



# *Among Volunteers*

*September 9, 2010*

## **Job Hunting? 5 Ways Volunteering Can Aid Your Search**

Looking for a job is not for the weak-hearted. Searching can be a full-time endeavor that may leave you frustrated and feeling less productive than you're used to. Setting aside a few hours a month to volunteer with Little Brothers-Friends of the Elderly, though, can actually keep your spirits lifted as you help advance our mission of providing companionship to the elderly. What's more, volunteering can even help you find your next job. Here's how:

**Beefing up your resume.** Including your volunteering responsibilities in your resume tells future employers that you're a compassionate worker who cares about and focuses on others, even in the face of a job transition.

**Enhancing your capabilities.** Find ways you can polish your more marketable skills, such as by helping to organize an elder activity, recruiting other volunteers or fundraising. Many skills transfer readily into a professional or corporate setting.

**Expanding your network.** They say that finding the right job is all about who you know. Volunteering puts you in contact with others who just may know the person who knows the person who ... well, you get the idea.

**Opening up a new career direction.** Any volunteer program has the potential to spark an interest you may have never considered. For example, by working one-on-one with elders, you may decide that a service-oriented career is for you. Use it as a way to "test-drive" a future job.

**Building your confidence.** A protracted job search can be rough on the ego and drag down your self-esteem. Potential employers, though, are looking for optimistic, dynamic candidates. By volunteering, you'll build up your feelings of self-worth and accomplishment that will come across loud and clear in your interviews.

# Use Your Lifetime of Experiences to Make a Better World through ALVA Leadership Development Program

The Vital Aging Network has openings for their 2010-11 ALVA Leadership Development Program. The program is open to people 50+ who want to make a difference in the world. This life-changing course will help participants: (re) discover their lifework, understand the opportunities and barriers of leadership in later life, plan and implement a project to build their capacity as a civic leaders, and build an ongoing network for sharing ideas, knowledge, and resources.

Thanks to a grant from the Vital Aging Network, LBFE has the capacity to offer a limited number of scholarships to individuals interested in attending the series. Scholarships will cover 90% of the tuition cost, an almost \$700 value!

Classes meet on the second Friday of each month from 8:30 a.m. to 3:30 p.m. October through May. Courses are offered at 6 locations in the Twin Cities Metro area and beyond.

To learn more about ALVA, visit the Vital Aging Network's website at [http://www.vital-aging-network.org/ALVA/36/About\\_ALVA.html](http://www.vital-aging-network.org/ALVA/36/About_ALVA.html)

If you are interested in participating in the program, please contact Gretchen van der Linden at (612) 746-0755 or [gvanderlinden@littlebrothersmn.org](mailto:gvanderlinden@littlebrothersmn.org) Applications are due no later than September 23, 2010.

## 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](mailto:cswenson@littlebrothersmn.org)

## Volunteer Opportunities - September and October

### BINGO

Needs: **5 drivers**  
Where: Minneapolis League of Catholic Women  
207 S 9<sup>th</sup> St, Minneapolis  
When: **Tuesday, October 12**  
Drop off 9:30 a.m./pick up 12:30 p.m.

### BIRTHDAY LUNCHEON SPONSORED BY ACCENTURE/BEST BUY

Needs: **2 drivers**  
Where: Bradford House  
3200 Hamline Avenue N, Arden Hills  
When: **Wednesday, September 15**  
12:00 to 2:00 p.m.

### BIRTHDAY LUNCHEON

Needs: **10 drivers (5 Minneapolis; 5 St Paul)**  
Where: Bradford House  
3200 Hamline Avenue N, Arden Hills  
When: **Wednesday, October 20**  
12:00 to 2:00 p.m.

