



Zen Caregiving Project



2022

Impact Report

Message from the Executive Director & Board President

Dear Friends,

As we at Zen Caregiving Project reflect on 2022, we are grateful for the generous outpouring of support from our donors, our organizational partners, and our steadfast and resilient volunteer caregivers. The strong support of our community enables us to translate our mission into action.

As we begin to talk about the COVID-19 pandemic in the past tense, we see that it placed the challenges of caregiving into an extraordinary spotlight. We have been reminded of the emotional and physical toll addressing the needs of patients imposed on devoted caregivers. While we have long recognized the importance of emotional support for caregivers of all kinds, one positive aspect of the pandemic has been widespread acknowledgement that more needs to be done to support a crucial piece of our healthcare system: namely, paid and unpaid caregivers.

We are doing more. 2022 was a year of internal capacity building to extend our organization's impact. We worked hard to strengthen and expand our volunteer caregiver program. We refined our Mindful Caregiving Education curriculum and structure. And we established an evidence base substantiating the positive impact our online caregiver course has on caregiver wellbeing. 2022 also brought new and important partnerships allowing us to reach more caregivers.

Our staff, volunteers, and board members look forward to another year of growth serving persons in need locally and beyond. Thank you for your commitment to our work these past few years, and for joining us on this journey. We hope the following report offers a mirror reflecting your part in fulfilling our mission to nurture caregivers and those they care for by teaching skills rooted in mindfulness and compassion while fostering connections. Without supporters like you, these are simply well-intentioned words.

With gratitude,



Roy Remer
Executive Director



Chris Panos
President of the Board

Our Mission

Zen Caregiving Project's mission is to nurture caregivers and those they care for by teaching skills rooted in mindfulness and compassion while fostering connections.

Our Vision

A world in which every person is well cared for and valued.

Our Values

We see caregiving as a meaningful and deeply human activity.

Mindfulness

We practice being with things as they are, without judgment.

Compassion

We are committed to witnessing and meeting suffering with an open heart.

Connection

We welcome all persons to heal through deep connection and community, based on shared humanity.

Service

We believe that serving others is a meeting of equals and is mutually beneficial.

Universality of Loss

We recognize and accept that the experience of loss is universal and unites us in shared vulnerability.

Spirituality

We are rooted in the Zen Buddhist tradition, teaching that all beings are united by their dependence on one another.



Board of Directors

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Executive Director

Sarah Bain
Chief of Staff

Lev Saeybin
Operations Manager

Alistair Shanks
Volunteer Program Manager

Mary Doane
Supervising Instructor,
Education Programs

Zen Caregiving Project Impact

Volunteer Program Impact

480 volunteer visits

3,641 hours contributed by ZCP volunteers

20 new volunteers trained

Mindful Caregiving Education Impact

116 sessions run

40 of these were offered free to the public

1,447 people attended a ZCP session



Session participants who answered our evaluation survey reported the following:

100%

said the sessions were Good or Excellent

97%

felt the sessions helped them see how to use mindfulness in caregiving activities

93%

said the sessions would improve the care they gave to others

"I found the course inspiring as well as educational. It will change my caregiving practices for the positive, as well as helping me with my own personal growth." – Lupito M.

"The course was inspiring. I learned and relearned many skills and processes. It was supportive and taught with care and love." – Maria H.

Volunteer Caregivers Program

In 2022, the New Volunteer Training returned after a pause due to the pandemic. Twenty people took the 40-hour training which ran over two weeks. Volunteers will serve weekly on the Palliative Care Ward of Laguna Honda Hospital, San Francisco.

In-person volunteer visits continue at Laguna Honda Hospital, with 480 Volunteer visits completed and 3,641 hours contributed by ZCP volunteers in 2022.

This year also saw the kick-off of a pilot project in which ZCP volunteers visit residents of The Cadillac Hotel, a single person occupancy hotel in the Tenderloin. Alistair Shanks, ZCP's Volunteer Program Manager, shares more about the project:

The streets of San Francisco's Tenderloin district can appear to be a cacophony of poverty and human suffering. For some, with nowhere else to go, the street is their home. Others live in small rooms in single person occupancy (SRO) hotels, like The Cadillac Hotel.

