When FriendshipWorks was established over 33 years ago, the vision was simple: caring individuals like you would get together to create programs that match isolated elders with volunteers from different generations, faiths, genders, and races. These matches would reduce social isolation, enhance quality of life, and preserve the dignity of older adults in Greater Boston. This guiding principle propels us to seek new and innovative ways for this vision to manifest itself. Over the past several years, FriendshipWorks has expanded its expressive arts programming to reignite the imagination of elders in fun and friendly ways.

These programs—MusicWorks, Relaxing Through the Arts, and The Missing Piece Project—work with groups of isolated elders, encouraging interactions among participants, and inspiring creativity.

FriendshipWorks elder Solivert greets a lively classroom of 20 kindergartners at the Gardner Pilot Academy in Allston, MA—“Hello, everyone! Are you having fun today?” He is there with other FriendshipWorks elders and Allston/Brighton Program Director Samantha Cowan, to lead a 5-week summer art class—Gardening and the Arts.

Each week, Solivert helps set up the day’s art project. They are all gardening themed, such as painting flower pots and using cut vegetables as stamps. He weaves among the tables of students, answering questions, refilling paint trays, and chatting with the talkative and eager kindergartners about their works of art.

Solivert wasn’t the only one who benefitted from this class. The children got to develop their own artistic skills, while interacting with older adults on a regular basis. This is something that not every kindergartner has the opportunity to do.

“I had a lot of fun. I like coming to things like this, because otherwise, what am I doing? I am sitting at home and doing nothing. And the kids, they are excited and it’s good to be around them.”
Artistic expression is also good for the brain. We know that the Arts—with a capital “A”—music, poetry, you ever experienced happy feelings when a familiar song 2 For this reason, it brings me great joy to share with you 2 2 For elders living with increased frailty, there may be 2 2 In this issue, you will learn about a special collaboration 2 2 Several elders shared with us the impact MusicWorks participation has had on them: 2 2 We are not stopping there. Your support has allowed us to 2 2 For elders living with increased frailty, there may be 2 2 Artistic expression is also good for the brain. Neuroscientists have shown that the arts improve brain function by creating new pathways and stronger neurological connections. Art helps the right and left hemispheres of the brain talk to each other, improving overall cognition. Playing music with others, or enjoying music together, increases brain hormones responsible for pleasure and for relational bonding and trust. 2 2 For this reason, it brings me great joy to share with you that our long-held vision of adding the arts as a component of our work has come to fruition. You have supported FriendshipWorks and helped provide resources that now offer elders opportunities to use the expressive arts to spark their creative imagination. 2 2 In this issue, you will learn about a special collaboration between FriendshipWorks and Goddard House that enabled us to develop a unique music program, MusicWorks. Your excitement about this program matches our own. It is enlightening to discover that MusicWorks' one-on-one matches and group sessions are building community and connections through singing, playing musical instruments, dancing, and creating art. 2 2 Several elders shared with us the impact MusicWorks participation has had on them: 2 2 We are not stopping there. Your support has allowed us to 2 2 For elders living with increased frailty, there may be 2 2 Artistic expression is also good for the brain. Neuroscientists have shown that the arts improve brain function by creating new pathways and stronger neurological connections. Art helps the right and left hemispheres of the brain talk to each other, improving overall cognition. Playing music with others, or enjoying music together, increases brain hormones responsible for pleasure and for relational bonding and trust. 2 2 For this reason, it brings me great joy to share with you that our long-held vision of adding the arts as a component of our work has come to fruition. You have supported FriendshipWorks and helped provide resources that now offer elders opportunities to use the expressive arts to spark their creative imagination. 2 2 In this issue, you will learn about a special collaboration between FriendshipWorks and Goddard House that enabled us to develop a unique music program, MusicWorks. Your excitement about this program matches our own. It is enlightening to discover that MusicWorks’ one-on-one matches and group sessions are building community and connections through singing, playing musical instruments, dancing, and creating art. 2 2 Several elders shared with us the impact MusicWorks participation has had on them: 2 2 We are not stopping there. Your support has allowed us to 2 2 For elders living with increased frailty, there may be 2 2 Artistic expression is also good for the brain. Neuroscientists have shown that the arts improve brain function by creating new pathways and stronger neurological connections. Art helps the right and left hemispheres of the brain talk to each other, improving overall cognition. Playing music with others, or enjoying music together, increases brain hormones responsible for pleasure and for relational bonding and trust. 2 2 For this reason, it brings me great joy to share with you that our long-held vision of adding the arts as a component of our work has come to fruition. You have supported FriendshipWorks and helped provide resources that now offer elders opportunities to use the expressive arts to spark their creative imagination. 2 2 In this issue, you will learn about a special collaboration between FriendshipWorks and Goddard House that enabled us to develop a unique music program, MusicWorks. Your excitement about this program matches our own. It is enlightening to discover that MusicWorks’ one-on-one matches and group sessions are building community and connections through singing, playing musical instruments, dancing, and creating art. 2 2 Several elders shared with us the impact MusicWorks participation has had on them: 2 2 We are not stopping there. Your support has allowed us to 2 2 For elders living with increased frailty, there may be 2 2 Artistic expression is also good for the brain. Neuroscientists have shown that the arts improve brain function by creating new pathways and stronger neurological connections. Art helps the right and left hemispheres of the brain talk to each other, improving overall cognition. Playing music with others, or enjoying music together, increases brain hormones responsible for pleasure and for relational bonding and trust. 2 2 For this reason, it brings me great joy to share with you that our long-held vision of adding the arts as a component of our work has come to fruition. You have supported FriendshipWorks and helped provide resources that now offer elders opportunities to use the expressive arts to spark their creative imagination. 2 2 In this issue, you will learn about a special collaboration between FriendshipWorks and Goddard House that enabled us to develop a unique music program, MusicWorks. Your excitement about this program matches our own. It is enlightening to discover that MusicWorks’ one-on-one matches and group sessions are building community and connections through singing, playing musical instruments, dancing, and creating art.
Participating in this class cultivated a sense of respect and compassion for the older adults working with them, and the elders gained a sense of purpose and connection.