### DAY OF REFLECTION - "THE AUTUMN DANCE OF LEAVES"

Needs: **5 drivers (3 Minneapolis; 2 St Paul)**  
Where: Benedictine Center  
2675 Benet Rd, Maplewood  
When: **Thursday, October 14, 10 a.m. to 2:00 p.m.**

### FRIENDSHIP AND FLOWERS

Needs: **15 deliverers**  
Where: Pick up at either LBFE office  
When: **Saturday, September 18 from 9 to 11 a.m. (1 Male Plymouth; 4 Eastside St Paul)**  
**\*Saturday, October 2 from 9 to 11 a.m. (5 Minneapolis; 5 St Paul)**

\*Please note this is a change from the regularly scheduled date for October

### KNIT & CROCHET/CARD-PLAYING GROUP

Needs: **10 drivers (4 Minneapolis; 6 St Paul)**  
Where: Little Brothers-Friends of the Elderly  
1845 E Lake St, Minneapolis  
When: **Thursday, September 23 from 9 to 11:30 a.m.**  
**Thursday, October 28 from 9 to 11:30 a.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](mailto: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, October 21, 1 to 3:15 p.m.**  
Topic: *Understanding and Helping with Chronic Sorrow*  
Presenter: Ted Bowman  
CEUs available

Contact **Mary Beth Gustafson** at least one week in advance at (612) 746-0728 or [mgustafson@littlebrothersmn.org](mailto: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.

**Wednesday, September 29, 5 to 7:30 p.m.**, 1295 Bandana Blvd, Ste 165, St Paul  
**Saturday, October 9, 9 to 11:30 a.m.**, 1845 E Lake St, Minneapolis  
**Wednesday, October 27, 5 to 7:30 p.m.**, 1295 Bandana Blvd, Ste 165, St Paul

Contact Carolyn Swenson at (612) 746-0753 or [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) to RSVP.

## Volunteer Spotlight: Corporate Volunteer Geliene Steinmaus

For three years, Geliene Steinmaus has been the Accenture Volunteer Champion for LBFE. In this role, she maintains the relationship between the two organizations by communicating to Accenture about LBFE volunteer events, soliciting for volunteers, and tracking the hours that Accenture volunteers give to LBFE. Accenture volunteers have given to LBFE in a number of ways over the years, including visits to elders through Friendship and Flowers, sponsorship and

organization of two birthday luncheons for elders, the creation of personalized holiday greeting cards for elders, and "Season of Giving" fundraising which brought approximately \$2000 to LBFE for each of the past two holiday seasons.

In addition to the above activities, Geliene has also helped with outreach efforts by walking in the Rice Street parade and participating as a member of the Volunteer Services Advisory group.

Geliene states, "I'm proud that my role as a volunteering employee has helped LBFE, and that, as a whole, Accenture volunteers have made a significant impact on the organization. The LBFE staff members have truly valued Accenture's participation, and appreciate the efforts I have made to enhance the relationship between the two organizations".

Geliene is a champion in every sense of the word for Little Brothers-Friends of the Elderly. She has worked not only to involve Accenture employees in LBFE, but individuals in her personal life as well. LBFE has many quality volunteers as a direct result of Geliene's recruitment efforts. She has a true heart for our mission and for older adults.

## Volunteer Time Reports

Time reports are now due for your **August** volunteer hours.

If you volunteer in any of these roles:

Friendship and Flowers Visitor  
Pen Friend  
Phone Companion  
Visiting Volunteer  
Errands/shopping driver (not event drivers)  
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 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](mailto:cswenson@littlebrothersmn.org)

A writable copy of the time report is attached to this newsletter so that you can easily fill it out and email it back.

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 Satisfaction Surveys

A couple of weeks ago, you should have received an email from LBFE inviting you to complete a volunteer satisfaction survey. We've had a wonderful response to the survey thus far; thanks to all of you who have taken it! If you have not yet done so, please do take a few moments to let us know your thoughts about your volunteer experience. The survey can be found at [LBFE Volunteer Survey](#)

A couple of volunteers have noted difficulty with the link. If you do experience problems, please contact Carolyn Swenson at (612) 746-0753 or [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) so a paper survey can be sent instead. Survey responses would be appreciated by Friday, September 15.

## Volunteer Department Information

Sia Moua has joined the staff of LBFE as a part-time Volunteer Services Associate, assisting with administrative and other tasks in Volunteer Services. Welcome Sia!

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