

If you missed our first Volunteer Monthly Cafe (team meeting), here's a quick synopsis of what happened, in our new and improved, four part get-together. Please join us for the next café on Monday, March 20th at 1 pm.

FORMATION It started out as a quick turn around the room to introduce ourselves, and turned into a wonderful half hour of finding out where everyone was from and what was new in their lives. Even knowing some "old timers" for many years, we discovered lots of new info, talents, hobbies etc. Monica filled us in on the new Culture and Values of NNPCN (see attached document).

INFORMATION We watched a GREAT! YouTube Video TED talk, called "What Really Matters at End of Life", a compelling personal account from Dr. B.J. Miller, a triple amputee who works as a Palliative Care physician in San Francisco. His outlook is fresh and uplifting after his many personal struggles. The link to the video is: <https://youtu.be/apbSsILLh28>.

EDUCATION Cheryl Gates, from the Centre for Pulmonary Rehabilitation attended to review Oxygen Therapy at End of Life, and the oxygen equipment we will come into contact with as Respite Workers.

GRATIFICATION This part of our new format is all about giving back to YOU, with something fun at the end of the meeting. This month Monica demonstrated the African tribal technique of Cafuné, a relaxation therapy of scalp massage. As the "guinea pig", Carol can tell you it was delightful; like a long and luxurious shampoo at the hair salon! To bring it closer to our Canadian "roots", we had a raffle and six attendees received hand-held scalp massagers as gifts to bring home. Lots more gifts and prizes to come at future cafes.

Alison Wilkes invited all to a "Death Cafe", on Wed. March 1st from 7-9 pm, in the reception room at the Motherhouse. Originally founded in Switzerland, this is an informal discussion group on many aspects of death and dying, lasts about 2 hours. If you are interested, please give Alison a call at the office.

Lana Richardson led us all through a relaxation breathing exercise called Budapest Loving Kindness, in a form of Qi Gong (pronounced Chee-gong).

See you March 20th!