Charter for Sangha Care Committee

Mission: NDF SangaCare team members will orchestrate practical and spiritual support for Sangha members who need temporary or supplementary care during illness, surgery, or other critical events. This care will be provided by NDF members, or meditation teachers.

Vision: NDF Sangha members, both local and distant, will have access to compassionate care and spiritual support provided by NDF SanghaCare in a timely and consistent manner.

Values:
Compassion
Integrity and trust
Commitment to alleviating suffering
Connection among sangha members

Members of Sangha Care Committee
Jean Ashland
Terri Kreling
Maureen McGee
David Bayer

WHAT IS SANGHACARE? SanghaCare is a network of mutual support connecting NDF members who need temporary or supplementary care due to illness, surgery, natural disaster or other critical event, with other members who are able to meet those needs. Both practical and spiritual support is available.

Practical support includes, for example:

- Running errands
- Providing transportation to and from medical appointments
- Shopping for groceries or other necessities
- Companionship
- Preparing meals
- Walking a dog, feeding or otherwise attending to pets
- Call or write cards of care and sympathy

Spiritual Support/Care may include:

- Visit(s) by NDF meditation teachers and trained NDF sangha spiritual caregivers
- NDF Lamas are available for life threatening or critical care situations.
- Prayer vigils
- Meditation Circles (at the person’s home or health care facility)
WHO IS ELIGIBLE FOR SANGHACARE? Any member of NDF is welcome and invited to seek support from SanghaCare whenever it is needed. Please note that our policy is that the request for support should be made by the person in need or by someone on their behalf.

HOW DOES SANGHACARE WORK?

Requesting Support: Any NDF member can request short-term or emergency support by directly contacting Terri Kreling, the SanghaCare coordinator, either by e-mail to info@naturaldharma.org, by placing a written request (including name and phone number) in a box for that purpose at the entrance to the practice sessions, or by telephone at 617-714-5213. Requests can also be made electronically through the NDF website under: SangaCare where E-forms are available. (ja) Another member of NDF can also make a request for someone on their behalf.

When a request is received, the SanghaCare coordinator will work with the person in need to determine the best way to help. If the need is uncomplicated, the coordinator will arrange for it to be met with volunteers. A time limit of 2-4 weeks is available that care may be offered by the sangha. If the need is complex or likely to be for an extended time, the Coordinator may discuss the request with another sangha care committee member to determine if NDF is able to provide help. If it is determined that NDF can be of help, the coordinator will communicate with the person in need to set up services. When extended services are needed, the coordinator will direct the person to appropriate care website resources.

For practical care, the Coordinator will invite volunteers with relevant skills to sign up to provide particular kinds of support as needed. The volunteers will then contact the person in need to arrange the best way to provide the service. A volunteer care contact form will be provided to the volunteer to briefly document care provided that will be shared with the coordinator. For spiritual support/care, the coordinator will ask if there are certain people the member feels connected to that the coordinator might contact. The volunteer(s) will be requested to follow up with the Coordinator after providing services. A care/volunteer form will be provided for the volunteers to document when and what assistance was provided. A guideline sheet will be provided to each volunteer regarding considerations for boundaries of care and procedures to follow when concerns arise.

Providing Support: Any NDF member can volunteer for SanghaCare by filling out a SanghaCare volunteer registration form available electronically on the NDF Website or in hard copy on the information table at the weekly practice sessions. The form gives volunteers an opportunity to indicate the support(s) they can provide, the geographical area they can serve, and any other details they would like to offer. That information will be entered into the SanghaCare database, which will facilitate matching volunteers with members in need.

Members wishing to offer spiritual support will need to meet requirements determined by the SanghaCare committee. Written guidelines will be provided once a member has accepted a request to provide spiritual care for an NDF member.

WHERE IS SANGHACARE AVAILABLE? Members connected with the Sanghas in Cambridge, Vermont and New Hampshire have volunteered to offer SanghaCare in their areas. It is our hope that ultimately we will be able to serve any member who needs SanghaCare. SanghaCare needs and resources
will be reviewed on a regular basis and care provided will be adapted accordingly.