2021 Walk a Success!

The Walk to End Elder Isolation went on without a hitch or Zoom hiccup! In fact, more than 280 people tuned in via Zoom AND live on Facebook that day, and 200 have since viewed the recording.

Who supported us?
- 795 individuals
- 44 teams
- 41 sponsors

On Walk Day, walkers enjoyed music, stories, presentations, a moving David Libby Award in Service to Older People ceremony, plus a very special message from Baroness Diana Barron, the United Kingdom’s Minister of Loneliness.

People laced up their sneakers afterwards and walked, posting on our Facebook and Instagram using hashtags:
#friendshipworks
#endelderisolation

Creativity was evident in the Walk Team names this year, too!

Holy Walkamole!, Team Sole Train, Hoppy Feet, Walk and Roll, Gus Busters, and Pun in the Sun were just some of the catchy team names.

With YOUR help, we exceeded the amount we raised last year by more than $50,000!

Your generosity fuels the work we do, and helps make friendships that keep older adults connected. Thank you.

Watch the entire 2021 Walk to End Elder Isolation: A Virtual Gathering here

$130,067 raised

Meet the Friends & International Guest Highlighted At Our Walk Event

Peter McIntyre shares his experience with his long-time volunteer match Grace

Volunteer of the Year Darcy Hofmann & PetPals volunteer Daisy get their award

The Minister of Loneliness delivers a message to FriendshipWorks
Where Did Your Donation Go?

In the past 12 months, despite COVID protocol restrictions—both federal and state, as well as lock-downs at hospitals, senior housing, and assisted-living facilities, 579 volunteers still connected with 699 different isolated older adults. Below we gratefully share how your generous gifts made a difference.

**Friendly Visiting** matches between elders and volunteers created connections by phone, letter, and on-line. 578 older adults were connected during our fiscal year that ended in June 2021.

96 individuals received 171 assists of **Friendly Helping**—such as grocery delivery, tech help, vaccine access, prescription pick-up, and accompaniment on errands—for a total of 286 hours.

Even though hospitals strictly limited both treatment and accompaniment, **207 Medical Escort** trips were completed for individuals who otherwise might have missed their appointments.

To replace our indoor music programs, **MusicWorks** offered outdoor concerts at 6 buildings, gave away two music CD’s to 850 residents, and produced **four cable TV programs** accessible to all.

With our **PetPals** teams unable to visit in person, we distributed 273 stuffed animals to older adults we used to visit; 170 animal-themed cards were also sent to residents in assisted living.

55 Card-makers created 2,000 personalized cards for our recipients. Several organizations who wanted to reach isolated individuals set up pop-up events to coordinate their card-making efforts.

You Can Continue to Make a Difference!

Your gift to our *Walk to End Elder Isolation* made a major impact last year by reducing isolation and providing support to hundreds of older adults in Greater Boston.

We hope you will join us for our 7th annual—and hopefully in person—event May 15, 2022. But you don’t need to wait until our next Walk to support your elder neighbors.

Even now, there is a gentleman wondering how he will get to his medical appointment, a woman who sits alone in her apartment with no one to share a cup of tea, an older adult who misses their dog.

FriendshipWorks alleviates these issues and more—with donations from people just like you. We make meaningful and mutually beneficial matches between older adults and volunteers for long-term friendship and assistance.

Make a difference in someone’s life by giving today at [www.fw4elders.org/donate](http://www.fw4elders.org/donate)

Consider becoming a BFF (Best Funding Friend) with a recurring donation; just $25/month becomes $300, $10/month becomes $120. You can also make a gift In Honor of or In Memory of someone special in your life.

Visit our website at [www.fw4elders.org](http://www.fw4elders.org) to volunteer, refer an elder, or donate

FriendshipWorks’ mission is to reduce social isolation, enhance the quality of life, and preserve the dignity of older adults in Greater Boston. We accomplish this by recruiting and training volunteers of all ages, faiths, and backgrounds who provide friendship, advocacy, education, assistance, and emotional support. Our vision is to end elder isolation.
Our Generous Major Sponsors!

