

volunteer vibes



MEET OUR NEW VOLUNTEERS!

HAMPTON
BARRINEAU



SOFIA CASTRO



FOOD DRIVE

Our service project this quarter was a food drive for Neighborhood Cooperative Ministries, and we donated three SUV-full loads of food. The Purple Team was declared the winner and earned a lunch as a prize.



GREG OLSEN



MEGAN WILEY



SAVE THE DATE!



April 21, 12-1 pm

Capstone Office is hosting Guest speakers Venerable Michael and Venerable Nick

Learn about meditation techniques for stress and pain relief

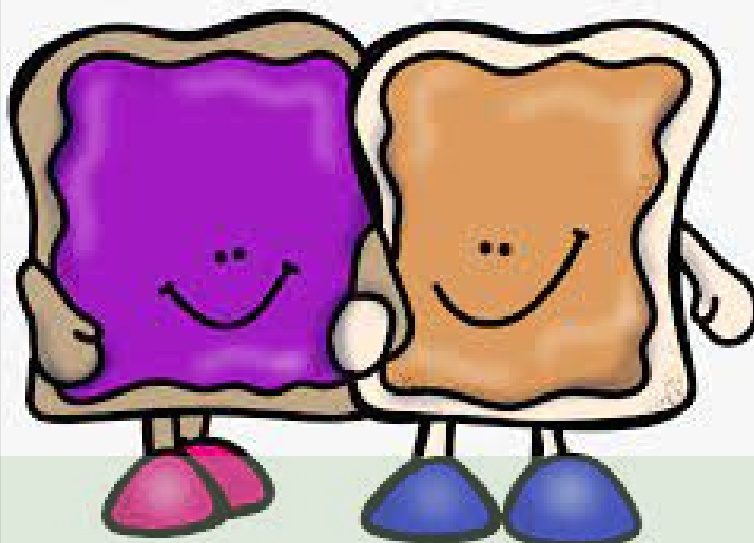
Note: please plan to eat lunch earlier or later than the event

UPCOMING:

THE PB&J MAN

Spend a morning in the office to help assemble lunches for those in need.

Details coming soon!



Please contact
Jama Cochrane,
Volunteer Coordinator at
jcochrane@capstonehospice.com
with your volunteer
requests, ideas, and needs!