

# ElderBuddy News

## ElderBuddy Promotes Great Relationships

As the ElderBuddy Coordinator, I have had the good fortune to meet a lot of delightful elders and some truly remarkable AstraZeneca volunteers. Let me tell you about a couple of the special relationships that have developed through the ElderBuddy Program.

Recently I had a chance to talk with **Lois Scarborough** and her Buddy, **Eva**, who lives at Gilpin Hall. These two have been visiting since November, 2003, and have developed a genuinely warm and caring friendship. From the very first visit, they had something in common. Eva is first generation Italian, and Lois had just returned from a trip to Italy. Eva told Lois about her family's history in Italy, and Lois took her vacation photos and shared them with Eva.



Lois noticed immediately that Eva had an upbeat, positive attitude, and this continues to endear Eva to her to this day. Early on they attended a holiday concert together, and Lois enjoyed how enthusiastically Eva participated. She soon found out that Eva loved most all the activities at Gilpin, and that being Eva's Buddy meant participating right along with her! So that's just what she's done – from working on bulletin board displays for the facility to playing 500 Rummy with Eva and her friends. She's also gotten to know Eva's sister, who lives at Gilpin, too.

Lois' family is very important to her and several older relatives rely on her for regular support and assistance. Yet Lois still finds time to continue her visits with Eva a couple times a month. She says Eva is "a lot of fun" and so outgoing that she makes Lois' life more interesting, too. Eva seems to love life and all it has to offer, and that enriches the lives of those around her.

As I was finishing up my visit, Eva told me she thought ElderBuddy was a wonderful program, and then she looked at Lois and said, "Darling, please don't ever stop coming." Lois took her hand and replied, "Eva, even if the whole program ended, I'd still visit you." Eva just beamed with delight! It's obvious that they have both benefited a great deal from being part of the ElderBuddy Program.

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### ElderBuddy Volunteers ...making a difference!

**Aondowase Anum**

**Lisa Capodanno**

**Nancy Devine**

**Jacqueline Fiore**

**Doris Graumann**

**Mark Gummel**

**Narmada Gunawardena**

**Sharon Jayakumar**

**Charlene Kellum-Jackson**

**Laura King**

**Lynn Marchini**

**Jack Mitchell**

**Gina Mitchell**

**Marianne Moeller**

**Patricia Painter**

**Grace Pinder-Starkey**

**Tamy Raina**

**Gabriele Rice**

**Lou Ryan**

**Lois Scarborough**

**Marci Sweely**

**Peggy Tsaganos**

**Robert R. Williams**

**LaWhan Yancy**

**Carol Yost**

The ElderBuddy Program, funded by AstraZeneca, matches employee volunteers with elderly residents who live in local nonprofit senior housing facilities and are looking for companionship. Volunteers act as “friendly visitors” and develop a one-on-one relationship with the resident. The Family & Workplace Connection coordinates the matches and provides ongoing support and guidance to ElderBuddy participants.

For more information on ElderBuddy, contact:  
Kathy Hyde at  
302-479-1696 or  
e-mail to [khyde@familyandworkplace.org](mailto:khyde@familyandworkplace.org)

The ElderBuddy News is published quarterly, and is a great way for all of us in the ElderBuddy Program to keep in touch and share our ideas. If you have information you’d like us to include, please send it along to Kathy Hyde at 302-479-1696 or e-mail to [elderbuddy@familyandworkplace.org](mailto:elderbuddy@familyandworkplace.org).

**Lou Ryan** also introduced me to his friend, **Sam**, whose first question was “Am I getting \$1,000,000 or \$2,000,000 for this?” Sam had originally told Lou he’d charge \$100 for an interview, but apparently his price had gone up! Lou told me that Sam is always coming up with quips like this, which makes him a lot of fun to be around. Sam is 93 years young!



Lou and Sam have been visiting since late 2003, when Sam was living at Ingleside Retirement Apartments. Early on Lou knew he would enjoy his time with Sam, referring to him as “a spirited guy, interesting and very likeable.” In fact, Lou and Sam hold the ElderBuddy Blue Ribbon for the most visits – around 100! They may miss their weekly chat once in a while, but that doesn’t happen too often.

Several months after they met, Sam needed to have surgery. Lou kept in touch throughout Sam’s hospital stay and his rehabilitation at the Kutz Home. Eventually Sam had to move from his apartment at Ingleside to the Kutz Home, where he currently resides. He told me there aren’t too many men there – mostly women, so he likes having Lou come by. Shortly before joining the ElderBuddy Program, Lou’s father passed away. Lou’s siblings looked after his father in his later years in Indiana, and Lou was not present for most of those years, since he was living in Delaware. Having this experience with Sam was something Lou wanted to do.

As I sat with them, it was easy to see how well they fit together. Sam just loves to talk about the good – or not-so-good – old days. He described in great detail how he grew up on the east side of Wilmington, and lived in that area all his life – “The East Side Roughnecks – that’s what they used to call us,” he said. I couldn’t help but notice that Lou had a smile on his face the whole time Sam was talking.

Sam also told us about earlier times when he used to come to the Kutz Home as a volunteer. He’d help with the Bingo games and other activities, and just visit with the residents. It seems only fair that he now benefits from Lou’s visits through the ElderBuddy Program.