Most of the drawings, paintings, and other crafts will eventually be lost. However, the students’ experience of creating the art alongside the friendly smiles and helping hands of elders will hopefully remain with them much longer, shaping how they will care for elders in the years to come.

Bernice’s MusicWorks Surprise Birthday Party!

At a recent MusicWorks group in Jamaica Plain, resident and recipient Bernice celebrated her 82nd birthday with friends, caring community members, and lively music. As a surprise, Bernice’s volunteer match Sue attended, and FriendshipWorks staff provided cake, ice cream, and party favors. Among the many songs sung by the group, “Happy Birthday” was perhaps the loudest and most enthusiastic. It was a truly special day for this extraordinary woman, who has attended group music from its inception and rallies other residents to attend as well.

Mary and The Twist

At Jamaica Plain’s Julia Martin House, elder Mary requested the song The Twist during the music group gathering. Alfredo, a popular MusicWorks volunteer, began playing the upbeat song. Mary asked staff to help her up, walked to the front of the room, and surprised onlookers when she began doing The Twist. Alfredo joined in on the dance while he continued playing. Mary is someone who has faced many health obstacles, so her excitement, resilience, and dance skills were an amazing thing to witness. Music...Works!
Living Our **VISION & Making a **DIFFERENCE

**Mental Wellness & Elders**
As a member of the Mental Wellness taskforce at the Allston/Brighton Health Collaborative, FriendshipWorks Neighborhood Director Samantha Cowan helped craft a half-day of training about motivational interviewing. This was designed for community-facing professionals in Allston/Brighton who may encounter exchanges with residents that can be difficult to navigate, particularly when a resident is struggling with mental health.

**Community Building in Roxbury**
South End/Roxbury Neighborhood Director Magda Mohamed joined Neighbors4Neighbors (#N4N), and participated in neighborhood clean-ups and community meetings in Roxbury. This community involvement offers her the opportunity to recruit volunteers, build trust in the neighborhood, and learn more about the unique concerns of Roxbury residents.

