



Greetings! ,

The transition into the fall is always an exciting time at LBFE Boston. This year is no different - even in this new reality we live in. We're wrapping up our Summer intergenerational CitySites programs and taking a moment to reflect on what went well, what we can do better, and how can we engage more older adults in a virtual space. Just like the years before 2020, we're now planning for the fall - solidifying partnerships with Northeastern's Service Learning classes, Boston College's PULSE program, and senior housing communities across the city.

While so much has changed this year, the LBFE family takes solace in what remains the same. The joy and comfort of our friends and neighbors. The changing of the seasons. We also continue to grow and try new things - like using the internet, planning new activities on Zoom, and meeting new people. There's a new feeling of peace in our new routines that allows us to have hope for a brighter future.

To round out the summer, next week LBFE Boston is premiering the first of a five-episode series of [Friends on the Harbor](#). In typical 2020 fashion, LBFE has transformed our annual to a virtual experience. The five episodes will feature special guests including Governor Charlie Baker and MA AARP President Sandra Harris, and musical performances by Yo-Yo Ma, Livingston Taylor, the Indigo Girls and more! The work done behind the scenes has been inspiring. Our special guests and performers have enthusiastically accepted our invitation to be a part of our mission. They've shared personal stories with us about the pandemic and how it's made them think more deeply about their relationships with the older adults in their lives. With the tragedy and sadness that we've all endured these last six months, there is now hope. Hope that in the future we'll take more time to connect with loved ones. That we'll visit and call older relatives and friends more often. That we'll cherish our friendships and spend more time together. Among the challenges, we're starting to find *something good*.

Warmly,

Nikki Shults
Executive Director



LBFE in the News

You may have heard a familiar voice on WMEX last week.

Executive Director, Nikki Shults, joined radio host George Yazbeck to talk about LBFE Boston's mission and the work you do to relieve isolation and loneliness among the elderly both before and during the pandemic. Click here to listen to the interview. You can listen to the interview soon on the [Bob Katzen Show's website](#).



Friends on the Harbor Premiers Next Week!

Join your hosts Executive Director Nikki Shults and Actor/Singer Gene Dante for [weekly episodes of Friends on the Harbor](#).

Tune in weekly to hear from special guests including MA Governor Charlie Baker, MA AARP President Sandra Harris, program spotlights with older adults and students, and musical performances by fan favorite from last year's event The Soft Touch Dance Band, Buddy Holly tribute band Rave On, the world famous Indigo Girls, Yo-Yo Ma, Livingston Taylor and more!

Episodes can be seen on our [Facebook page](#), [YouTube Channel](#) and [Website](#).

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LBFE Staff Presentations

Congrats to LBFE Boston's Program Director Cynthia Wilkerson, IG Program Manager Stephenie Hou and Northeastern Co-op Kelly Prister for being chosen to present at the [MA Council on Aging Annual Conference](#). Their presentation is titled Going Virtual: Using Technology to Build Intergenerational Relationships and Programs.



Cynthia will also be representing LBFE during the Lightning Roundtable at the [Third Annual Intergenerational Symposium](#) sponsored by the Fuss Center at Lasell University.



Besides Feelings of Loneliness, What Else Does Isolation do to Us? from NPR

[In this interview](#), NPR's Steve Inskeep talks to Julianne Holt-Lunstad, a neuroscientist and social psychologist at Brigham Young University, about the physiological effects of being alone while under lockdown orders. One key to maintaining both physical and mental health is keeping social connections strong. LBFE Boston's Bridge the Distance and virtual

CitySites programs do just that.

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