



Among Volunteers

July 1, 2010

UnitedHealth Group employees engage with LBFE elders in “speed reminiscing” event

The LBFE Lake Street office was abuzz with conversation and laughter on June 30, when a group of UnitedHealth Group (UHG) employees joined our elders for a morning of “speed reminiscing.” The first of its kind for LBFE, the activity focused on the topic of summertime memories such as favorite foods, traditions, celebrations, and activities. Each elder participant was paired with one to two UHG employees for eight minutes to discuss a question, and at the end of the time period a bell sounded for the employees to rotate to the next elder. This event was the capstone for a three-day workshop for these UHG employees, who are clinical leaders from all across the United States. The event ended with the presentation of a beautiful memory book to each elder, courtesy of UnitedHealth Group. Thank you to all who planned or participated in this wonderful event!

Volunteer Opportunities - July and August

HELP ELDER SETTLE IN NEW HOME

Needs: 1 volunteer to help elder unpack and arrange many figurines
Where: Elder’s home in East Metro
When: Flexible hours to be determined between volunteer and elder
Project may take 1-2 visits

BINGO

Needs: 9 drivers
Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis
When: Tuesday, July 13 (4 drivers)
Tuesday, August 10 (5 drivers)
Drop off 9:30 a.m./pick up 12:30 p.m.

INTERGENERATIONAL MORNING SOCIAL WITH CHURCH YOUTH GROUPS

Needs: 8 drivers (4 Minneapolis; 4 St Paul)
5-10 set up/serve/clean up volunteers
2-3 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.

FRIENDSHIP AND FLOWERS

Needs: **16 deliverers**
Where: Pick up at either LBFE office
When: Saturday, July 17 from 9 to 11 a.m. (4 Minneapolis; 4 St Paul)
Saturday, August 21 from 9 to 11 a.m. (4 Minneapolis; 4 St Paul)

BIRTHDAY LUNCHEON SPONSORED BY MCGOUGH CONSTRUCTION CO.

Needs: **10 drivers (5 Minneapolis; 5 St Paul)**
Where: Bradford House
3200 Hamline Avenue N, Arden Hills
When: Wednesday, August 18
12:00 to 2:00 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, August 26 from 10 a.m. to 12:30 p.m.

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

Training Opportunities

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

PLEASE NOTE THE TOPIC FOR THE JULY TRAINING HAS CHANGED TO THE FOLLOWING:

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

Topic: Identifying Self-Neglect in Elders and Understanding the Concept of Informed Consent

Presenter: Barb Doherty, MSW, LISW

CEUs available

Thursday, August 19, 1 to 3:30 p.m.

Topic: Alternative Therapies for Older Adults: Acupuncture, Massage Therapy, Music Therapy, Animal-Assisted Therapy

CEUs available

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

Memorial Service

You are invited to attend our Memorial Service on **Monday, July 19, 2010** from 4-5 p.m. at our office at **1845 E Lake St, Minneapolis.**

The following individuals will be remembered:

**Geri Dominski
Frank Lettau
Jeanne Marien
Mary Nanoff
Alick Swiriduck**

Refreshments and social time will follow the service.
Please contact **Melissa Badowich** at (612) 746-0724 or mbadowich@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, 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
Saturday, August 14, 9 a.m. to 12 p.m., 1845 E Lake St, Minneapolis
Wednesday, August 25, 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

National Night Out, set for Tuesday August 3rd, is a chance for neighbors to get to know one another and reduce crime in their neighborhood. Some of the elders of LBFE have lived in their residence for many years, and remember a time when they knew many of their neighbors well. They may now feel isolated from those around them. Or they may have moved to a new residence and have yet to meet their neighbors. If the elder that you visit lives on a block that is hosting a National Night Out event, consider encouraging him or her to get out to meet

those unknown neighbors. If you have the ability to do so, offering to accompany your elder to the event may provide a measure of extra support.

To learn whether a particular block is hosting a National Night Out event, you can visit <http://www.ci.minneapolis.mn.us/nno/events-list.asp> for Minneapolis listings. In St Paul, call (651) 266-5455 for more information.

Volunteer Time Reports

By now, many of you have received a letter indicating that LBFE will begin using a new volunteer time report in July 2010. An electronic copy of the time report is attached to this newsletter.

Please begin using the new time report to record your hours if you volunteer in any of these roles:

Friendship and Flowers Visitor
Pen Friend
Phone Companion
Visiting Volunteer
Errands/shopping driver
Office volunteer
Baking volunteer

Time reports will continue to be due by the 3rd day of each month, and can be submitted via email, fax, or mail directly to your staff contact with LBFE. If you are unsure to whom you should be submitting your reports, please contact Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org

Complete reporting of volunteer hours helps us to secure and maintain funding, as volunteer hours and activities are included in our fundraising proposals to corporations and foundations. Thank you for your support and commitment to our elders.

Volunteer Department Information

LBFE has an opening for a half-time Volunteer Services Associate position. If you have experience in volunteer management and administrative assistance and are interested in learning more, please visit our posting for [Volunteer Services Associate](#) on the Minnesota Council of Nonprofits website.

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.