

Fellowship Care & Support Team

The Fellowship Care & Support Team (FCST) serves the mission and vision of the Unitarian Universalist Fellowship of Corvallis by providing pastoral care in our congregation. This includes help and support to persons and families who are in transitions due to illness, death, changing relationships, and other emergent situations. It includes helping to celebrate the joys and silver linings of these same situations, and more.

Members of the FCST are trained listeners. They do not represent themselves as licensed, clinical, counseling, or medical service providers while providing services for the Fellowship, regardless of any licensure which they may indeed hold. FCST services are not intended to replace professional, medical, clinical, social or protective services or interventions. Generally speaking, the care and support we provide is focused on emergency and short-term needs. We work in conjunction with the minister(s) and Care & Support team coordinators, and Fellowship volunteers to follow up on joys or sorrows expressed in Sunday worship, or through other Fellowship connections.

The Fellowship Care and Support Team aims to provide:

Listening Companions

Members of the Fellowship Care & Support Team are trained to listen actively without judging, advising, or interrupting. We work from the premise that people can and will find their own answers. When might someone request a listener? Perhaps when feeling out of sorts and missing enthusiasm for life. When struggling with a relationship--with a family member, a co-worker, a good friend. When overwhelmed and discouraged by justice work that must be done. When grieving the loss of a loved one, pet, job, health & strength. Any situation in which being heard makes a difference.

Memorial Service Receptions

The Memorial Service Team coordinates with families to plan a reception at the time of a Fellowship memorial service. Set-up, cleanup, and basic refreshments (cookies, fruit/veggies, coffee, tea and punch) are provided by the team. Families are welcome to help provide other food, drinks, and decoration if they wish to.

Food and Meals

The Care and Support team coordinates other Fellowship volunteers for the short-term delivery of food and meals to persons and families in need of this support.

Cards and Notes and Calls

The Care and Support Team coordinates the writing and sending of cards, notes and calls to mark sorrows and joys, and to provide outreach and companionship.

Shawl Ministry

The Shawl Ministry knits and crochets shawls and scarfs and coordinates their delivery to persons and families as needed, as another form of outreach and companionship.

Other Short Term Supports

When volunteers are available, the Care & Support team can help coordinate:

- ~Transportation to school, medical/clinical appointments, grocery/food/farmer's market shopping, veterinary appointments, therapy, funeral and death services, financial/banking sites, pharmacy, church, 12-step programs, and the library. Transportation for minor children requires 2 unrelated adults to be present in the vehicle with child.
- ~Visits for social and emotional support
- ~Grocery or prescription pick-up and delivery
- ~Grass cutting, snow removal, leaf raking/ removal (once a week)
- ~ Light housework, help with laundry
- ~ Dog walking

The Care and Support Team Cannot Provide

- ~Medical intervention (including administration of medications, dressing changes or wound treatments, dialysis, insulin administration, glucose testing, or diagnostic services)
- ~Toileting or bathing assistance
- ~Lifting or transferring assistance for persons with limited mobility
- ~Counseling
- ~Major home repairs or demolition

Financial Assistance

Financial assistance is available to Fellowship members through the Emergency Aid Fund, according to the criteria for this fund. (Aid given once per year per individual or family, up to \$500). Appropriate uses for Emergency Aid include housing, utilities, medications and wound treatment supplies, food, essential appliances, gas or fuel, emergency transportation, costs related to medical treatment or death. Requests may be made privately to the Minister or the Care & Support Team coordinators.