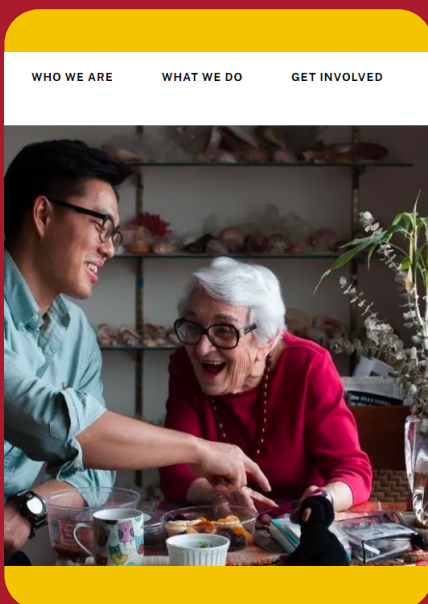




Nancy & Lauren's Story Pg. 4

FriendshipWorks Spring 2022 Newsletter

An update on our efforts to reduce social isolation, enhance the quality of life, and preserve the dignity of older adults in Greater Boston



www.fw4elders.org
Gets a New Look! Pg. 3



Kudos Corner:
Heather Mumford Pg. 6



7th Annual Walk to End
Elder Isolation Pg. 7

A message from Janet Seckel-Cerrotti, Executive Director of FriendshipWorks



jseckel-cerrotti@fw4elders.org

Dear friends,

As Spring begins to bloom, so too does our hope that the pandemic will soon be in our rearview mirror. We're so pleased to share a few stories and photos with you that capture the vibrant matches between elders and volunteers taking place every day because of your support.

It's important to note that all participants and our photographer followed safety guidelines during

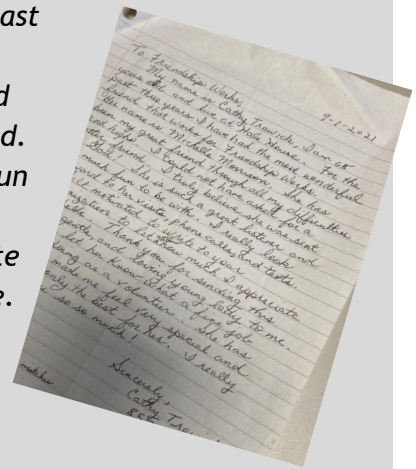
our photoshoots.

Below, I share with you this beautiful note we received from one of our program recipients. May you feel the hope, light, and joy of her words throughout your days.

Thank you for making the world a kinder place for elders who may otherwise be feeling alone or forgotten.

In friendship,

*My name is Cathy Trawick, I am 65 years old and live at Hale House. For the past three years, I have had the most wonderful friend that works for FriendshipWorks. Her name is Michelle Morrison. She has been my great friend through all my difficulties and highs. I could not have asked for a better friend. I truly believe she was sent by God! She is such a great listener and so much fun to be with. I really look forward to her visits, phone calls, and texts. I felt motivated to write to your organization to let you know how much I appreciate Michelle. Thank you for sending this kind, gentle, and loving young lady to me. Please let her know what a fine job she's doing as a volunteer. She has always made me feel very special and I want only the best for her. I really thank you so much! Sincerely, Cathy Trawick
PS Michelle is a special person.*



Meet Our New FriendshipWorks Colleagues!



Patty Catalano, Director of Development and Communications

I come from a big family in Boston (10 kids!) and feel fortunate that we remain close and connected over the years. As our mother's health declined and she needed assistance getting to medical appointments or help with daily tasks, one of us was able to help. Thousands of elders are living alone in Boston without this vital network of family and friends nearby; my role at FriendshipWorks allows me to help them find that companionship and support.



Safiya Leslie, MusicWorks Program Manager

As the Manager of MusicWorks, my goal is to bring the healing power of music and dance to all of the elders we serve. It's such an important duty to bring live music in such an intimate setting. I hope that the musicians and dancers I bring into this program in collaboration with Goddard House Community Initiatives change lives.



Alyssa Gocinski, PetPals Program Coordinator

I look forward to bringing the unconditional love of a pet into the lives of many older adults, many of whom had enjoyed being pet owners for decades prior to moving out of their homes and into long-term care facilities. PetPals plays a crucial role in creating meaningful connections and relieving feelings of loneliness, and I'm ecstatic to play a part in this life-changing work.