**Medical Escort Transportation Addition**
The FriendshipWorks Medical Escort Program has partnered with Boston Senior Shuttle (BSS) to help transport elders who are enrolled in our program. Medical Escort Coordinator Matt Bettis believes that this will greatly help seniors who are unable to set up transportation on their own, or do not meet eligibility for other transportation options. BSS will also refer unescorted elders to FriendshipWorks, so they can acquire a medical escort volunteer to help them safely reach their medical appointments.

**Symphony in the Park**
Jamaica Plain/La Cadena de Amistad Neighborhood Director Lillyana Hebert coordinated a partnership between FriendshipWorks, Boston Public Stage, and The Commission on Affairs of the Elderly, to live stream a Boston Symphony Orchestra rehearsal, *Symphony in the Park*. Lillyana accompanied the elders, who were provided with free transportation to the event. The elders enjoyed a memorable day of beautiful music, laughter, good company, and pleasant weather.

**PetPals Educates Conference Attendees**
A PetPals volunteer and her dog, Zipi, along with PetPals Coordinator Janet Hirsch, represented FriendshipWorks at the 2017 DPharm Conference in Boston. This provided a wonderful forum to educate attendees about our work with elders. It was also a great opportunity to recruit potential volunteers. Many people stopped by during session breaks to pet Zipi and speak with her owner. Zipi’s wagging tail and spunky personality brought fun, relaxation, and comfort to the attendees at the busy Conference.

**Tele-Friend Initiative**
FriendshipWorks has partnered with the Dorchester Irish Pastoral Center (IPC) to develop a Tele-Friend initiative, designed to reach out and support isolated elders. IPC volunteers who are part of their Senior Connect Program check in weekly by phone with 25 FriendshipWorks elders, managed by Friendly Visiting Coordinator Bryan Perkins. These calls provide social support and reassurance to the elders, including those waiting to be matched with a long-term Friendly Visiting match.

**Building Collaborations**
Participating in numerous weekly and monthly activities in Boston neighborhoods, including Charlestown, South Boston, and East Boston, Friendly Visiting Coordinator Jennifer DeLorey is forging strong community connections. Activities include participating in campaigns against elder abuse, attending Memory Cafes, and serving on an elder task force through South Boston Neighborhood House. As a result, Jennifer is able to expand volunteer opportunities, build trust, and create a more robust FriendshipWorks presence in these parts of Boston.

**IMAGINE This...**
Since early spring our special focus has been on elders in nursing homes. Many nursing home residents say they are lonely, and many receive no visitors. Research has shown that the expressive arts, such as music, collage, and poetry, connect elders to each other through shared experiences in these mediums.

In a recent nursing home group session of Relaxing Through the Arts, the focus was autumn leaves. Resident participants looked through photos of colorful leaves, and each chose a favorite, which was mounted on card stock. The residents then took turns reading haiku poems; once again, each person selected their favorite, which was added to the card stock.

Memories the residents have about autumn leaves and the feelings they produce were shared, and after each session the residents kept the leaves/haiku collage they created as a way to remember the group and to look forward to the next meeting.

Why haiku? Haiku are short poems that are easy to make and to understand, yet also complex in that they offer us a deep engagement with the natural world and with our past and present experiences. And they are also fun to read! Using the beauty and simplicity of this Japanese form, now very popular in the United States, is a wonderful way to express thoughts about nature and our relationship to it.

Examples of haiku poetry:

- **falling leaves**
  - Bursting colors
  - like fireworks
- **falling leaves**
  - I can smell
  - their crunch!

In the Relaxing Through the Arts groups, haiku are read and also created. Writing together brings the group members closer to each other, and to the natural world they remember and imagine. Each session has a different topic and a variety of activities that involve simple haiku poetry and art.

Some groups include storytelling about past adventures and written works from the writers in the group. Others focus on composing poems that bring forth a shared experience of sights, sounds, and smells. We look forward this season to dried lavender blossoms, the smells of cinnamon and cloves, and the sight of colorful leaves.

