



THE FRIENDSHIP LIMELIGHT

Welcome to The Friendship Limelight! In this space, we would like to spotlight the FL's volunteers and their interests, journeys, motivation, and anything you wish to share amongst ourselves, because building connections can lead to longer life, better health, and improved well-being.

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S

Susie has been a volunteer since 2016. Her journey started when she saw a piece about the FL in the NY Times, and contacted fellow friend ,BK ,who was a current volunteer.

Qs and As

HOW LONG HAVE YOU BEEN A VOLUNTEER AT THE FL?

I'm entering my 8th year. I was lucky enough to go through orientation with our beloved Patrick Arbore. It/he was truly amazing. We went through various stages of the complex nature of our callers, including how to work with those handicapped – like basically learning how to be blind and what that might mean to a caller.

Any tips or advice for new volunteers?

Sharpen your active listening skills. I like to ask callers, “what brings you joy?” Maybe talk about their work before they retired and what brought them passion. Be empathetic and genuine.

Interests? Art, Museums, Girlfriend time, walks and photographing in the Botanical Gardens. Being in nature as much as possible, reading books aloud with my husband, discovering new places, favorite restaurant dives, being in community w/dear friends and my family. I'm a soul mom to my niece and nephew 😊

How has your career benefited from being a volunteer? I had 35 years in the Public Relations field and learned how to be a good

What has been your biggest professional achievement? Learning to shift my awareness and practice Mindful Photography. It's applying a meditative art to photographing. I've taught classes at SF General Hospital Mental Rehab Center and worked with clients to understand how to take images with their heart – with no judgment. It's a fact applying this method can ease depression, limit stress and help with anxiety. It feels good to share that practice with those who are coping with mental health issues.

What is the strangest thing you have ever done? I remember visiting the Eiffel Tower in Paris with my family. On one level there was Plexiglas flooring. I decided to lay down holding my camera to my chest. It was quite profound to look up and just feel the impact of this magnificent structure.

Are you a morning person or a night owl? Morning, I get up early to meditate, do my morning pages to the backdrop of all sorts of chanting, classical and meditative music and, now, some wonderful holiday tunes.

What is your go-to comfort food? Peanut butter (or almond butter) on graham

What would
be the theme
song of your
life right
now?

- Cruel Crazy Beautiful World-
Johnny Clegg

communicator, have compassion, and engage people. All skills that have served me well on the FL.

crackers! I love tomato soup with saltines too :-)

MY WORK



Flight Into Light

I've renamed this image several times attempting to embrace the essence of this image. I was driving down a highway in California called Devil's Slide. I've driven this road many times. This time the light forced



Water Sage

We were swimming. I soon retreated to grab my camera. I wanted to record and remember the luscious afternoon. Heidi was in her own trance. She pulled me into it. I saw and witnessed her own dance. Soon she paused. We were both held in the stillness. This image resulted.

me to pull over and just stare at the dance going on in the ocean. I waited. I paused. Again, and again. Breathed the light into my heart and the pelicans soon lined up in perfect formation. I've made this image as a notecard to send to those who have experienced a loss. It reminds me of how another spirit world awaits us - always through the light inside and outside of us



LIGHTHOUSE BEAUTY



Morning at Lands' End

It was the first major day of fog. I rose early and headed toward the ocean and soon stepped into the midst surrounding the many cypresses trees. At Lands' End. I walked. I strolled. Just being in the presence of tree kingdom being nourished by the fog. I felt the fulfillment. I began photographing - just a few choice vistas. I wanted to not

I have always been entranced with lighthouses. When we traveled the northwest, we visited a number of them.

Here's a beautiful example of shapes, curves, lines. I waited and waited and kept moving to attain the symmetry I was looking for.

Mindfully I stepped in....

In The Know-

December 28, 2023 Volunteer Support Group 3PM-Virtual meeting

January 16, 2024: Elder Abuse Prevention: Mandated Reporter Training-10-11:30AM-Online Webinar

January 21, 2024 Training opportunity: Promoting Emotional Health and Preventing Suicide- 10:00am-11:00am (PT)-Online Webinar

interrupt their morning feast of the sweet delicate fog.

More information regarding Friendship Line statistics, organizational updates and other news will be added on the next issue!

Susie has beautiful pictures on her website, if you like these, you will love the ones on her site.

Any questions? Email:
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