

## Create a CareGifting Circle

A CareGifting Circle is a ring of support formed around a friend. Below is a sample of how to organize a circle. This one is filled out for a friend who is having daily radiation therapy treatments.

Background - Sally has just finished a chemotherapy regimen and previously had surgery. Because friends have stepped up to help with many household tasks, Sally and her family are able to have some much needed "down time" and enjoy family time together without as much stress from trying to keep up with daily tasks.

Use the blank calendar on the following page and fill in for your friend's specific situation. Or, edit the table below. This can be e-mailed to friends who are interested in joining the circle, or printed and passed around. Ask people to sign up where they can and be sure to always coordinate with the family.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Provide meals: • Lunches for kids • Dinner	<i>Rachel</i>	<i>Jeff</i>	<i>Beth</i>	<i>Kerry</i>	<i>Stan</i>	<i>Brian</i>	<i>Jane</i>
Take children to school	<i>Jennifer</i>	<i>Audrey</i>	<i>Jennifer</i>	<i>Audrey</i>	<i>Brian</i>		
Pick up children from school	<i>Lee</i>	<i>Lee</i>	<i>Lee</i>	<i>Sydney</i>	<i>Sydney</i>		
Drive Sally to treatment	<i>Margot</i>	<i>Cooper</i>	<i>Margot</i>	<i>Brian</i>	<i>Brian</i>		
Grocery shopping							<i>Teresa</i>
Light house-cleaning (1 hour)						<i>Jeff</i>	
Do laundry		<i>Jessica</i>				<i>Mona</i>	
Help with yardwork							<i>Tim</i>
Water houseplants			<i>Bonnie</i>				

