

美華誌 CACCC Newsletter



美華慈心關懷聯盟
Chinese American Coalition
for Compassionate Care
www.caccc-usa.org

Intimate Conversations:

Heart to Heart® Café at Zen Hospice Project

As CACCC's new Project Coordinator, I joined Sandy Stokes and volunteers from San Francisco's Zen Hospice Project for a Heart to Heart® Cafe on July 10. We met inside an old row-house which had once been the last home for those who came here to die. Sitting at the table next to fellow volunteers, I was excited about using CACCC's Heart to Heart® cards for the first time. This is fun! Things began to get serious once Sandy instructed us to focus on the content of the cards. "What is going to be most important to me when I'm dying?"

This was a question I hadn't really asked myself in a concrete way. I was a little surprised, since I volunteer at a hospital and am often at the bedside of the seriously ill. I had certainly thought about death in an abstract way, especially while completing my doctorate in religious studies. Yet thinking about preferences for my own death was something totally different. As I discussed my preferences around death and listened to those around me,

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Upcoming Events

Oct. 2	Healthcare Professional Forum (Sacramento)
Oct. 5	Healthcare Professional Forum (San Francisco)
Oct. 6	Volunteer Training: Annual El Camino Hospital Patient Ambassador Service Volunteer Program (Mountain View)
Oct. 7	Volunteer Training: Heart to Heart® Café Facilitator (Mountain View)

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October Professional Forums

Proudly announcing our Healthcare Professional Forum: Compassion in Action. Tuesday, Oct. 2nd from 12:00-3:30 pm in Sacramento and Friday, Oct. 5th from 12:00-3:30 pm in San Francisco. Highlights include a panel discussion by experts in the field and renowned guest speakers. This educational forum includes lunch and is completely free! We offer 3 CE units. Register by Friday, September 28th to secure your spot:

- cacc-cia-oct02.eventbrite.com (Sacramento)
- cacc-cia-oct05.eventbrite.com (SF)



Lily Liu



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6 Benefits to Volunteering

The Mayo Clinic Health System lists six major benefits to volunteering:

- 1) Decreases risk of depression
- 2) Gives a sense of purpose and teaches valuable skills
- 3) Helps you stay physically and mentally active
- 4) Reduces stress levels
- 5) Helps you live longer
- 6) Helps you meet others and develop new relationships

Why do you volunteer? Tell us what inspires you to volunteer with CACCC. Send Chinese or English responses to info@cacc-usa.org. We will publish them in the next newsletter!



Sacramento Volunteer Support Group Meeting on August 4, 2018

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I was touched by how unique we all were. Each of us drew upon our life experiences to envision our deaths. One woman who worked as a labor and delivery nurse commented on how death is like giving birth—it involves immense amounts of pain. You never know how it will unfold, and it brings out the deepest parts of our being.

People shared that the dying experiences of family members taught them what they'd like to have in their own deaths, and what they would not like to repeat. The simple phrases on the cards prompted deep conversations about our dearest values. At the end of the Heart to Heart® Café, I was surprised at how intimate I felt with these perfect strangers who I'd met only an hour ago. Is this something I could repeat with my own loved ones?

I felt the importance of initiating conversations like this in our homes and among our families. How wonderful that these cards exist! The Heart to Heart® Café makes it easy and fun to talk about daunting topics like death. I hope that more people will have the opportunity to do this.



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Become a Patient Ambassador!

On Saturday, October 6th from 9:00-4:00 CACCC will train volunteers to be Patient Ambassadors for El Camino Hospital in Mountain View.

Learn how to provide culturally appropriate support to Chinese patients and their families!

Register by 9/28 at
www.evite.me/PWAAMAZU5n



Heart to Heart® Café Facilitator Training

On Sunday, October 7th from 9:00-4:00 CACCC is offering a training on how to be a Heart to Heart® Café Facilitator.

Please register by 9/28 at
<http://evite.me/98dBgP4aNd>