

Friends Foundation for the Aging Program Reporting Form

Grantees of Friends Foundation for the Aging are asked to make reports to the Foundation as a precondition for grant payments, as spelled out in the agreement letter. Please use the following as a template for your reports. Do not feel limited by them, however. Feel free to report on other matters that may be of interest to the FFA.

Return the reports to:

Friends Foundation for the Aging
1382 Newtown-Langhorne Road, E-201
Newtown, PA 18940-2401

1. List the goals and projected outcomes of the program and progress made toward each during the reporting period, both measurable and intangible. Include numbers of people touched by the work through one-on-one encounters, through group presentations, and via utilization of literature or a website. Include innovations tried, new materials produced and public relations successes, attaching copies of materials and publicity.

- Worship sharing at Summer Sessions for caregivers, (6) and on aging, (10); lunch with ARCH Visitors, (20 Visitors).
- Visitors Level II training at Powell House in November for 26 participants to add to their skills in specific areas and to assess potential for leadership
- At Fall Sessions met with ARCH Visitors, (15); consulted with several folks, (3-4).
- Celebrating Life Stories (50 -60) at Ithaca Meeting for Farmington-Scipio Regional Meeting; Visitor gathering, (9)
- Visitor Enrichment, Butternuts Quarterly Meeting, (4).
- New Jersey Visitors Enrichment Day, (17).
- Living and Dying Well workshop at Haddonfield Quarterly Meeting, (PYM), (60).
- Auburn Prison Worship Group Evening workshop inside Auburn Prison with about 12 present, topics chosen by the participants included reconnection with family members and how to behave at a deathbed visit of a relative.
- New England Yearly Meeting has decided to explore the ARCH concept and has a committee in place

- Bloomington MM has set a February date for a workshop and consultation with Anita
- All 3 coordinators led a workshop and held a consultation at Sandy Spring Friends House, in Maryland, (35-40).
- ARCH Coordinators are more fully incorporated into the NYYM staff.

2. Identify any noteworthy successes or unanticipated accomplishments during the reporting period.

- FGC has accepted our proposal to lead a workshop on Quaker values and end of life decision making
- A CAC member who is also very active with prison work, has begun a solicitation of Prison Visitors who can accompany ARCH Visitors into prisons for consultations with incarcerated men and women.
- ARCH Visitor started a support group for caregivers in her Meeting with 8 participants; it is spreading to the regional Meeting and the community.
- ARCH was included in a recent Yearly Meeting report on priority setting as having a profound impact on the Yearly Meeting.

3. Identify problems or unanticipated barriers that you have encountered or unexpected external factors that have affected the program, including strategies (if any) for overcoming them.

- The Commissioner of Corrections has opened the door to the proposed program, but instead of serving lifers who need strategies to sustain themselves and work towards the future, he wants a program for those newly incarcerated, ages 17 to 27! Barbara and Anita have withdrawn from the planning process until such time as the proposal to serve older men is approved.

4. Indicate any changes in the program's goals, strategies, personnel or timelines and the reasons behind the changes.

- It is clearer to the staff how to advance into a future without Barbara as a coordinator. Callie will lead ARCH and fund raise; Anita will continue as a coordinator with responsibilities for training and design, and as a 'hub' person for her region. 'Hub' people will be regionally based and responsible for local enrichment and caregiver days, and be the first level of support for Visitors in their area.
- ARCH Visitor Level II Training was, "so well planned and executed, full of content, a monumental step towards the future of ARCH", according to the Committee on Aging Concerns of NYYM.

5. Make note of significant new collaborations that have occurred during the past reporting period.

- New England Yearly Meeting
- Bloomington Monthly Meeting, IN,
- Haddonfield (PYM) Monthly Meeting
- Sandy Spring Friends House

6. Attach a financial statement for the reporting period and for the grant year-to-date and explain significant variances from the original budget and reasons for the variances. If there is overall over-expenditure, identify plans for correcting the problem.

It will arrive separately.

7. Additional comments: ARCH Visitors report their recent activities:

Of the Visitors who responded to our question, "...how many times last year?" the answers were indefinite:

- I visited and phoned 4-5 times a week for 8 weeks; for another person, once or twice a week for 4 weeks.
- I visited in the hospital and offered phone support to the person and their partner numerous times.
- Phone support 'several' times for 4 months.
- Intensive work with our Meeting member and his family for a year, many, many visits and calls; the family is now supplying the support he needs.
- He couldn't talk so I would read poetry to him when I went each week. He'd had a stroke but could still move his eyes so I'd ask him if he liked the poem to blink his eyes. He would stretch his eyebrows up high and then give a big blink. One time I read a poem about poppies and he said, "I. Like. Poppies." It was the only time he spoke.
- I invited her to lunch the day before New Year's because ARCH training taught me that might be a hard time for this new widow.
- They drove an hour and a half to my house so I could hear each of them and explain each to the other and set some new guidelines.
- I spent an hour on the phone – one of a series of conversations with this man – anticipating and role playing the conversation with his father that started with, "You and Mom must move." They did move and they're happy!

Have you organized or facilitated any activities?

- I co-facilitated a forum on death and advance directives and will be doing another in January.
- With another Meeting Visitor I continue to facilitate a gathering of Visitors and others once a month and we've had 2 visits to senior communities. It has been quite liberating.
- I helped organize a 2 day workshop called Care Partnerships.
- I focus the topics of chats on 'The New Normal' and how we respond to our aging.
- Started a support group for caregivers that is spreading to the region, as well as the community.
- Am recruiting prison visitors to accompany ARCH Coordinators and Visitors inside

Has your awareness of aging issues changed in the past year?

- I used to shy away from people grieving but it has become rather normal and I've been told I have a gift for being with dying people.
- I am learning that we are all interdependent as I reach out to a woman getting chemo and the experience enriches me.
- I am noticing little changes in my own body and mind which are giving me more compassion for those older.
- Without my exposure to ARCH I would have been more negative and worried about deteriorating abilities; I now see it as just another life challenge among many we face at all ages.
- I've learned a lot about memory loss... and depression..., and about a care-giving coalition in NJ that holds a few conferences.
- I think aging is a hoot!

Has ARCH changed your relationship to your Meeting?

- My ARCH experience has made me realize that my Meeting doesn't recognize my quirky, unusual talents.
- Meeting responded to my request for conversations on aging and as a result, the sense community has deepened and we are more trusting and willing to speak more openly.
- What I'm finding helpful...is the spiritual dimension of being a Friend...
- I am expected to be more a part of issues in Meeting involving elders...and am grateful that another Visitor is there to help.
- I am back to attending worship, and I have been given to responsibility to investigate better ways to assist those with hearing issues.

- Opportunities to relate on a human basis have multiplied. Some seem more willing to allow vulnerability to show; some are more willing to accept help; my gratitude for my Meeting has deepened. Opportunities for spiritual growth have developed in ways I had not foreseen.
- The opportunity to raise concerns around aging has definitely expanded my opportunities to share personally, develop friendship, and meet people in meaningful, even profound ways. The whole ARCH experience has deepened my spiritual path in amazing and grace-filled ways.
- My involvement in ARCH has brought me closer to the circle of Friends than I have been for 6 years.
- I am consciously seeking out the elderly and those in need of support in the Meeting.