

Monthly Newsletter August 2021 Edition



Four employees from Sysco handed out ice cream to staff at Sedgwick Heights.

VOLUNTEERS

Welcome Our New Volunteers:

Matt K.

Deb M.

Jeanine V.

Vivian R.



The One to One Program increases joy and socialization for residents living in skilled nursing or assisted living facilities, through the power of volunteers.

MONTHLY HIGHLIGHTS

This month the One to One Program brought a special treat to Sedgwick Heights. Thanks to a partnership and generous donation from Sysco, we were able to treat the staff to ice cream on a hot August day. Next time you get to interact with staff, let them know how much you appreciate them. We couldn't help residents without their support.

Later this month, we will begin the garden beautification at The Bernardine. This first phase will include the installation of several flower beds. Thanks to Syracuse Grows we will be planting vegetables, and a local volunteer has donated plants and flowers. Joining us will be a team of Lockheed Martin employees who will be volunteering for the day. We can't wait to show you the progress!

On hold due to Covid, we are now working with The Nottingham to implement Music & Memory at their facility. This program uses personalized playlists to support people experiencing memory loss. To learn more, check out the powerful documentary, *Alive Inside*, free on Tubitv.com or on Prime Video.





A WORD FROM OUR VOLUNTEER: WENDY I.

TOPICS FOR CALLS

- What's the most embarrassing thing you did at school when you were a kid?
- Who is your oldest friend? Where did you meet them?
- What is the strangest dream you have ever had?
- Has anyone ever saved your life?

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When the pandemic hit last March it was a difficult time for everyone. So much uncertainty was going on...When will things "open up" again?...when will I see my friends and family in person again?...So many questions with no clear answers. I saw the One To One program as an opportunity to "meet" someone new and connect during these crazy times.

And that's where I met Linda. Linda is a resident at VanDyn and we try to connect weekly with each other. Often leaving messages and playing phone tag until we connect but when we do we catch up on anything going on in our lives. Now that things are opening up more she often has to listen to my crazy schedule with my kids, and I in turn listen to fun stories of when she was a kid. She shares with me how she keeps busy making pictures for friends and staff members...spreading "sunshine" behind a mask! Often times she catches me up on the news and what's happening around Syracuse if I happen to miss local stories.

Who would have thought that a pandemic could bring some sunshine to my life! I am so appreciative of this opportunity. Every week now I look forward to my weekly phone calls with Linda and through this "one to one connection" I have met a lifetime friend.



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