

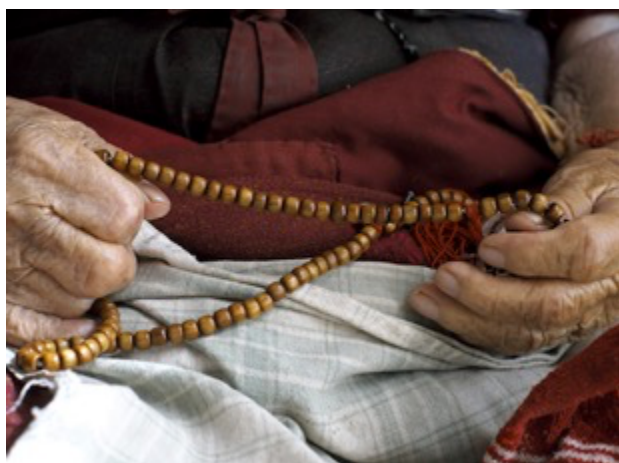
# Tibetan Nuns Project

## HOUSING FOR ELDER NUNS



### TIBETAN NUNS PROJECT

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### Please help provide safe, comfortable rooms for elder nuns at Dolma Ling Nunnery

The Tibetan Nuns Project was founded almost 40 years ago in 1987. The nuns are aging, some are ill, and they need suitable accommodation. The Dolma Ling nuns have asked for your help to build 20 double rooms to house 40 older nuns in a purpose-built two-story building. The aim is to create a comfortable living space for older nuns while fostering their sense of community and caring for each other.

*Ani Rigzen is one of the elder nuns at Dolma Ling, carrying with her years of quiet devotion and peace. She said, "I escaped Tibet after torture took everything from me, my family, my home, my culture. Even now, with failing eyesight and constant pain, I carry those scars. Dolma Ling is my only family, the only home I have left. With your support, a senior home here would mean I could spend my last years with dignity and peace, surrounded by my sisters. This would be the greatest gift of my life."*



This special building will:

- Be wheelchair accessible on the ground floor
- Have low-rise stairs for those who have difficulty climbing stairs
- Have slightly larger rooms than the regular dormitory rooms
- Have a private bathroom for each room with handrails and a Western-style toilet
- Have a small kitchenette in each room
- Be equipped with an alarm bell system for vulnerable nuns

Thanks to generous donors, the foundation has been funded so now we are raising funds for the rooms.

The cost for the 4,900-square-foot building also includes:

- Architects' fees
- All furnishings
- All Permits
- Plumbing
- Landscaping

Ani Rigzen said, "As I grow older, my health weakens, my eyesight fails, my body aches, and even using the toilet has become a struggle. Many of my sisters are in their 70s and 80s, facing the same hardships. A proper senior home would transform our lives, giving us safety, and dignity in the years we have left."



*The elder nuns currently use Indian-style squat toilets with the aid of potty seats for support. Access to Western-style toilets would greatly ease their daily lives.*

The nuns have dedicated their lives to preserving and sharing the Buddha dharma and Tibet's rich culture and religion. They have endured trauma and great suffering in escaping from Tibet and losing their homeland. Their lives as refugees leave them very vulnerable. As they age, the elder nuns have a number of special needs and mobility issues, but they remain an important source of inspiration and guidance.

**Total budget: \$657,000**

**Provide a forever space for generations of nuns:  
\$16,425**



*Ani Tashi Yangzom, aged 77, rests quietly in her humble room. She lives with another nun while finding strength and serenity in her daily routine. Our goal is to provide purpose-built housing for 40 elder nuns.*

**TO HELP BUILD SAFE, COMFORTABLE ROOMS FOR ELDER NUNS YOU CAN  
Donate online at [tnp.org](http://tnp.org) or mail a check to the US address above.**

*Please consider a gift in your will to the Tibetan Nuns Project.*