



How You Can Help



It takes a village

Just a few generations ago, death was considered a village-making event that brought people together like nothing else could. When someone was nearing the end of life, it was family members, friends, neighbors, co-workers, church congregations, and others who all pitched in to provide necessary care and support. Tending to the dying was understood as a normal, natural, and expected part of living in a community.

Today, caring for the dying is unfamiliar to most people. Typically, these responsibilities are left to specialists in institutionalized settings, separated from the daily lives of the general population. Unfortunately, this promotes discomfort with seeing, acknowledging, or even talking about death, which in turn, impacts negatively how we relate to one another within our most intimate circles and the greater community. Solace's response is to challenge the status quo. We not only wish to invite change, we want to implement it—but to do so, we need others to be involved. Here are some ways you can help:

Solace is rooted in the community and would not function without deep involvement of individuals and groups who share our belief that quality end-of-life care should be available to all people—including those who are often overlooked or forgotten.

Community, Comfort, & Care at Life's End

Become a donor

We are now ready to receive financial contributions needed to launch and support our program over time. Whether you are an individual, or represent a business, faith community, foundation, or other entity, we hope you will contribute generously to build the funds we need to renovate our new Solace Home property for use, cover mortgage costs, and support ongoing operational expenses of the Solace program. Details about our specific financial objectives and associated activities can be found on our website. The earlier we meet our goals, the sooner we can begin to serve those in need.

A "wish list" of additional in-kind donations for house furnishings, office supplies, food and sundries, clothing, and personal items for our guests will be made available soon.

We know this is a big ask—and we make it with humility and great respect for those who are fortunate enough to have financial resources to share. For more information, please send an email to donate@solacefriends.org, or call (608) 843-8191 to reach Joan Karan or Lynn Breedlove, our fund-raising committee chairpersons.



Join our team

The Solace Friends **Board of Directors** currently has eight active members, and we want to add more. We are particularly interested in expanding the diversity of our board, and welcome people of all ages, ethnicities, and life stories. If you would like to be considered for one of the open positions, we would love to arrange a meeting to explore further. Persons with expertise in the following areas are especially encouraged to apply.

- Cultural/racial diversity and inclusion
- Poverty and homelessness
- Prison populations
- Substance abuse disorders
- Mental illness
- Social work
- Real estate, zoning, building maintenance
- Fundraising and grant writing
- Strategic planning
- Legal matters
- Public relations and outreach

Our governance board provides leadership but can't do everything. **Working committees** are essential to our success. If you are interested in helping in any of the following areas, email info@solacefriends.org--we'd love to hear from you:

- Public relations and communications
- Community education and outreach
- Social media
- Newsletter
- Fundraising
- Finance
- Real estate
- Special events
- Operations and programming
- Volunteering
- Administrative support
- Diversity, equity, and inclusion

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Volunteer

Solace was founded by volunteers and will always depend heavily on the contribution of time and talent of others in all facets of our organization—from direct personal caregiving to helping with shopping, administrative tasks, education, and outreach, and more. For most of Solace's volunteer assignments, no special skills are required—just an open mind and heart, and the desire to help others when it is needed most. All volunteers will receive thorough training and ongoing support and all assignments will be based on individual interests and availability.



We need boots on the ground now. Even though our house isn't ready, it's not too soon to start building our team. To learn more about the many rewarding opportunities available at Solace, please email us at: volunteer@solacefriends.org, or fill out an application on our website at: www.solacefriends.org.

Following are some of the volunteer roles we anticipate needing to fill:

- Administrative services
- PR and communications
- Education and community outreach
- Special events
- Fundraising
- Direct caregiving
- Friendship assistants: Providing emotional and spiritual support and hospitality to residents and visitors through companionship, reading, letter writing, playing cards, and just being a caring presence
- Life review assistants: documenting residents' life stories
- Activities assistants: providing complementary therapies such as Reiki, massage, music, and more
- Pet therapy assistants
- Sitting vigil: Staying with and supporting residents during active dying
- Kitchen, shopping and meal prep
- Housekeeping
- Laundry
- Language interpreters
- Yard, garden maintenance
- Building maintenance
- Transportation and errands

Join our mailing list:

Please also sign up for news updates and announcements, including newsletters on our website at www.solacefriends.org. The more people that know about us the better—so please help to spread the word. If you're a Facebook user, we invite you to like our page and look for updates as we post them.

Become an Advocate/Ally

If you believe in what we are doing and want to do more to help, we are looking for allies that can help us build and maintain a strong network of alliances throughout our community. If you are already doing work in end-of-life care, homeless services, or any capacity you think might support our effort, we'd love to hear from you. There is much to do and it's likely that there are many ways to help that we have not yet identified. If one of the categories above doesn't spark your interest, we invite you to share any ideas and insights you think might be helpful.



Attend an Event

Whether for fundraising, friend raising, training, or commemorating, we expect special events of all sorts will help to generate awareness and strengthen relationships throughout our community. Our first gatherings will likely focus on education and outreach, volunteer recruitment, and raising money for our home. Down the road, we envision many other opportunities to learn and celebrate together. We'd love to have you join us, so please sign up on our mailing list to be sure you receive invitations. We can always use help with planning and hosting too, so give us a call if you'd like to serve on one of our special events committees.

Solace Friends, Inc., (Solace) is a nonprofit organization working to bridge the existing gaps in end-of-life care services for terminally ill people in Dane County. Our mission is to provide a place of compassionate, safe, comfortable presence, and caregiving to our community's most vulnerable people as they face the end of their lives. Our goal is to create and maintain a community supported Social Model Hospice Home where underserved individuals receive secure housing and personal support otherwise unavailable to them.

Too many of our community's most vulnerable citizens suffer needlessly as they die. They include those who are experiencing homelessness or housing insecurity, extreme poverty, mental and emotional health issues, substance abuse disorders, social isolation, and neglect. Solace will not only ensure that basic human needs such as shelter, food, hydration, and hygiene are met, the people we serve will receive comprehensive person-centered care that nurtures bodily comfort, emotional, social, and spiritual wholeness, and individual dignity at the end of life.

For more information, please visit: www.solacefriends.org

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