

Dear Possible Volunteer

Hello. This letter is an invitation to you to be part of a project of service in our community by participating as a Volunteer Licensed Acupuncturist for a 2 hour commitment once a month or so. We initiated an Auricular Detox Program in November, 2010 in conjunction with an existing on-going successful Rehab program in downtown Durham, at CAARE, Inc. at 214 Broadway, (a block from the Farmer's Market.) The "Matrix Program" is a 16 week rehab program in a non-denominational setting where clients are attended-to with comprehensive attention on a daily basis. There are 2 daytime and one evening Matrix groups. There are also extensive services for Veterans and other people in need in our community. Our program is one spoke in the wheel of the holistic care offered to the clients.

See CAARE-Inc.org.

The format of this program is to have auricular acupuncture sessions for the community, Veterans and clients in the rehab program, offered 1:30-3:30 each day (3 days/week.) There is no charge to the clients. We use the standard 5 ear point (bilateral) NADA detox protocol. All the Licensed Acupuncturists are volunteers. The program is offered at CAARE Inc. at this time, and they have their own staff, both paid and volunteer, with a number of on-going inspiring, comprehensive programs and services on-site and in the community.

We have no meetings and administrative tasks for the Acupuncturists, so after a brief orientation, you are able to start treatments. We have the ear treatment protocol for clients sitting together in one room where they sit quietly, meditate, relax for ~45 minutes; the ear needles are then removed, we answer any questions, log in the clients and any comments; and then leave within 2 hours. The Acupuncturists occasionally do demo's and presentations for the clients in the Matrix program, with good results.

We started with a simple straightforward auricular acupuncture program as mentioned. We'll see what happens over time and how the program grows and morphs. The costs of this program have been minimal, and that may help the viability of an on-going successful program where we can help make such a difference in the lives of the clients.

The success of the on-going program has evolved as we build community over time with the CAARE staff, with the clients, and with each other. A key piece has been to have enough Acupuncturists to commit as volunteers. So we ask everyone to show up for at least one 2-hour shift per month, and be responsible for trading your own shift if necessary at times. We've seen many Acupuncturists volunteering more time as they develop relationships with the inspiring and dedicated staff of CAARE, and that's been helpful. We

hope to soon have an on-line schedule available for the Acupuncturists to fill in the shifts you can do for 2-3 months in advance.

There is a file of written material from several sources, including Acupuncturists Without Borders, and the NADA auricular protocol. We also have an excellent 30 minute DVD from NADA available to watch. You may also have material to add to this.

Some of the folks who have collaborated to start this program are:

Sharon Elliot Bynum, RN, BS, PhD, Executive Director and co-founder of CAARE, Inc.

Judith Brooks, L.Ac., L.M.T.

Joe Pfister, L.Ac., M.Ac., M.Div.

Lilan Hsiang-Weiss, L.Ac.

Leslie Love, Holistic Director

Lori Fendell, L.Ac., P.A., MPH, Acupuncture program director

Larry Burk, M.D.

Richenel (Muz) Ansano, MA, Medical Anthropologist, co-creator of the program.

Other Volunteers are here now as well.

Please contact Leslie or Lori with comments, commitments and questions at:

Lori Fendell: lorifendell@gmail.com 919-286-0662

Leslie Love: nccadillac@aol.com 919-949-2723

Peace and blessings,

Lori Fendell

Leslie Love

p.s. if you know of other Acupuncturists who would be interested in this, please pass this email on.