The Cadillac Hotel has huge diversity among its residents. Of the 150 rooms, 75% of the population is over the age of 55, 43% are Spanish speaking, and almost half are undocumented. Some work regular jobs and go out every day, and some rarely leave their rooms. Some persons are disabled and some show no physical indication of poor health but bear the scars of trauma, addiction, and mental health struggles. And they all have stories: colorful, astounding, and heartbreaking stories.

Since September of 2022, in collaboration with Curry Senior Center, Zen Caregiving Project (ZCP) volunteers have been going to the Cadillac every Friday to provide emotional and social support for the residents living there. The intention is to also be able to provide palliative support for residents who are ill and wish to die at home in their room, but the first step is getting to know the residents, gaining their trust, and becoming familiar with the culture of the hotel. ZCP volunteers listen; they are witnesses to whatever the residents want to share about themselves and their lives.

There are currently 20 volunteers serving weekly at The Cadillac Hotel, and we hope to expand the program in the coming years to provide companionship to more residents.

Mindful Caregiving Education

Mindful Caregiving Education (MCE) are sessions and courses that introduce caregivers to practical, mindfulness-based approaches and tools to help build their emotional resilience and reduce stress and anxiety. ZCP offers a course for anyone interested in learning more about Mindful Caregiving.

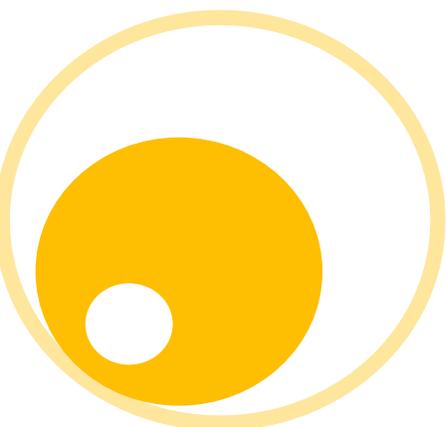
CAREgiving

CAREgiving is our six-part, drop-in series on mindful caregiving. The sessions are designed to fit the busy schedules of caregivers: each session is only one hour, and they are drop-in so that caregivers don't need to commit to attending all six sessions. Alongside the CAREgiving curriculum, we have also designed a Train-the-Trainer (TtT) package, which teaches individuals to deliver CAREgiving to caregivers in their communities.

Our initial pilot of CAREgiving was run in 2021 with San Francisco General Hospital. There we trained four new facilitators to deliver the CAREgiving course to family caregivers. One of the Facilitators we trained, Dennis Gallegos, works for Homebridge, a non-profit that has small teams of in-home caregivers and that also provides training to family caregivers. In 2022, Dennis lead two CAREgiving series (twelve sessions total) for Homebridge, teaching a total of 151 caregivers. Of the 99 caregivers that filled in evaluation surveys **100% felt the training would improve the future care they gave and 99% would recommend the course to someone else.**



This is a promising start to our first Train-the-Trainer program and in the coming year we hope to partner with more organizations to train staff as facilitators, creating a sustainable way to expand the reach of our work and support more caregivers.



Client Partners

In 2022, we have brought our Mindful Caregiving Education to the following client partners in the forms of custom courses and train-the-facilitator courses.



