



# Counseling Services Among Volunteers

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

## An Intern's Perspective

Today Linda and I met with a severely depressed man who has lived the past twelve years of his life as if each of those days were already in the past. To him, every today and tomorrow was already yesterday. He, for some reason, had separated "tomorrow" from any connection to the future and was therefore living perpetually bound to the dreams that died in his past.

Throughout the course of interviewing this man, he revealed to us that he still had hope for the future. I believe that is the cornerstone to improvement. Once hope is realized, any barrier can be broken. Hope, after all, is the last pure virtue that the evils of Pandora's Box didn't destroy.

It is important to realize that you must suffer to build a house one brick at a time, rather than throwing all the bricks together at once. One must build his or her future one tomorrow at a time, just as a house is built one brick at a time. It is futile to wish for all factors of suffering and determination, steadfastness and resilience, to pile together all at once, without building them over a long period of time. One must recognize that every "tomorrow" is a chance to lay a brick, and that hope is not wishing for the house to simply fall from the sky fully built, but that hope is the means to getting to an end. Hope is what makes laying bricks possible, no matter what the age.

Brooks Turner  
High School Service Learning Intern  
May 2008

*If you lose hope, somehow you lose the vitality that keeps life moving, you lose the courage to be, that quality that helps you go on in spite of it all. And so today, I still have a dream.*

*Martin Luther King, Jr*

## July In-Service

Understanding the Terms  
Adult Protection and Vulnerable Adult  
*(understanding agency policy and procedures)*

Date: Wednesday, July 16, 2008

Time: 1:00 to 3:00 p.m.

Place:

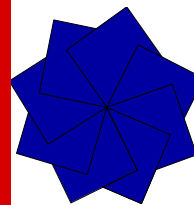
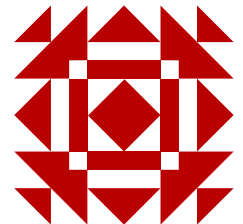
Little Brothers - Friends of the Elderly  
1845 East Lake Street  
Minneapolis, MN 55407

The terms vulnerable adult and adult protection are coming up more frequently in our peer counseling work. Understanding how the legal system defines the term vulnerable adult is an important concept. As we integrate services volunteers need to understand what their roles are when they believe an elder is a vulnerable adult that is being exploited, abused or neglected.

Registration is required for this workshop, as it is open to all volunteers and staff of LBFE and we want to be sure that there is enough seating and handouts. Please register by calling Linda at 612-746-0728.

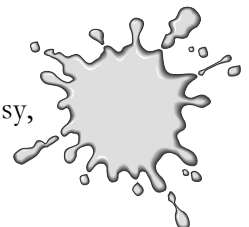
When is a complex, out-of-balance, and messy relationship a vulnerable adult issue?

Relationships are rarely clear cut or perfectly balanced.



Relationships usually have complex layers. Layers are sometimes observable while others may be hidden from view.

Relationships can be messy, hard to understand, and difficult to describe.



**Dates To Remember  
July, August, and September  
Supervision Dates**

Thursday	July 3, 2008	9:30 - 11:30 a.m.
	August 7, 2008	9:30 - 11:30 a.m.
	September 4, 2008	9:30 - 11:30 a.m.
Tuesday	July 8, 2008	1:30 - 3:30 p.m.
	August 5, 2008	1:30 - 3:30 p.m.
	September 9, 2008	1:30 - 3:30 p.m.

**July, August, and September  
In-Service Dates**

July	July 16, 2008	1:00 to 3:00 p.m.
August	No In-service scheduled	
September	Peer Counseling Training Begins	
	• September 22, 2008	New counselor orientation
	• September 26, 2008	ABC of Counseling - a.m. Counseling Interventions I - p.m.

If you are an experienced counselor and feel that the September in-service opportunities are not appropriate for you, please take a break from training and join us again in October. For those of you who wanted more of John Yaeger, he will be presenting in early October.

**Group Work Update**

The peer counseling program has three groups for elders happening this summer and early fall.

**For the Love of Change**

Hats off to Charles and Sue for their work in developing and facilitating this brand new group.

**Reminiscence**

Mary Ellen and Jeanne will be co-facilitating this group beginning in mid-August.

**Stress Management or Reminiscence?**

This group will happen in St. Paul and we are still discussing the topic. The facilitators and staff will have an opportunity to develop the topic and curriculum. This group will be co-facilitated by the Counseling Department Interns and Peer Counselors. If you would like to work with students in their learning please call Linda at 612-746-0728.

**Are you interested in switching roles  
for the next four months?**

If you are interested in assisting in the development of the next volunteer training - behind the scenes or as a trainer - please call Linda at 612-746-0728.



**Have a great  
4th of July**