Thank you, Team!

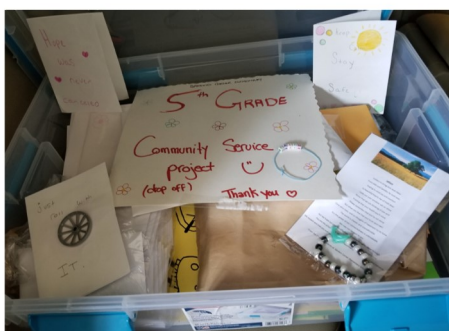
VOLUNTEERS SING, RAIN OR SHINE

NEITHER DREARY WEATHER NOR BOTHERSOME MASKS
KEEP THESE VOLUNTEERS FROM SHARING THEIR TALENTS AND HEARTS



Pictured left: Our musical volunteers, Hope Laingen and Nita van der Walt share a soothing song with a gentleman in our care at the Adler Center.

Pictured Right: Nita's 15 year-old son, Adriaan, joins her in song on a rainy day.



Pictured above, Zane Hutchison, 5th grade student at Sanders Corner Elementary School in Ashburn. While home from school, Zane and 44 other students lovingly made cards, bracelets, and other sweet keepsakes for our patients. The students wanted to let our patients know that they are thinking of them and their families.

Let's Do Lunch!

Join us for one of these Virtual Volunteer Lunches:

Friday, June 19 12:00-1:00pm

Volunteers in our DC and MD neighborhoods are invited to join each other for a virtual lunch. Bring a photo of a "favorite" someone/place/thing/experience in your life to share.

<https://capitalcaring.zoom.us/j/94974305629>

Meeting ID: 949 7430 5629

Friday, June 26 12:00-1:00pm

Volunteers in our Virginia neighborhoods are invited to join each other for a virtual lunch. Bring a photo of a "favorite" someone/place/thing/experience in your life to share.

<https://capitalcaring.zoom.us/j/99940217523>

Meeting ID: 999 4021 7523

Join us on our *For You Fridays*

Friday, June 19
4:00pm – Staff & Volunteers

Yoga Therapy and Breathing Exercises with Jaya Kori (45 min)

Enjoy this relaxing practice that includes breathing exercises (pranayama), gentle stretches, and a brief meditation. After this session, you will be able to practice many of these exercises on your own at home, whenever needed. Be sure to be in a space where you can safely do some gentle stretches.

4:00 pm

Join Zoom Meeting

<https://capitalcaring.zoom.us/j/95139724944>

Meeting ID: 951 3972 4944

Training Session: Military Bio's 101 **civilian Style**



Capital Caring Military Volunteer, Colonel Rodney Willis, USA, Ret. will lead an informative training for volunteers interested in helping with the collection of military bio's for our veterans ceremonies.

This training is geared for civilians, but veterans/active duty are encouraged to attend. We learn best by helping each other.

Topics covered:

- Why Capital Caring Health honors Veterans
- Why the bio is so important for Veterans Ceremonies
- How to conduct the interview in an effective manner so important information is captured. Sample questions to help guide the interview.
- Learn what a DD214 is & how it can help highlight veteran's service
- Learn basic military terminology & the various branches of service.
- How to compile information into a 1-2 page concise bio.

TWO SESSIONS OFFERED

(you may attend both if you wish)

THURSDAY JUNE 18 AT 11:00AM– 12:00pm

FRIDAY JUNE 19 AT 2:00PM– 3:00pm

REGISTER: kknoble@capitalcaring.org by 6/17/20

You will be provided the zoom link upon registration



Congratulations to Marissa Cassens

We take great pride in seeing our volunteers become employees! Marissa, formerly a UMW undergraduate Community Engagement/Bereavement Support Intern in Fredericksburg and subsequently a graduate Social Work intern at Halquist, was just hired as a Social Worker in our "float pool" upon graduation from GMU. Welcome to our staff, Marissa! We are grateful for your years of dedication to CCH!

Amazing things are on their way

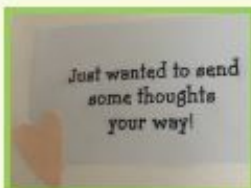
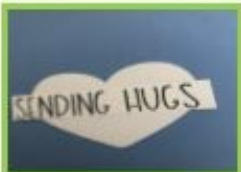
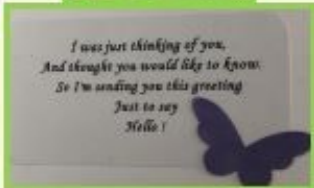


Jennifer Nelson

The Caring Crew
Capital Caring Health
Volunteers



Maryam Cowan



Alix Suggs



Reid Couch

Over the past couple of weeks, our giving volunteers delivered flowers to all the patients in the Manassas, Gainesville, Haymarket and Warrenton neighborhoods. Smiles and joy were all about!



Adler and Halquist volunteers assemble flower arrangements for Caring Crew deliveries to the patients and families at our inpatient Centers.

We are so grateful to our community partners that donate flowers to our hospice patients and families. We are seeking more businesses to partner with. Please share the word!

Dogs "Zoom", Too!

Our creative volunteers and staff provide virtual pet visits for our animal-loving patients and families. In this photo, our Fredericksburg and Richmond area Volunteer Manager, Corie Bacher, is sharing her sweet pups, Cooper (left) and Stella (right) with a child in our care. Clearly, the dogs loved this special visit just as much as the little one.