*Kathy Hyde, ElderBuddy Coordinator*



## ElderBuddy News & Views

Wondering what other ElderBuddies are doing? Here's what some have shared:

**Narmada Gunawardena** is getting to know her Gilpin Hall Buddy's family. "I went to see (Anna) with some flowers after work, and she really liked them. When we were chatting, her daughter also came to visit with her with some pizza. So we all had dinner and had a good time."

**Jack Mitchell** likes to surprise his Buddy, **Ruth** with fresh produce from his home garden. He says, "This is not only nutritional, but opens up the conversation window about talents, likes, hobbies or recipes." Jack also notes that many of the elders are not able to travel much any more, so suggests bringing back a small gift from your travels, or sending a postcard letting them know you're thinking about them. Jack says these are "inexpensive but priceless" ways to enhance your relationship.

**Marianne Moeller** was recently invited by her Buddy, **Ethel**, to join her and some friends at the weekly Bingo game at Ingleside. Several of Ethel's friends admired the great relationship Marianne and Ethel have, and asked how they met. They told them about ElderBuddy, and a couple of them are interested in joining the program. Thanks for the great PR, Marianne and Ethel!

A warm ElderBuddy welcome goes out to the following:

**Gabriele Rice** has been matched with **Dorothy**, at Ingleside. Gabriele shares, "Dorothy is quite interested in new gadgets. I introduced her to my digital camera, explained the workings and let her take some photos. She was quite excited about the experience and seemed to enjoy knowing more about all this. I then sent her the photos that she took with a note."

**Robert Williams** is getting to know his new Buddy, **Horst**, who lives at Gilpin Hall.

**Doris Graumann** recently joined the ElderBuddy Program and met her Buddy, **Alease**, at Luther Towers in August.

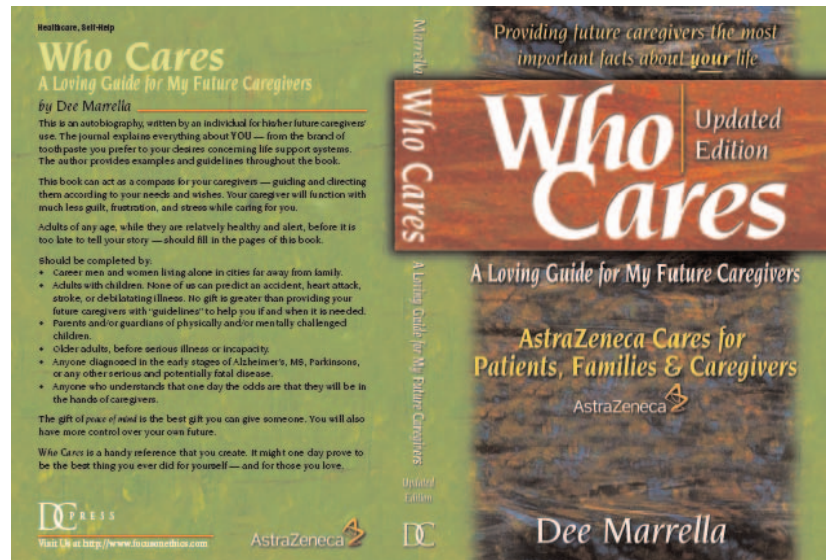
## A Win-Win Situation!

ElderBuddy volunteer, Jack Mitchell, recently found out that AstraZeneca had some furniture and artwork that it could no longer use. These items were in good condition, so AZ wanted to pass them on to a local nonprofit that could use them. Jack immediately thought of the ElderBuddy facilities and made sure the appropriate people got connected. AZ even provided delivery service. The result is that Luther Towers and Ingleside Retirement Apartments now have some additional furniture that they needed, and residents are now enjoying a brighter, more cheerful environment thanks to the donated artwork. A hearty **Thank You** goes out to AstraZeneca for its generosity, and to Jack for looking out for the ElderBuddy facilities.

# AstraZeneca Provides Unique Caregiving Book to ElderBuddy Volunteers

AstraZeneca helped to create the ElderBuddy program so its employees and retirees can enrich the lives of elderly residents living in local nonprofit senior housing facilities. One great thing about the program is that it requires very few resources – just warm smiles, heartfelt hugs and ongoing companionship. Now AstraZeneca has discovered a tool that volunteers can use to supplement their desire and commitment to make a difference.

The tool is *Who Cares: A Loving Guide for My Future Caregivers*, a guidebook that older adults can use to outline all of the critical information they feel a future caregiver might find useful. In one book, older adults can share their thoughts on everything from priorities for health care to personal preferences to financial and legal matters. *Who Cares* gives seniors peace of mind because they know that their future caregivers can confidently oversee every aspect of their personal and medical lives.



Originally published in 2002, *Who Cares* is now in its second edition, which has been enthusiastically received and reviewed by individuals, advocacy groups and healthcare providers. AstraZeneca was so impressed with the book that the company has purchased 7,500 copies to donate to local nonprofits serving seniors. All of the ElderBuddy volunteers will receive a copy, as will the seniors with whom they are paired.

AstraZeneca has placed a special order with the publisher and expects delivery in October. ElderBuddy volunteers will be notified when the books are available.