



Among Volunteers

May 6, 2010

Please help raise funds for LBFE by shopping Linder's this weekend

You are invited to participate in Linder's Flower Mart Fundraising Event to benefit Little Brothers-Friends of the Elderly. From May 7-May 10, 2010 LBFE is eligible to receive 15% of the cost of your purchases made at any Linder's Greenhouse, Garden Center, or Flower Mart. Please open the attachment that came with this email to print your special invitation. In order for LBFE to benefit, you must turn in your special invitation at check out. Go to www.linders.com for detailed store locations.

LBFE Volunteer Nominated For ONE MAN MINNEAPOLIS

We are pleased to announce that LBFE volunteer, **Michael Dietrich**, has been selected from among hundreds of nominations to compete for the title of ONE MAN MINNEAPOLIS. On Saturday, May 22 at the Pantages Theatre, one of the men will be identified as the man who represents the best of the Twin Cities from the perspectives of community involvement, personality, intelligence, and fitness. Michael has chosen to represent LBFE as his charity of choice. **The winner of ONE MAN MINNEAPOLIS and his affiliated charity split \$5,000.**

We need your help to ensure Michael's win! Cast your daily vote online at www.onemanminneapolis.com from March 26-May 21. In addition, those who buy tickets for the May 22 event will have a percentage of their ticket price donated to LBFE. Tickets and more information are available at www.onemanminneapolis.com

Volunteer Opportunities - May and June

ERRAND DRIVERS

Needs: **2-3 drivers (St Paul)**

Where: Various locations

When: Ongoing basis; twice a month commitment for 2-3 hours each time
Flexible hours determined by volunteer and client

BINGO

Needs: **6 drivers (for May: 1 Minneapolis; 1 St Paul-rides home only)
(for June: 2 Minneapolis; 2 St Paul)**

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

When: Tuesday, May 11 and Tuesday, June 8
Drop off 9:30 a.m./pick up 12:30 p.m.

FRIENDSHIP AND FLOWERS

Needs: **8 deliverers (4 Minneapolis; 4 St Paul)**

Where: Pick up at either LBFE office

When: Saturday, May 15 from 9 to 11 a.m.
Saturday, June 19 from 9 to 11 a.m.

BIRTHDAY LUNCHEON

Needs: **3 drivers (2 Minneapolis; 1 St Paul)
1 kitchen helper**

Where: Bradford House
3200 Hamline Avenue North, Arden Hills

When: Wednesday, June 16 from 12 to 2:30 p.m.

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

Volunteers Needed For NEW Advisory Group

LBFE will be creating a Volunteer Services Advisory Group in summer 2010. Group members will attend quarterly meetings to provide guidance, creative ideas, and recommendations to LBFE staff. Topics that the Advisory Group will discuss include volunteer recruitment strategies, volunteer recognition ideas, volunteer satisfaction surveys, and more! If you have been a LBFE volunteer for at least a year, and have a desire to improve Volunteer Services, please contact Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org to learn more about this important new venture.

Training Opportunities

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, May 20, 1 to 3 p.m.

Topic: How to Say It to Seniors - Closing the Communication Gap with Older Adults

Presenters: Linda Kayser and Mary Beth Gustafson

Thursday, June 17, 1 to 3 p.m.

Topic: Spirituality Needs of Older Adults: A Look at World Views and Religions
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.

Wednesday, May 26, 5 to 8 p.m., 1295 Bandana Blvd, Ste 165, St Paul

Saturday, June 12, 9 a.m. to 12 p.m., 1845 E Lake St, Minneapolis

Wednesday, June 23, 5 to 8 p.m., 1295 Bandana Blvd, Ste 165, St Paul

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

Companionship Corner

This is a new feature for the "Among Volunteers" newsletter, dedicated to LBFE volunteers who are engaged in visiting activities with elders. Each issue of "Among Volunteers" will bring you some new tips or ideas to enhance your visiting experience.

This issue's idea comes from Randy and Jane Hulstrom, who have been Visiting Volunteers with LBFE since summer 2009. Randy and Jane spent some time interviewing and recording the reminiscences of their elder client, as a way for her to pass on her stories and life lessons to the next generation of family. At the conclusion of the sessions they put her collected reminiscences onto a CD, and included several copies for her to share with others. Randy and Jane reported that everyone involved had a wonderful experience, and their elder shared some amazing stories of her life that they may not have otherwise heard.

There are many sample questions and tips on conducting a life interview readily available on the internet, such as those offered by the Legacy Project at <http://www.tcpnow.com/guides/lifeintquestions.html>. Perhaps you and your elder might like to give it a try!

If you have fun or inspiring ideas that you would like to share with other volunteers, please contact Carolyn Swenson, Director of Volunteer Services, at (612) 746-0753 or cswenson@littlebrothersmn.org.

Volunteer Timesheets Due

Attention Visiting Volunteers and Friendship and Flowers volunteers:

Timesheets are now due for the month of April. Accurate reporting of volunteer hours is critical to LBFE, helping us to demonstrate the depth and breadth of our volunteer community to potential funders, participants, and other volunteers.

Please email, fax, or mail your timesheet to your program coordinator.

Thank you for your continued support!

Volunteer Department Information

For questions, inquiries or referrals, please contact Carolyn Swenson, Director of Volunteer Services, at (612) 746-0753 or cswenson@littlebrothersmn.org. Office hours are Monday-Thursday from 8 a.m. to 6 p.m.