



Among Volunteers

February 4, 2010

Volunteer Opportunities

HANDS ON TWIN CITIES VOLUNTEER EXPO

Needs: **1-2 enthusiastic volunteers to staff the LBFE booth at the event (LBFE staff will also be present)**
Where: Mall of America, Bloomington
When: Saturday, February 20
Flexible shifts between 10 a.m. and 3 p.m.

FRIENDSHIP AND FLOWERS

Needs: **17 deliverers**
Where: Pick up at either LBFE office
When: Saturday, February 20 from 9 to 11 a.m. **(4 Minneapolis; 3 St Paul)**
Saturday, March 20 from 9 to 11 a.m. **(5 Minneapolis; 5 St Paul)**

BINGO

Needs: **7 drivers (St Paul)**
Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis
When: Tuesday, March 9
Drop off 9:30 a.m./pick up 12:30 p.m.

DAY OF REFLECTION - "LIFE STORIES AND WHAT THEY TEACH"

Needs: **6 drivers (3 Minneapolis; 3 St Paul)**
Where: Benedictine Center
2675 Benet Rd, Maplewood
When: Thursday, March 18, 10 a.m. to 2:00 p.m.

BIRTHDAY LUNCHEON

Needs: **2 set up/serve/clean up volunteers**
2 food prep/clean up volunteers
1 entertainer
Where: Little Brothers-Friends of the Elderly
1845 E Lake St, Minneapolis
When: Wednesday, March 17, 12 to 2:30 p.m.

KNIT & CROCHET GROUP

Needs: **3 drivers (1 Minneapolis; 2 St Paul)**
Where: Little Brothers-Friends of the Elderly
1845 E Lake St, Minneapolis
When: Thursday, March 25, 10 a.m. to 12:30 p.m.

**EASTER IS SUNDAY, APRIL 4. PLEASE STAY TUNED FOR DETAILS
ABOUT OUR EASTER DAY DINNER!**

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

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

Training Opportunities

All volunteers are invited to attend upcoming in-service sessions hosted by LBFE. All in-services will take place at the Minneapolis office at 1845 East Lake Street.

Thursday, February 18, 1 p.m. - 3 p.m.

Topic: Vision and Hearing Losses in Older Adults: A Review of the Resources
Presenter: Julie Rindelaub of Vision Loss Resources

Thursday, April 15, 1 p.m. - 3 p.m.

Topic: Becoming a Global Citizen: A Look at the Situation of Elders in Turkey & China
Presenters: Louise Anderson and Gretchen vander Linden of LBFE
CEUs available

Contact Mary Beth Gustafson at least one week in advance at (612) 746-0728 or mgustafson@littlebrothersmn.org to RSVP.

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.

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

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Website Update

We have recently updated our website to feature **short video clips** of program activities, volunteer and client interviews, and more! We are currently highlighting video taken at the rescheduled Christmas event, as well as clips from the Ed Asner interview at the "Up" screening last September. To view these videos, visit the homepage of our website at www.littlebrothersmn.org.

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