



Among Volunteers

June 3, 2010

New LBFE Pilot Project, NEST, to begin in July

Little Brothers-Friends of the Elderly will soon be embarking on the implementation of a new pilot project aimed at providing LBFE services in a concentrated, neighborhood-based approach. Neighbors Embracing Seniors Together, or NEST, will focus on the Payne-Phalen and Greater East Side neighborhoods in St Paul. In the Twin Cities, LBFE currently serves just 1% of the isolated and lonely older adult population. By providing services right where elders live, and working to connect them with people and resources in the neighborhood, we hope to impact between 10-15% of the isolated and lonely older adults in the area!

As in everything we do, volunteers play a pivotal role in the success of the project. Volunteers are needed in many roles, including Visiting Volunteers, Friendship and Flowers Visitors, Phone Companions, Peer Counselors, Drivers, and more! If you live or work in OR near the Payne-Phalen or Greater East Side neighborhoods, or know someone who does, we invite you to get involved. If you do not live in the area, but are interested in supporting the project in another way, we would love to use your skills. Information will be coming soon about a door-to-door campaign, or help us get the word out by marching with LBFE in the Rice Street Festival parade on July 29th.

Please contact Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org to volunteer for NEST or learn more about the project.

Volunteer Opportunities - June and July

ERRAND DRIVERS

Needs: **2 drivers (1 Minneapolis; 1 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: **5 drivers**
Where: Minneapolis League of Catholic Women

When: 207 S 9th St, Minneapolis
Tuesday, July 13
Drop off 9:30 a.m./pick up 12:30 p.m.

FRIENDSHIP AND FLOWERS

Needs: **12 deliverers**
Where: Pick up at either LBFE office
When: Saturday, June 19 from 9 to 11 a.m. **(4 Minneapolis)**
Saturday, July 17 from 9 to 11 a.m. **(4 Minneapolis; 4 St Paul)**

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, July 22 from 10 a.m. to 12:30 p.m.

MORNING SOCIAL/SPEED REMINISCING WITH UNITED HEALTH GROUP VOLS

Needs: **6 drivers (3 Minneapolis; 3 St Paul)**
2-3 bakers to make muffins/coffee cake/other treats
Where: LBFE Lake Street Office
1845 E Lake St, Minneapolis
When: Wednesday, June 30 from 9 to 11:30 a.m.

DAY OF REFLECTION - "THE ART OF LISTENING"

Needs: **6 drivers (3 Minneapolis; 3 St Paul)**
Where: Benedictine Center
2675 Benet Rd, Maplewood
When: Thursday, July 8, 10 a.m. to 2:00 p.m.

INTERGENERATIONAL MORNING SOCIAL WITH CHURCH YOUTH GROUPS

Needs: **20 drivers (10 Minneapolis; 10 St Paul)**
5-10 set up/serve/clean up volunteers
4-6 bakers to make muffins/coffee cake/other treats
Where: Our Redeemer Lutheran Church
1390 Larpenteur Ave E, St Paul
When: Thursday, July 15, 9:30 to 11:30 a.m.

PICNIC/BIRTHDAY CELEBRATION SPONSORED BY ROSEVILLE ROTARY

Needs: **2 drivers (Minneapolis)**
Where: Bradford House
3200 Hamline Avenue North, Arden Hills
When: Thursday, July 29 from 4 to 6 p.m.

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

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, June 17, 1 to 3 p.m.

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

Presenters: Shelly Rottenberg, LISW, Adjunct Professor at the School of Social Work at St. Thomas/St. Catherine's University; Stacy Husebo, LICSW; Phyllis Zillhart, MDiv, Fairview Hospice, Spiritual Care Provider

CEUs available

Thursday, July 15, 1 to 3 p.m.

Topic: *Aiding the Adjustment Process: Guidance for Helping People Facing Advanced Illness*

Presenter: Mary Beth Gustafson, LICSW

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, handling difficult situations, and current agency policies are included.

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

Saturday, July 10, 9 a.m. to 12 p.m., 1845 E Lake St, Minneapolis

Wednesday, July 28, 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

Summer has arrived, and with it, an abundance of fun activities in the Twin Cities. Some elders who are hesitant to venture outside in the winter months may now be interested in getting out and about. For information about free things to do in the Twin Cities, check out this link:

<http://minneapolis.about.com/od/artsentertainment1/a/freemusictheater.htm>

Consider doing a bit of armchair travelling with those elders not interested in or able to go out. Ask your elder where they've been, or where they've always wanted to go, and then check out some travel guides or DVDs at your local library to explore together.

Volunteer Time Sheets Due

Attention Visiting Volunteers and Friendship and Flowers volunteers:

Time sheets are now due for the month of May. 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 time sheet 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.