



Counseling Services Among Volunteers

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

Greetings!

It is hard to believe that the holiday season is here again. Last week, sitting on the patio at Bradford's I realized the leaves had changed and somehow I had missed the most beautiful hours of fall. I was reminded that you have to be mindful of your life or you can miss it.

Finding the balance between being busy and living with intention is harder than it looks. As we enter the holiday season, our intentions can easily be mislaid as we strive to complete the tasks on the lists we have made.

As you go about the business of these holidays, please remember to notice the wonderful things that are happening in the moment and reflect on the history that you share with your family, friends and community. Take time to enjoy the traditions that are important to you, and if those traditions are changing, change them with intent.

Have a wonderful and safe holiday season.

Linda



Every Christmas morning my mom and dad would put us in the car and take us to the nearest skating rink. They would sit in the car and watch the four of us skate until we were frozen popsicles.

Share a tradition and as you share, explore how you have kept or changed that tradition over your lifetime.

November In-Service

Older Adult Depression

Depression in older adults is a significant health issue in the United States. Understanding the symptoms and increasing your understanding of depression also increases your capacity to be supportive and helpful to an elder experiencing the illness.



Date & Time:

Tuesday Evening
November 11, 2008
6:00 to 8:30 p.m.

Place:

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

Speaker:

Merrie Kaas, DNSc, RN, CNS

Merrie J. Kaas is currently an associate professor at the University of Minnesota School of Nursing, and a member of the Center for Gerontological Nursing. She is a member of the University of MN Center on Aging and faculty of the Minnesota Area Geriatric Education Center. Merrie currently provides clinical consultation to the professional counseling program of LBFE.

CEUs - This workshop is approved by the MN Board of SW for 2.5 hours of continuing education.

Please RSVP to Linda Davison at
612-746-0728 by November 7, 2008

New Hours At LBFE

The hours of operation at LBFE are changing effective November 1, 2008

New Office Hours
Monday through Thursday
8:00 a.m. to 5:00 p.m.

Individual staff hours are still being determined.

If you need to reach me on Fridays, please call my cell phone and leave a message. I will return your call when I am able to do so. My cell number is (612) 388-0594.



Who would you rather be in a group?

The Roles Penguins Play

- Energizer - Come on guys, a little swim in sub-zero temperatures will energize and motivate us.
- Encourager - Henry your idea of a swim this morning is simply fabulous.
- Follower - Well if the two of you are going I am coming with you.
- Opinion Seeker - Let's ask Harry when he gets here what he thinks about a swim.
- Blocker - I think going for a swim this morning is just asking for trouble.
- Evaluator-critic - The rules clearly state that we will not swim for at least thirty minutes after eating and we only finished a few minutes ago.
- Compromiser - Well if we wait for just 15 more minutes to go swimming we will be following the rules and we can be energized by the swim.
- Information Seeker - I just have a couple of questions. First, if we go swimming now will we get to go again this afternoon and two, is it okay if go swimming without our goggles?

Researchers have found more than 26 different roles that people play in a group. Think about who you are and how you operate within a group. Leader, follower, observer, gatekeeper, blockerLearn more at the December In-service.

Dates To Remember

Supervision Dates

November:

Tuesday, November 4 - 1:00 to 3:00 p.m.

Thursday, November 6 - 9:30 to 11:30 a.m.

Tuesday, November 11 - 3:00 to 5:00 p.m.

The November 11th date will be kept because it was published in the September/October Newsletter. If you plan to attend this supervision time please RSVP to Linda. The In-service on Depression will follow the November 11 supervision time.

December:

Tuesday, December 2 - 1:00 to 3:00 p.m.

Thursday, December 4 - 9:30 to 11:30 a.m.

Time Sheet Due Dates

October 2008 time sheets are due to Linda by November 7th, 2008. November 2008 time sheets are due to Linda by December 7th, 2008.

Timely reports are truly appreciated.

In-Service Dates

November:

Date: Tuesday, November 11, 2008

Time: 6:00 - 8:30 p.m.

Topic: Older Adult Depression

Place: LBFE Minneapolis offices

Speaker: Merrie Kaas

(see front of newsletter for details on this in-service)

December:

Date: Thursday, December 18, 2008

Time: 1:30 - 4:00 p.m.

Topic: Group Process

Place: LBFE Minneapolis offices

Speaker: Louise Anderson

(see below for details)

Group Process December In-Service

Groups are not new to us but they are interesting to dissect from the inside out. Join Louise Anderson, Assistant Director of Counseling Services, for an afternoon of learning about group development, the roles people play in groups, and ways you can more effectively participate in or facilitate a group.

Date and Time:

Thursday, December 18, 2008 from 1:30 - 4:00 p.m.

This in-service is available for CEUs upon request.