In Appreciation: Our Corporate Sponsors & Friends

Cambridge Homes  
Central Boston Elder Services  
Dana Farber Cancer Institute  
Green Associates  
Middlesex Interiors  
Peabody Properties  
St. Elizabeth’s Hospital  
VPNE Parking Solutions

First Church of Christ, Scientist  
Maloney Properties  
Newton-Wellesley Hospital  
RINET

Check Out Our Walk Performers!

Stay Homas entertained us with their timely advice:  
Stay Homa  
https://en.stayhamas.org/

Devin Ferreira led us in a sing-along of the Beatles’ hit  
When I’m 64  
www.devinferreira.com

Sol y Canto, performing their song  
*Epidemia de soledad*  
(Epidemic of Loneliness)  
www.solycanto.com
WHY We Walk

Friendship Walks, Friendship Talks. That’s why FriendshipWorks!

Social interactions are vital to our well-being. That was never more true than during the COVID pandemic: we need each other.

Did you know that isolation can increase your risk of:
- Heart disease by 29%
- Stroke by 32%
- Dementia by 50%

Or that isolation can shorten your life by 15 years—equivalent to smoking 15 cigarettes a day or being obese.

Further:
- 46% of adults 60+ suffer from loneliness
- 17% experience social isolation

That’s why FriendshipWorks has been reducing isolation among elders for 37 years.

Adding Life to Your Years and Years to Your Life

Thank You Individual Benefactors!

Anonymous
Ellen Bruce & Richard Segan
Dean Denniston
Phyllis Dixon & Diana Rubin
Cathy & Fulvio Fabrizi
Tom & Mary Grape
David Shepherd King
Connie Packard
Michele Trucksis
Kate Walsh
Anonymous (x3)
Toby Axelrod & Larry Marks
Deanna Ballard
Alma Berson & Bob Malster
Amy Bucher
Patrick Byrne & Joan DeNapoli Byrne
Andrea Cohen
Robert Fallon
Susan Foster & Bruce Horwitz
Ruth Grabel
Matthew Hodge
Lisa Kelly-Croswell
Carol Pritchett Kemp
Dana Kern
Jill Kimmel & Kyle Robidoux
Dorian Mintzer
Mary Jane Moreau & Scott Smith
Katherine Morello
Ted Pietras
Janet Seckel-Cerrotti & Dennis Cerrotti
Bob Trahan
Constance White
Alice Zaff

In-Kind Donors

4 Corners Yoga & Wellness
4imprint
afterfivepottery
Aloft Hotels
JK Dance
JP Licks
Milton Players
Mint Julep
Pemberton Farms
polkadogbakery
Salon Boncaldo

Save the date!

Walk to END ELDER ISOLATION
May 15, 2022

Thanks to 4imprint’s one-by-one grant, we were able to print t-shirts for our team leaders. Here, our staff are proudly wearing the Walk 2021 shirts.
Celebrating Those Who Touched Our Lives

Your generosity in honoring those you love with a donation to FriendshipWorks’ Walk to End Elder Isolation brings meaningful connections and life-changing support to isolated older adults. We wholeheartedly thank you.

