

Monthly Newsletter November 2021 Edition



A sensory box created by SU volunteer, Emmanuela for her resident.

VOLUNTEERS

Welcome newly trained volunteers:

Hunter P.

Katie B.

Chloe M.

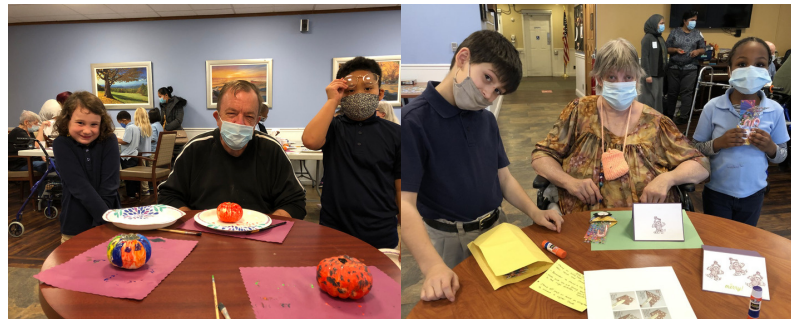
Pat A.



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

Residents of Sedgwick Heights were happy to see their student visitors from Parkview Academy. Thanks to a donation from Trader Joe's, they painted pumpkins together in October. Just before Thanksgiving, the students and their "granpals" reunited to make holiday cards organized by One to One volunteer, Sue R.



One to One staff has been visiting partner facilities for "Meet and Greet" with residents. This gives us an opportunity to tell them about our services and hear directly from them. If you would like to join us on a meet and greet, contact us today.

SU Public Health students created fall sensory boxes for their residents. The boxes include cinnamon sticks, leaves, pecan scented candles, pumpkin spice cookies and more.

We are looking for volunteers who want to visit with residents in a COVID-friendly open space. If you can only commit to once a month, we still want to hear from you. Residents are desperately in need of connection and community as the effects of COVID linger on.

A WORD FROM OUR INTERN: LAUREN L.

I am a senior at SU and have had the privilege of interning with the One to One Program this semester. The experience has been very eye-opening and I have learned so much about ageism, elder isolation, the institutionalization of nursing homes, and more. I have realized the devastating effects of ageism and the way seniors are too often neglected by society. I'm embarrassed to admit these were not topics I was very aware of prior to this internship, but learning about the issues aging populations face has been very impactful and has caused me to reflect on my own relationships with my grandparents. I am so grateful for my grandparents' health and their involvement in my life, and I am now making more of an effort to stay connected to them while I'm at school and to show them how important they are to me. A phone call goes a long way to brighten their days and, likewise, talking to my grandparents makes me feel very happy and loved.

As the holiday season approaches, I am especially appreciative of the traditions my family has and I know my grandparents are to thank for keeping our family traditions alive. My grandma hosts a spritz cookie-making day every December with her sisters, nieces, daughters, grandchildren, and close family friends. We spend the day in her kitchen making spritz cookies using cookie presses passed down from my great-grandma. We take turns making the dough, pressing it using various cookie cutters, then decorating the cookies with assorted sprinkles. I have participated in this cooking-making day every year since I was born, and so has my mom.

It is a tradition that brings me so much joy and makes me feel connected to my grandma and great-grandma. I know it's a tradition I'll pass down to my family one day.



On the other side of my family, Christmas Eve is a tradition I cherish. My grandparents host Christmas Eve every year, at the house where my dad grew up, and it is the coziest place. When I think about the day, I think of my grandma's homemade rocky road, playing games with my cousins, and ending the night in Christmas pajamas. I know I'm so lucky to have so many amazing memories with my grandparents, and interning with One to One has made me more aware of how important it is to maintain my relationships with my grandparents. ♡

TOPICS FOR CALLS

- Do you like Thanksgiving food? What is your favorite?
- What does being thankful mean to you?
- What personality trait of yours are you grateful for?
- What's something you've tried that you'll never, ever try again?
- Have you ever cut your own hair?
- Has a teacher ever changed your life? How so?

RESOURCES

Onondaga County Office for Aging is pleased to announce a Zoom class for those who currently care for older, or disabled persons, or may become caregivers in the future. This LIVE, video presentation is open to the public.

Sight & Hearing Assistive Devices & Supports

For seniors coping with vision or hearing loss, the fear of losing their independence and relying on others to assist with their daily living skills can bring on both hopelessness and depression.

This class will have an ASL Interpreter and will offer information on:

- **Types of Vision & Hearing Loss**
- **Assistive Devices for Daily Tasks**
- **Communication Tools**
- **Purchasing Tips & Where & How to Buy**

Wednesday, November 17, 2021, from 6:00-7:15 pm EST

Presenter: David DeFrancis, Director of Outreach & Education at Aurora of CNY, Inc.

You can register at:

<http://www.ongov.net/aging/caregiver.html>

CONTACT US

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InterFaith Works affirms the dignity of each person and every faith community, promotes racial justice and religious equity, and builds relationships and understanding among us.

SAVE THE DATE

In-service: December 14, 2021