Charity Navigator Awards FriendshipWorks "Give with Confidence" Rating

We're rated by
Charity Navigator!



Have you heard the news? FriendshipWorks is proud to announce that its strong financial health, ongoing accountability and transparency have earned a 97/100 rating from Charity Navigator's Encompass Rating System. This score designates FriendshipWorks as an official "Give with Confidence" charity

indicating that the group is using its donations effectively based on Charity Navigator's criteria.

Charity Navigator is America's largest and most-utilized independent charity evaluator. In their latest review of nonprofits, FriendshipWorks also earned a score of 100/100 for leadership and adaptability, as well as strategic thinking and planning.

"We are delighted to provide FriendshipWorks with third-party accreditation that validates their operational excellence," said Michael Thatcher, President and CEO of Charity Navigator. "We are eager to see the good work that the

organization is able to accomplish in the years ahead."

"Our Charity Navigator rating of 97 out of 100 through their Encompass Rating System means our supporters can trust our commitment to good governance and making the world a better place by reducing elder isolation," said Janet Seckel-Cerrotti, FriendshipWorks' Executive Director. "We hope that this designation and recognition will introduce our work to even more supporters who can champion our mission to bring the gifts of friendship and connection to isolated older adults throughout Greater Boston."

Our Website Has a New Look! www.fw4elders.org



WHO WE ARE

WHAT WE DO

GET INVOLVED

BE INFORMED



Have feedback about our website? We welcome your comments at: jmarks@fw4elders.org

In an effort to better serve our elders, volunteers and supporters, FriendshipWorks launched a new website in February 2022. Our new site features a more cohesive design, easier navigation, and enhanced accessibility to users with low vision. Stop on by and sign up for our newsletter & updates, and join our social community.



Pictured left to right: FriendshipWorks volunteer Lauren Badalucco and her dog Bindi visit with their friend Nancy Dodson in Cambridge. The two meet regularly as part of FriendshipWorks' Friendly Visiting Program. Photography: John Deputy

The Friendship of Nancy and Lauren:

Poetry in Motion

"I get the unconditional love of a friend and pet, which I would not have had without this match."

~ Nancy Dodson, Cambridge, Mass.



Lauren Badalucco is a cancer researcher and marathon runner who slows down long enough to focus on her friendship with 88-year-old Cambridge resident Nancy Dodson. Like clockwork, every Monday after work Lauren and her Australian sheep mix Bindi walk to Nancy's home to collect their friend, and visit a nearby park. Once there, the two delve into everything from poetry to nature, and share life experiences.

Although there's an age span of about 60 years between the women, the intergenerational friendship brings a familiar sense of ease and comfort for Lauren.

"I knew my mother's friends just as well as she did, so having friends of different ages is not new or unusual," she says. "A lot of my friends tend to be older – at slightly different stages of their life – but I really relate to them, so it does feel pretty natural for me with Nancy."

The two probably would never have met were it not for FriendshipWorks, which expanded its catchment area to include Cambridge and Somerville in 2020, in collaboration with Somerville-Cambridge Elder Services.

The timing was ideal for Lauren. "I wanted to engage with the community in a meaningful way and FriendshipWorks provided that," Lauren says.

And for Nancy, who, along with others, continues to navigate the pandemic and its consequential "social famine," the friendship feeds her mind, soul, and spirit.

"I've learned so much from Lauren about her work with cancer research, and I want to learn throughout my life," Nancy says. "It was good for me to have a friend once a week. I wanted a mixture of people to connect with, and Lauren is certainly a good match."



During the pandemic, Nancy took poetry classes online. She recently authored her second collection of poems, following her first book titled, "Animal Lore."

"I don't know what I would have done without them," she says about her poems. "Poetry provided comfort for me while I was alone."

In addition to sharing their love of poetry, the two have plenty of stories and lived experiences to share, too.

Recalls Lauren about her pal: "She went on a trip after college backpacking through Europe. That sounds relatively normal today, but back in the 40s and 50s – it was a journey – Nancy was adventurous!"

The "unplugged" hours Lauren and Nancy share together talking and listening with intent – or simply sitting together watching Bindi – are actually the moments they feel most connected in their daily lives.

"I didn't expect how powerful the ability to be present would be as I am with Nancy," Lauren says. "I lose track of time when I'm with her because I'm not staring at my watch or checking my phone. It's a much more vibrant feeling of living."

