



# Counseling Services Among Volunteers

1845 East Lake Street • Minneapolis • MN • 55407    Linda (612) 746-0728 • Louise (612) 746-0720    March & April, 2008  
Atrium Office Building • Suite 165 • 1295 Bandana Boulevard • St. Paul • MN • 55108    General Number (612) 721-6215

## Greetings from the Counseling Department

The days are getting longer and spring will arrive March 20, 2008. As the trees begin to bud and the crocuses find their way into the sunlight we are also provided the opportunity to peek out, stretch, grow and bloom.

The counseling department is ready for spring and we are excited that the work of integration is providing us with the opportunity to stretch, grow and bloom. It is good to know that we are in harmony with nature. Things are as they should be.

*Warm Regards  
Linda & Louise*

*Upon entering  
middle age, she  
developed a  
fondness for  
umbrellas and  
galoshes and noisy  
spring  
thunderstorms.*



*And now her friends  
find her wandering contentedly through puddles when she  
**REALLY SHOULD** be WORKING.*



## March In-Service

*Mindfulness:  
Awake and Aware in  
the Present Moment*

Date: Friday, March 14, 2007  
Time: 1:30 - 3:30 p.m.

Place: Bethel Evangelical Lutheran Church  
Nazareth Hall  
4120 17th Avenue South  
Minneapolis, MN 55407

Speaker: Jean Haley, ACSW

Description: Participants attending this workshop should be able to: understand the components of mindfulness; explain its benefits to both service providers and clients; practice sitting meditation, walking meditation, and mindfulness movement; learn simple tools to stay mindful throughout the day; apply principles of mindfulness when working with clients experiencing anxiety and stress.

Please

RSVP to Linda at 612-746-0728 by 3/10/2008

## April In-Service

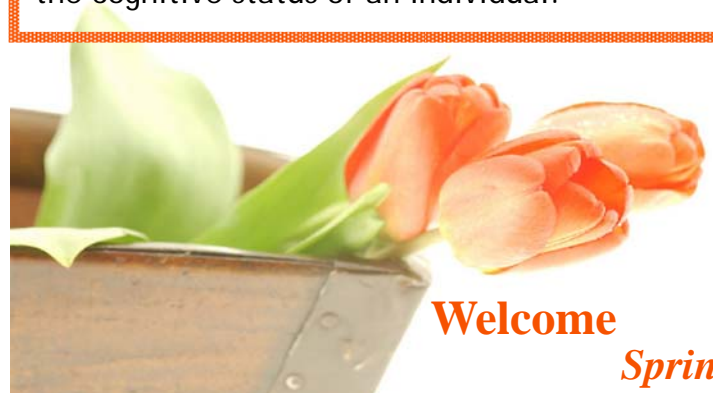
Mini-Mental State  
Examination (MMSE)

Date: April 24, 2008  
Time: 2:00 - 3:30 p.m.  
Place: LBFE  
Lake Street Office



Presenters: Linda Davison and Louise Anderson

Description: Introduction of a tool that ECE and Sage Counselors will be using in their work with clients. The MMSE helps to identify the cognitive status of an individual.



**Welcome  
Spring**

## Group Supervision Provides Opportunities



*Good teams are made up of unique beings.*

### March, April & May 2008 Group Supervision

The schedule for Supervision  
March, April & May is noted below:

Thursday - First Thursday 9:30 - 11:30  
Tuesday - Second Tuesday 1:00 - 3:00

#### Thursday morning:

March 6, 2008 9:30 - 11:30 a.m.  
April 3, 2008 9:30 - 11:30 a.m.  
May 1, 2008 9:30 - 11:30 a.m.

#### Tuesday afternoon:

March 11, 2008 1:00 - 3:00 p.m.  
April 8, 2008 1:00 - 3:00 p.m.

*Team energy is created by the diversity of its members. Please bring your skills and perspective to the team!*



*...Build Skills...Strengthen Ties*

...Learn About Yourself and Community Resources...Meet Challenges...

to Give and Receive Support... Validate the Work You and Others are Doing

## GLBT - Community Services

In the January in-service service on the GLBT community a question about services came up. There are many community resources available and OUTFRONT Minnesota provides an extensive resource list of agencies and organizations serving the GLBT community.

Information about social and recreational programs, churches, businesses, Minnesota laws, and the social justice issues of the gay, lesbian, bi-sexual, and transgender can be found on the OUTFRONT Minnesota website. Please take time to acquaint yourself with this resource. You may find a chorus, theater, support group, coffee shop, or church resource that may support you or someone you know.

OUTFRONT Minnesota  
<http://www.outfront.org/>  
310 38th Street East #204  
Minneapolis, MN 55409  
612-822-0127

For a broader view on GLBT issues see the national website of the Lesbian and Gay Aging Issues Network (LGAIN). The LGAIN is part of the American Society on Aging (ASA). Their web site is: <http://www.asaging.org> On the home page of the ASA look under constituent groups for LGAIN.

Two other national agencies that provide educational and advocacy information include:

*National Gay and Lesbian Task Force*  
<http://www.thetaskforce.org>

*Human Rights Campaign*  
<http://www.hrc.org>

## Hats Off to LBFE Volunteers

Please plan to attend the annual volunteer recognition event. Allow us the opportunity to treat you with the same kindness you show to LBFE elders.

Date: May 1, 2008

Time: 6:00 to 8:00 p.m.

Location: **The LBFE - St. Paul office**

Please hold this date

