



Among Volunteers

August 5, 2010

Volunteers Contribute Over \$228K Worth!

In the nine month fiscal year just ended, LBFE volunteers contributed 10,960.5 hours of service. According to the Independent Sector, that equals \$228,526.42 in labor costs. LBFE volunteers helped 489 elders through companionship, social activities, holidays, and counseling services in the past year. Thank You Volunteers for your good work!

Star Tribune Article Highlights Importance of Volunteers In Helping Seniors Stay at Home

This week, the Star Tribune published an excellent article focusing on the desire of seniors to remain living at home as they age, the cost-savings associated with keeping seniors in their homes, and community-based services that allow them to do so. The full article can be found here: <http://www.startribune.com/lifestyle/health/99729309.html> The article focused specifically on the Living at Home Network, which utilizes volunteers to assist with simple household chores such as laundry, lawn care, and grocery shopping. What was not mentioned in the article was the isolation and loneliness that sometimes can accompany elders who remain in their homes, putting them at risk for depression and self-neglect. Social engagement, through programs offered by LBFE and others, is an effective antidote in helping prevent and treat depression. We thank all of our LBFE volunteers for all that they do toward our goals of relieving isolation and loneliness among the elderly. We also thank the Star Tribune for raising awareness of this issue, and encourage readers to actively engage in the discussion (perhaps with letters to the editor) that will prompt more articles focused on aging issues.

Additional Peer Counseling Volunteers Needed

A recent influx of referrals to the Peer Counseling service has prompted the need for more volunteers. Peer Counseling helps elders who are dealing with mild to moderate depression, anxiety, grief and loss, or adjustment difficulties by providing them with supportive volunteers who visit them in their homes on a weekly basis. Peer Counseling volunteers receive 36 hours of training prior to seeing clients and an additional 36 hours of training during their first year of volunteer service. Peer Counselors also participate in monthly group supervision meetings. If you, or someone you know, is 55 years or

older and a good listener, please consider taking part in this important role. Training for new volunteers begins in September 2010.

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

Free Community Forum on Senior Scams

LBFE will present a forum entitled "Senior Scams: How to Protect Yourself and Your Family." The forum, made possible by a grant from Vital Aging Network (VAN), is dedicated to helping older persons feel more comfortable and secure in their neighborhoods. Knowledgeable presenters will speak on topics of scam prevention, identity theft, and prosecuting financial crimes against seniors. Representatives from VAN and its ALVA Leadership Development Program will also speak.

The forum will take place on **Monday, August 9 from 10:30 a.m. to 12:30 p.m.** at the Eastside Family Center at 740 York Avenue in St Paul. Coffee and snacks will be provided. Please join us - no RSVP necessary.

For more information about this opportunity, please contact Gretchen van der Linden at (612) 746-0755 or gvanderlinden@littlebrothersmn.org

You Are Invited...

...to join LBFE elders and staff at the Payne-Phalen Community Picnic on **Tuesday, August 17, from 5:00 to 7:00 p.m.** The picnic will be held at the Lake Phalen pavilion and participants will provide their own food. If you live in or near the neighborhood, or just want to come out to enjoy an evening by the lake with good company, please contact Gretchen van der Linden at (612) 746-0755 or gvanderlinden@littlebrothersmn.org

Volunteer Opportunities - August and September

BINGO

Needs: **6 drivers**
Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis
When: Tuesday, August 10 **(1 driver)**
Tuesday, September 14 **(5 drivers)**
Drop off 9:30 a.m./pick up 12:30 p.m.

BIRTHDAY LUNCHEON SPONSORED BY ACCENTURE/BEST BUY

Needs: **10 drivers (5 Minneapolis; 5 St Paul)**
Where: Bradford House
3200 Hamline Avenue N, Arden Hills
When: Wednesday, September 15

12:00 to 2:00 p.m.

FRIENDSHIP AND FLOWERS

Needs: **8 deliverers**

Where: Pick up at either LBFE office

When: **Saturday, September 18 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, September 23 from 10 a.m. to 12:30 p.m.**

RECREATION GROUPS - ASSORTED OUTINGS

Needs: **1 driver per group (4 groups per month)**

Where: Varies. Recreation groups bring a small group of LBFE elders to community outings such as malls, movies, parks, zoos, etc.

When: **Every Tuesday (usually) from 9:30 to 11:30 a.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.

Thursday, August 19, 1 to 3:15 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.

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, 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
Saturday, September 11, 9 a.m. to 12 p.m., 1845 E Lake St, Minneapolis
Wednesday, September 29, 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

Visiting Volunteer Carolyn Trevis reports that she and her elder like to try a different "adventure" every time they meet! They look for free or low cost activities and their list includes: Underwater Adventures at the Mall Of America, Macy's flower show, Como Zoo and Conservatory, Minnehaha Falls, Minnesota History Center, a visit to Red Wing and the Red Wing Stoneware company, apple orchards in the fall, and a ride on the Minneapolis Light Rail line. If you visit with an active elder like Carolyn's, perhaps you'll be inspired to try one of these adventures.

Volunteer Time Reports

Time reports are now due for your July volunteer 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

Please be sure that you have turned in your hours for the month. Time reports can be submitted via email, fax, or mail directly to your staff contact with LBF. If you are unsure to whom you should be submitting your reports, please contact Carolyn Swenson at (612) 746-0753 or cswenson@littlebrothersmn.org

A copy of the time report is attached to this newsletter.

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

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.