**Imagine. Dream. Create.**
Chances are you treasure your childhood memories of birthdays and holidays. The anticipation, the mystery, and the magical feeling of receiving a wrapped present—these all tend to bring nostalgia and positive memories of family and friends. When we grow up, we can also find a similar magical feeling through the simple act of giving. The joy and fulfillment in helping others can be far more powerful than you could have imagined possible.

At FriendshipWorks, there is something overwhelmingly gratifying and “magical” in witnessing isolated elders unwrap the gifts of your friendship, time, energy, and financial resources. Thank You!

Financial Support
FriendshipWorks’ ability to grow its programs and increase vital elder volunteer services is dependent on the generous financial support of caring individuals like you.

Please join us as our partner, helping us fulfill our mission to reduce, and eventually end, social isolation for elders in Greater Boston and Brookline.

Be sure to check your mail next month for an exciting opportunity to make twice the impact with your special gift, made by December 31, 2017.

Will you accept the “Challenge?”
www.fw4elders.org/donate

Monthly Giving Program
As a Best Funding Friend (BFF) your recurring monthly gifts quickly add up and help provide additional resources for our programs.

But don’t just take our word for it:
“I became a monthly donor because it’s really easy. I set it up once and don’t think about it again. It fits into my budget and best of all, I feel like I am doing my part to help end elder isolation, one month at a time; join me and be a FriendshipWorks BFF too!”
- Mark (proud BFF donor)

Volunteer
Your impact as a FriendshipWorks volunteer is felt in so many ways by elders we serve—through simple conversation during a walk around the block, the sound of your laughter in an otherwise silent home, or the sense of security your accompaniment to and from a medical appointment brings. Join us!

How do YOU want to help an elder in need?
• Friendly Visiting
• Medical Escort
• PetPals Volunteer
• MusicWorks Volunteer
• Friendly Helper
• La Cadena de Amistad (Spanish Speaking) Volunteer
• Join a Committee

Financial Support
As a Best Funding Friend (BFF) your recurring monthly gifts quickly add up and help provide additional resources for our programs.

But don’t just take our word for it:
“I became a monthly donor because it’s really easy. I set it up once and don’t think about it again. It fits into my budget and best of all, I feel like I am doing my part to help end elder isolation, one month at a time; join me and be a FriendshipWorks BFF too!”
- Mark (proud BFF donor)

Monthly Giving Program
As a Best Funding Friend (BFF) your recurring monthly gifts quickly add up and help provide additional resources for our programs.

But don’t just take our word for it:
“I became a monthly donor because it’s really easy. I set it up once and don’t think about it again. It fits into my budget and best of all, I feel like I am doing my part to help end elder isolation, one month at a time; join me and be a FriendshipWorks BFF too!”
- Mark (proud BFF donor)
Celebrating Those Who Have Touched Our Lives

We all know someone in our lives who has impacted us in a meaningful way; some are still with us, but unfortunately, some are not. You can demonstrate your appreciation for their positive influence in your life with a generous gift to FriendshipWorks in their honor or memory. Your support helps us match an elder with a volunteer from one of our programs, who may in turn become that special person in the life of the elder.

Gifts In Honor Of
Alina Berson & Bob Malster..........Lisa Glickstein
Mary Bruce............................Anne Bruce
Elena Castriona.......................Thomas Castriona
The Farsighted Team...............Cathy Stern
FriendshipWorks/ Awesome Staff...Alice Zaff
Zizi Garlitz............................Gerald Garlitz
Ruth Grabel............................Terri Gould
Mary Hanna............................Sandra Carr
Serena Heartz.........................Henry Asher
Brenda Marston......................Priscilla Stone
New Baby..............................Albert Pearson
Anne Paulson........................John Joyce
Karen Sands...........................Andrew Bass

Gifts In Memory Of
Christine Chervoor.................Marie Hannon
Gertrude DeCicco....................Ellen Feldman
Blanche Field.........................Karen Schoen
Teresa Foley...........................Mary Cook
Sandy Ostroy..........................Maureen Meister
Pixie.................................Audrey Sosin
Elaine Trout & Bently Beagle......Glen Inghram
Josephine Webster...................Susan Zawalich

Loved Ones Memorial Fund

The Loved Ones Memorial Fund was established as a way to honor cherished family members or friends with an enduring gift to FriendshipWorks. It is a unique Board-discretionary fund that will be used solely to improve our effectiveness, in terms of organizational and financial stability, program quality, and growth.

