



Among Volunteers

January 20, 2010

Volunteer Opportunities

BINGO

Needs: **5 drivers (Minneapolis)**
Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis
When: Tuesday, February 9
Drop off 9:30 a.m./pick up 12:30 p.m.

KNIT & CROCHET GROUP

Needs: **1 driver (Minneapolis)**
Where: Little Brothers-Friends of the Elderly
1845 E Lake St, Minneapolis
When: Thursday, February 25, 10 a.m. to 12:30 p.m.

VALENTINE/BIRTHDAY PARTY

Needs: **1 driver (St Paul)**
Where: Little Brothers-Friends of the Elderly
1845 E Lake St, Minneapolis
When: Thursday, February 11, 12 to 2:30 p.m.

For more information on these opportunities, please contact
Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org

Special Invitation to Volunteers

You are invited to attend a book release celebration for *Stages of Senior Care*, sponsored by Home Instead Senior Care. *Stages of Senior Care* is a resource book that guides families through the stages of senior care. Dr. Mehmet Oz proclaims, "Informative. Complete. And practical. This book will guide family caregivers through the surprisingly complex world of senior care."

This event takes place on **Tuesday, January 26 from 4-6 p.m.** at the Sheraton Bloomington Hotel at 7800 Normandale Blvd in Bloomington. The first 50 guests will receive a complimentary book. For more information, please call (952) 929-5695 or visit www.stagesofseniorcare.com

Memorial Service

You are invited to attend a memorial service to honor Little Brothers-Friends of the Elderly clients who have died in the past several months. The memorial service will take place on **Monday, January 25** from 4-5 p.m. at our office at 1845 East Lake St in Minneapolis.

Those who will be remembered include:

Bill Dolezal
Shirley McDonnell
Shirley Reynolds

Wade Robinson
Raymond Rock

Refreshments and social time will follow the service. Contact **Melissa Badowich** at (612) 746-0724 or mbadowich@littlebrothersmn.org to RSVP.

Counseling Services at LBFE

Are you aware that Little Brothers-Friends of the Elderly has skilled peer and professional volunteers who provide counseling at individual client homes? The older adult you visit or someone you know could benefit from one-on-one counseling to address the following mental health issues:

- Depression
- Anxiety
- Grief and loss
- Adjustment difficulties (recent move, change in health, family change)

Past clients who received counseling through LBFE stated the following in their satisfaction surveys:

"The counselor's common sense approach was most appreciated!"

"The counselor accepted me and did not judge me. The counselor's feedback was honest and direct."

"I knew someone cared for and about me."

For questions, or to make a referral to the counseling program, please contact:

Louise Anderson, Director of Counseling at (612) 746-0720 or

landerson@littlebrothersmn.org

Mary Beth Gustafson, Peer Counseling Program Manager at (612) 746-0728 or

mgustafson@littlebrothersmn.org

Orientation Sessions

You are cordially invited to attend our upcoming Orientation and Basic Training session. New and experienced LBFE volunteers will learn more about the organization's history, current programs, and the future of older adults in Minnesota. Discussions on working with older adults, volunteer motivation, and current agency policies are included.

Wednesday, January 27, 5 p.m. - 8 p.m., 1295 Bandana Blvd, Ste 165, St Paul
Saturday, February 13, 9 a.m. - 12 p.m., 1845 East Lake St, Minneapolis
Wednesday, February 24, 5 p.m. - 8 p.m., 1295 Bandana Blvd, Ste 165, St Paul

Contact Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org to RSVP.

LBFE Office Hours

Normal business hours are 8 a.m. - 5 p.m., Monday through Thursday.

Volunteer Department Information

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