

## Health Circle-July 28, 2013 Minutes

Getsuren, Luminous Heart, Heart Mirror, Pat, Myokai, Enju, Jiho

Sandeep, Visiting

# What is the process for approving Minutes?

**ACTION:** Enju will send out minutes and consider them approved if "No corrections" sent to Reply All are offered within one week.

# It was agreed that we will have twenty minutes of reading/reflection at each meeting. Getsuren spoke on Four Noble truths with regard to working with patients.

**ACTION:** \*Health Circle members will Email and Reply All any book suggestions and/or contemplations for future readings

\*Getsuren will supply article and Conemplations/Meditations pamphlet to Jiho to make digital copies for next meeting.

# Caring Net Flyer: Beautifully done, as designed by Getsuren and executed by Yudo.

# Website

**ACTION:** Enju will email Luminous Heart the link where her name was missing from Steward's list

# Can we print the Resources list from the UCLA GeroNet website?

**ACTION:** Enju will get permission to print the list

#Heart Mirror has a full list of email contacts for the Caring Net Volunteers.

# How do we define "caregiver support"? It was agreed that it means :Listening support to the caregiver. Therapeutic, not therapy.

**ACTION:** HM will recontact with a sangha member to talk about what the Caring Net can offer.

# Complete the volunteer template.

**ACTION:** Enju and Heart Mirror will meet after the meeting to complete the volunteer spreadsheet

# Can we serve people who need next phase of life discussions?

**ACTION:** For discussion at next meeting. People please think about this?

# How do we stay visible?? Water Wheel column, another Dharma Chat??

**ACTION:** LH will attend Day Group to see if HC can be quoted on the weekly mail-out

**ACTION:** LH will ask Roshi if the Health Circle can meet at 1:05 with members volunteering in the kitchen.

# NEXT MEETING on 8/25/13.