Walk Gifts Made In Honor

<table>
<thead>
<tr>
<th>Gifts in honor of</th>
<th>From</th>
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<tbody>
<tr>
<td>All our special nursing home friends...we miss you!</td>
<td>Hope Faron</td>
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<tr>
<td>Sharon B. and Eli</td>
<td>Jennifer Heilig</td>
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<tr>
<td>Johanna Baranello</td>
<td>John Baranello Jr.</td>
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<tr>
<td>Mary Bruce and her family. It is made with much love on behalf of Jack and Peg Debenham’s family</td>
<td>Jane Debenham</td>
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<tr>
<td>The Farsighted Team</td>
<td>Cathy Stern</td>
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<tr>
<td>Pat, Dave, Joe, and Tom Finnegan</td>
<td>Elizabeth and John Finnegan</td>
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<tr>
<td>Janet Hirsch</td>
<td>Marjorie Glazer</td>
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<tr>
<td>Darcy Hofmann</td>
<td>Meri Pohutsky</td>
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<tr>
<td>Evelyn Holman—Happy Mother’s Day!</td>
<td>Mark Holman</td>
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<tr>
<td>Julie Kaufmann</td>
<td>Eileen Myers</td>
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<td>Reyito Santiago</td>
<td>Saul Santiago and Urszula Malysz</td>
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<td>Janet Seckel-Cerrotti</td>
<td>Terry Goldzier</td>
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<tr>
<td>Janet Seckel-Cerrotti’s passionate work</td>
<td>Jane Magpiong</td>
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<td>Cara Stuka</td>
<td>Paul and Kathy Stuka</td>
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<td>T-</td>
<td>Eric Wan</td>
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<td>Christy Waybright</td>
<td>Joni Waybright</td>
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<td>Annette Winiker</td>
<td>Caryl Mayer</td>
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<td>Annette Winiker</td>
<td>Cynthia L. Sims</td>
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<td>Annette Winiker</td>
<td>James Gosselin</td>
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<td>Annette Winiker</td>
<td>Karen Novakoff</td>
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<tr>
<td>Annette Winiker, our beloved mother and Grandmother, from Abigail, Kim, Bill, and Bo</td>
<td>Bo Winiker</td>
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<td>Gift in memory of</td>
<td>from</td>
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<td>Auntie</td>
<td>Pat Irwin</td>
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<td>Johanna Baranello</td>
<td>Cathy and Fulvio Fabrizi</td>
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<tr>
<td>Johanna Baranello and all the wonderful moms like her!</td>
<td>Laureen and Brian Gray</td>
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<tr>
<td>Johanna Baranello, matriarch of the Baranello clan</td>
<td>Marcelle and Paul Lipke</td>
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<td>My Grandfather Remijo Bautista</td>
<td>Marlenny Anziani</td>
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<td>Nancy Bingham and Thomas Finnegan</td>
<td>Lauren Pratt</td>
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<td>BoNana</td>
<td>Clare and Frances Wohlgemuth</td>
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<tr>
<td>Cathy Camp, who was my friend thru FriendshipWorks</td>
<td>Jacqueline Chau</td>
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<td>Cathy Fabrizi’s Mother</td>
<td>George Rosenthal</td>
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<td>Arvin Grabel and Alan Zaff</td>
<td>Julie Kaufmann</td>
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<td>Grandma &lt;3</td>
<td>Christina Gardner</td>
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<td>Bennett M. Heffron</td>
<td>Jo Edith Heffron</td>
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<td>Betty Jean Holmes</td>
<td>Catharine Holmes</td>
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<td>Charlotte Layton</td>
<td>Jennifer Mohan</td>
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<td>Mary Mohan and Charlotte Layton</td>
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<td>Mary Mohan</td>
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<td>Lewis Moke</td>
<td>Ree Lawson</td>
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<td>Mom</td>
<td>Patricia and Gary Donlin</td>
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<td>Mary Naz</td>
<td>Candace Cramer</td>
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<td>Oliver</td>
<td>Christina Woodford</td>
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<td>Quinin Velez Rivera</td>
<td>Ashlee Wiest-Laird</td>
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<td>Uncle Tom</td>
<td>Elizabeth and John Finnegan</td>
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<td>Albert Varraso</td>
<td>Jack Bardy</td>
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<td>Jane and Walter Yourich, and Claire and Jack Egan</td>
<td>Caroline Egan</td>
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<tr>
<td>Alan Zaff</td>
<td>Janet Seckel-Cerrotti and Dennis Cerrotti</td>
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