Be a hand that reaches out
Be a smile to those who have no reason to smile
Be a light for those who live in darkness...

– (unknown)

Giving to Strengthen the Future

If FriendshipWorks is important to you, please consider including us in your estate plans. Giving through your will is an excellent way of leaving a lasting legacy. It can also represent a significant contribution that you are unable to provide during your lifetime.

There are many possible benefits to you and your loved ones, including reducing the size of your taxable estate.

To learn more, please contact Mark LaFrance at 617-482-1510 x145

Why I Give to FriendshipWorks

Daryl Durant and his wife, Judy Green, are long-time, dedicated friends and donors to FriendshipWorks. He has served on the Board Events Committee, as well as the Development Committee.

How and when did you get involved with FriendshipWorks?

In the early 1990’s, Judy and I joined King’s Chapel in Boston, where I learned about FriendshipWorks. Fellow congregation members introduced me to the Elders in the Arts events, where I learned more about the role of volunteers in elders’ lives.

I began to notice that a number of elders would just disappear from attending services. They couldn’t easily get around and struggled with everyday living. They were sometimes visited by the pastor or others, but it was just not enough. The services offered by FriendshipWorks were an important component in meeting the growing need of providing friendship to isolated elders in our community.

What attracted you to the cause of ending elder isolation, and to FriendshipWorks in particular?

In addition to teaching at a seminary, matching people to internships, and visiting prisons and other institutions, I was also a chaplain in hospice.

“I saw firsthand the benefit of listening, empowering, respecting, and showing somebody how to do the things they need to do.”

Volunteerism within the hospice was a good model, and I discovered that listening to people’s stories was more meaningful than I had ever imagined. I changed my way of thinking, and FriendshipWorks aligned perfectly with my newfound appreciation of volunteering.

The volunteers here are remarkably well-trained, and I have been so impressed with their success. As the organization grows, a healthy financial outlook for the agency through my and other donor support will ensure this great training continues to happen.

How do you see expressive arts being important to healthy aging?

Music. I think, is really powerful, and I believe people need that liveliness. I think the advantage of that—and it’s true of art in all its forms—is the inspiration it provides and the memories it makes. You’re bringing people together through art. Art is attached to environment, and I believe it grounds people.

What motivates you to stay involved and continue to financially support FriendshipWorks?

As I learned more about the FriendshipWorks programs, I became very interested in how to best train volunteers, and the strategic implementation of specific goals in a volunteer program.

Do you have a message to share with potential FriendshipWorks volunteers and/or donors?

The quality of the volunteers and the training they receive is the core of FriendshipWorks. I have asked my students to challenge themselves to think about what drives them, and I would ask potential volunteers and donors the same questions: what drives you, what inspires you?

“One of the best reasons I continue to donate is because my dollar is put to better use and makes more of an impact here than other places.”

I read the success stories of elders and volunteers, and I can see the difference my gifts have made. I am enthusiastic about FriendshipWorks’ growth and the possibilities for reaching more volunteers, serving more elders, and collaborating with other agencies in our community.
SAVE THE DATE!
Sunday, May 20, 2018

Friendship Works
Our Third Annual Walk-a-Thon

Inside This Issue

Imagine This 1
Gardening and the Arts 1
From Janet’s Desk 2
Elder Low Vision Forum 3
Art Show Celebration 4
MusicWorks…A Sound Program 5
Living Our Vision 6
Shaping The Future 8
Those Who Touched Our Lives 10
Why I Give to Friendship Works 11

Like us on Facebook