



Among Volunteers

September 23, 2009

An Important Note from the Executive Director

Dear volunteers:

As you know, the flu season is upon us and we would like to share some important information about the H1N1 virus. We hope this information is helpful to you in the important volunteer work you do with the elders of LBFE.

The symptoms of the virus are similar to seasonal flu and may include:

- Fever above 100 degrees F
- Cough
- Sore throat
- Stuffy nose
- Diarrhea and vomiting in some cases

If you become mildly ill, follow these precautions:

- Stay home and avoid contact with other people as much as possible
- Treat the symptoms as you usually would (for example, with fluids and Tylenol)
- Do not give aspirin to children or teens aged 18 and under

If you become moderately ill, call your doctor if:

- You have a fever of 100 degrees F AND
- You have a cough or sore throat
- You are sick enough that you would normally go to the clinic
- You have a health condition that may put you at increased risk of becoming severely ill with influenza

Call your health care provider or 911 immediately if you are ill and develop any of the following symptoms:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion or change in level of consciousness
- Severe or persistent vomiting

- Severe sore throat, accompanied by swollen glands in your neck
- Flu-like symptoms that improve but then reoccur with fever and worse cough
- Fever over 104 degrees that cannot be brought down
- Fever of 101 degrees lasting for more than three days

For more information, call the Minnesota Department of Health at 651-201-5414 or visit their website at:

<http://www.health.state.mn.us/divs/idepc/diseases/flu/h1n1/index.html>

We hope you all stay healthy this season, but if you do feel ill please do not hesitate to cancel your volunteer appointment.

Volunteer Opportunities

FRIENDSHIP AND FLOWERS

Needs: **50 volunteers** to deliver flowers, cards and treats to homebound older adults once per month (every 3rd Saturday)

Where: Minneapolis Lake Street Office or St Paul Bandana Square Office

When: October 17, pick up times are 9 - 11 a.m.
November 21, pick up times are 9 - 11 a.m.
December 19, pick up times are 9 - 11 a.m.

Volunteers are also needed to serve homebound older adults in communities of the White Bear Lake Area School District:

Needs: **5-10 volunteers** to deliver flowers, cards and treats to homebound older adults once per month (pick up every 3rd Friday and deliver on Saturday)

Where: White Bear Lake Senior Program, 2484 E. County Rd F, White Bear Lake

When: October 16, pick up times are 8 a.m. - 4:30 p.m.
November 20, pick up times are 8 a.m. - 4:30 p.m.
December 18, pick up times are 8 a.m. - 4:30 p.m.

BINGO

Needs: **1-2 drivers (drop offs and/or pick ups only)**

Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis

When: Tuesday, October 13, Minneapolis clients
drop off 9:30 a.m./pick up 12:30 p.m.
Tuesday, November 10, St Paul clients
drop off 9:30 a.m./pick up 12:30 p.m.
Tuesday, December 8, Minneapolis clients
drop off 9:30 a.m./pick up 12:30 p.m.

DAY OF REFLECTION

Needs: **1 driver (St Paul)**

Where: Benedictine Center, 2675 Benet Rd, Maplewood

When: Thursday, October 15, 10 a.m. - 2:00 p.m.

BIRTHDAY LUNCHEON

Needs: **2 kitchen volunteers for food prep/clean up**

Where: Lake Street Office, 1845 East Lake St, Minneapolis

When: Wednesday, November 18, 12 - 2:30 p.m.

KNIT & CROCHET GROUP

Needs: **1 driver (Minneapolis)**

Where: Lake Street Office, 1845 East Lake St, Minneapolis

When: Thursday, November 19, 10 a.m. - 12:30 p.m.

Thursday, December 10, 10 a.m. - 12:30 p.m.

For more information on these opportunities, please contact Sharon Rebar at (612) 746-0732 or srebar@littlebrothersmn.org

Orientation Sessions

You are cordially invited to attend one of our upcoming Orientation and Basic Training sessions. Whether you are a brand new volunteer to LBFE or a seasoned veteran, these sessions will have something to offer you. Attendees will learn more about the organization's history, current programs, and the future of older adults in Minnesota. Interactive discussions on working with older adults, volunteer motivation, and a review of current agency policies are included in the sessions.

Upcoming sessions are scheduled for:

Thursday, September 24, 5 p.m. - 8 p.m. at the St Paul office
1295 Bandana Blvd, Suite 165, St Paul

Saturday, October 10, 9 a.m. - 12 p.m. at the Minneapolis office
1845 East Lake St, Minneapolis

Wednesday, October 28, 5 p.m. - 8 p.m. at the St Paul office
1295 Bandana Blvd, Suite 165, St Paul

You must RSVP to Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org if you plan to attend.

Matching dollars to hours

Are you currently employed with any of the following companies?

3M	Medtronic
Ameriprise Financial	St. Paul Travelers
Cargill	TCF Bank
Deluxe Corporation	Thrivent Financial for Lutherans
Gap, Inc.	Uponor North America, Inc.
General Mills	Wachovia Bank

These and many other companies offer matching gifts if you make a donation to a nonprofit. Some also offer incentive programs to volunteers who donate their time for a worthy cause. They allow volunteers to nominate the nonprofit they are involved with for a volunteer grant or gift. Will you take part in helping to support the work of Little Brothers? Ask your supervisor or Human Resources if they offer these benefits.

To learn whether your company has a matching gifts program, please contact Marcy Luedtke, Director of Foundation and Corporate Relations at (612) 746-0750 or mluedtke@littlebrothersmn.org.

LBFE Office Hours

8 a.m. - 5 p.m., Monday through Thursday.

All email and voicemail left after 5 p.m. on Thursdays will be answered the following Monday.

Volunteer Department Information

For questions, inquiries or referrals, please contact Carolyn Swenson, Director of Volunteer Services, at (612) 746-0753 or cswenson@littlebrothersmn.org.