H O M E B R I D G E

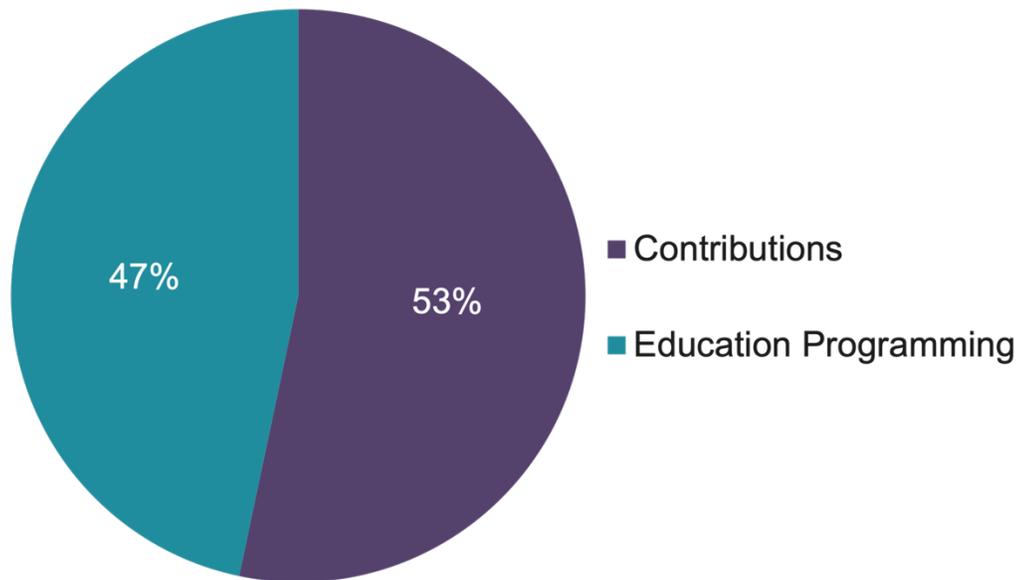


UCSF Weill Institute for Neurosciences | Department of Neurology

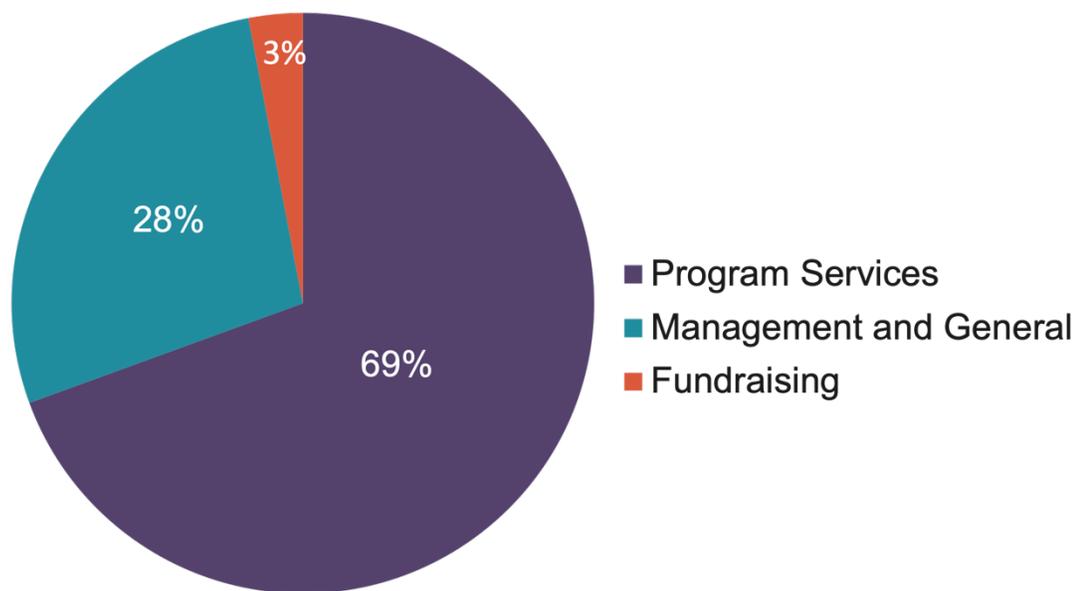
ZCP Annual Financials

For the year ending December 31, 2022

ZCP 2022 Revenue Breakdown



ZCP 2022 Expense Breakdown





Zen Caregiving Project

For any further information please contact sarah@zencaregiving.org and see our website at www.zencaregiving.org.



Every session was interesting and thought-provoking and enabled me to walk away having learned something new.”