



FriendshipWalks

OF SPECIAL INTEREST

- Please patronize our sponsors and share that you are a supporter of FriendshipWorks
- Your gifts *In Honor of* and *In Memory of* someone for whom you walked are listed on the last page
- Mark your calendar for May 15, 2022 for our 7th annual *Walk to End Elder Isolation*
- See your dollars in action on the next page



"Michelle has been my great friend through all my difficulties and highs. I could not have asked for a better friend. . . . She has always made me feel very special."

~ Cathy, program recipient

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.

See link below for entire 2021 *Walk to End Elder Isolation: A Virtual Gathering*

\$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—click link below



Volunteer of the Year Darcy Hofmann & PetPals volunteer Daisy get their award—click link below



The Minister of Loneliness delivers a message to FriendshipWorks—click link below

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

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
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
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Peabody Properties
St. Elizabeth's Hospital
VPNE Parking Solutions

First Church of Christ, Scientist
Maloney Properties
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PACE East Boston Neighborhood Health Center
Providence House

Brookline Booksmith
Compass on the Bay
Delta Dental
Hebrew SeniorLife
HouseWorks
MassPay
Osiris Partners
Rogerson Communities
Somerville-Cambridge Elder Services
Visiting Angels Newton/Canton



Check Out Our Walk Performers!



Stay Homas entertained us with their timely advice: *Stay Homa /*



Devin Ferreira led us in a sing-along of the Beatles' hit *When I'm 64*



Sol y Canto, performing their song *Epidemia de soledad* (Epidemic of Loneliness)

To view these videos, click on the links below



Sisters Cathy Fabrizi and Patricia Donlin walking this year and last year, showing their team spirit!



"My Friendly Visiting match gave me great purpose during the pandemic, a neighbor to check in with and helped me to create a greater sense of community."

~Darcy,
2021 David Libby
Volunteer of the
Year Awardee

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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 age 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
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Constance White
Alice Zaff

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Salon Boncaldo



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.

Save the date!



Walk to
END ELDER ISOLATION
May 15, 2022

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

<i>Gifts in honor of</i>	<i>From</i>
All our special nursing home friends...we miss you!	Hope Faron
Sharon B. and Eli	Jennifer Heilig
Johanna Baranello	John Baranello Jr.
Mary Bruce and her family. It is made with much love on behalf of Jack and Peg Debenham's family	Jane Debenham
The Farsighted Team	Cathy Stern
Pat, Dave, Joe, and Tom Finnegan	Elizabeth and John Finnegan
Janet Hirsch	Marjorie Glazer
Darcy Hofmann	Meri Pohutsky
Evelyn Holman—Happy Mother's Day!	Mark Holman
Julie Kaufmann	Eileen Myers
Reyito Santiago	Saul Santiago and Urszula Malysz
Janet Seckel-Cerrotti	Terry Goldzier
Janet Seckel-Cerrotti's passionate work	Jane Magpiong
Cara Stuka	Paul and Kathy Stuka
T-	Eric Wan
Christy Waybright	Joni Waybright
Annette Winiker	Caryl Mayer
Annette Winiker	Cynthia L. Sims
Annette Winiker	James Gosselin
Annette Winiker	Karen Novakoff
Annette Winiker, our beloved mother and Grandmother, from Abigail, Kim, Bill, and Bo	Bo Winiker



Walk Gifts Made In Memory

<i>Gift in memory of</i>	<i>from</i>
Auntie	Pat Irwin
Johanna Baranello	Cathy and Fulvio Fabrizi
Johanna Baranello and all the wonderful moms like her!	Laureen and Brian Gray
Johanna Baranello, matriarch of the Baranello clan	Marcelle and Paul Lipke
My Grandfather Remijo Bautista	Marlenny Anziani
Nancy Bingham and Thomas Finnegan	Lauren Pratt
BoNana	Clare and Frances Wohlgemuth
Cathy Camp, who was my friend thru FriendshipWorks	Jacqueline Chau
Cathy Fabrizi's Mother	George Rosenthal
Arvin Grabel and Alan Zaff	Julie Kaufmann
Grandma <3	Christina Gardner
Bennett M. Heffron	Jo Edith Heffron
Betty Jean Holmes	Catharine Holmes
Charlotte Layton	Jennifer Mohan
Mary Mohan and Charlotte Layton	Jennifer Mohan
Mary Mohan	Jennifer Mohan
Lewis Moke	Ree Lawson
Mom	Patricia and Gary Donlin
Mary Naz	Candace Cramer
Oliver	Christina Woodford
Quinin Velez Rivera	Ashlee Wiest-Laird
Uncle Tom	Elizabeth and John Finnegan
Albert Varraso	Jack Bardy
Jane and Walter Yourich, and Claire and Jack Egan	Caroline Egan
Alan Zaff	Janet Seckel-Cerrotti and Dennis Cerrotti