And best of all, says Nancy, "I get the unconditional love of a friend and pet, which I would not have had without this match."

Experience the joy of connecting with an elder. Volunteer at fw4elders.org

Welcome to FriendshipWorks' Kudos Corner, where we spotlight our incredible volunteers, donors, and partners. Whatever your connection is to our mission, we are incredibly grateful to have your support!



Heather Mumford

Growing up, Heather Mumford says she didn't have access to her grandparents, but always felt drawn to being with people of different ages.

"I remember being in college and wanting to have a grandparent or someone older than me that I could connect with, to have a friendship and connection with someone for that wisdom, support, and friendship," says Heather.

During graduate school, Heather interned at the Harvard T. H. Chan School of Public Health as an archivist cataloguing the recollections, research, and work of people in public health.

This experience came in handy in 2016 when she became a Friendly Visiting volunteer at FriendshipWorks, and was matched with an elder named Al.

"Al lived his entire life in Boston and had the greatest stories. I loved listening to them. It seemed such a shame that they might be lost, so I began transcribing them," says Heather.

It turned out that Al was also an amateur poet, and as she collected his stories she incorporated both into a booklet as a gift for him.

Eventually, Heather married and started a family while working full-time, making it difficult to volunteer in person. Still, she keeps Al and the cause of reducing elder isolation close to her heart by participating in FriendshipWorks' Best Funding Friend (BFF) monthly giving program.

"I thought, I can't not stay involved with the wonderful work FriendshipWorks is doing, and I knew I wanted

to support it. The BFF program allowed me to do that every month."

Each month, Heather dedicates her donation to her Friendly Visiting match, Al, and to the FriendshipWorks coordinator who brought them together.

"Being a BFF is a nice commitment I can make until I can volunteer in person with FriendshipWorks again," she says.

Monthly gifts like Heather's help make beautiful friendships grow at FriendshipWorks, like the one between Altigracia and Fernando. Read about them at fw4elders.org.



Becoming a monthly donor (BFF) is easy! Visit fw4elders.org/donate and check the box on the bottom of our "Donate" page next to:

Make this a monthly payment?

*"Being a BFF is a nice commitment I can make until I can volunteer in person with FriendshipWorks again."
~ Heather Mumford*

Walk to END ELDER ISOLATION



Sunday, May 15, 2022 around Boston's Jamaica Pond

Register as a team or
make your pet a team leader at:
www.fw4elders.org/walk

Corporate Teams Welcome
Sponsorships Available
Call Julie Kaufmann: (617) 482-1510 x121

Live Music
Dancing
Prizes
Fun!

 FriendshipWorks



Join Us at Our Biggest Community Event of the Year!

Our Walk to End Elder Isolation provides critical funding to help isolated elders throughout Boston, Brookline, Newton, Cambridge, and Somerville. FriendshipWorks offers five programs that help older adults receive assistance and experience meaningful connections through people, pets, and music.

If you or someone you know is in need of our services — all free of charge — please call (617) 482-1510.

Giving Opportunities

Your support helps bring our essential programming to isolated elders throughout Greater Boston:

Friendly Visiting Medical Escorts Petpals MusicWorks Friendly Helping

FriendshipWorks invites you to consider these giving options:

* **Donor-Advised Funds (DAF):** This method of giving allows you to help our mission while your institutional fund sponsor handles all record-keeping, disbursements, and tax receipts. FriendshipWorks' EIN is 04-3140541.

* **Publicly Traded Stock and Securities:** Make a gift of publicly traded securities, such as stock, bonds, and mutual funds.

* **Individual Retirement Accounts (IRAs):** If you or a family member are age 70½ or older with an IRA, you can transfer a gift directly to FriendshipWorks without incurring tax consequences.

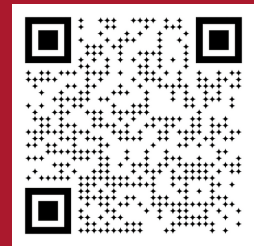
Gifts by check can be mailed to:

FriendshipWorks
105 Chauncy Street, 8th Floor
Boston, MA 02111

**Have questions or want to discuss your giving options?
Contact Patty Catalano at (617) 482-1510 X124**



Help us make more friendship matches like Ed and Ryan!



Thank you for your support!

FriendshipWorks
105 Chauncy Street, 8th Floor
Boston, MA 02111

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