



# *Among Volunteers*

*December 2, 2010*

## Thanksgiving Thank You!

We'd like to give a resounding THANK YOU to all of our volunteers who gave their time and talents to make our Thanksgiving Day celebration a success. Your love and caring for our elders was demonstrated in countless ways. Check out our [LBFE Facebook page](#) for some candid shots from the day, as well as the photos featured in last Friday's edition of the Star Tribune (attached to this newsletter).

## New LBFE Volunteer Roles: Music Companion and Animal Assisted Companion

Little Brothers-Friends of the Elderly has recently expanded its menu of services, offering elders the opportunity for companionship through **Music Companions** and **Animal Assisted Companions**.

**Music Companions** provide weekly home-based musical companionship activities to our elders. Research has shown that musical activities provide significant therapeutic benefits, including pain management, alleviation of depression, enhanced memory, and reduction of loneliness. The musical companion service with LBFE is structured to match the elder's preferences and past experiences in music with a volunteer sharing similar interest in music. Musical activities could include playing or listening to the elder's favorite songs, singing, playing instruments, dancing/movement to music, and song writing.

**Animal Assisted Companions (AAC)** provide weekly home-based visits with their dogs, providing opportunities for motivational, educational, recreational, and/or therapeutic benefits to enhance the quality of life for our elders. The focus of the weekly visits is on the interaction between the dog and elder, and visits last as long or short as needed. Dogs who participate as AAC need not have graduated from a pet therapy program, but do need to meet minimum qualifications including obedience, friendliness, good health, ability to accept new or unusual circumstances, comfort with being handled, and a personality that meshes well with elders' lifestyles.

See the accompanying article in this issue's "Volunteer Spotlight" to learn more about LBFE Animal Assisted Companions Sue Carter and Sampson.

LBFE seeks additional volunteers interested in sharing their dogs or musical interests! For more information about these two services, or to recommend an LBFE elder who you think might be interested in receiving one of these services, please contact **Carolyn Swenson** at (612) 746-0753 or [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org)

## Volunteer opportunities - December and January

### BINGO

Needs: **8 drivers**  
Where: Minneapolis League of Catholic Women  
207 S 9<sup>th</sup> St, Minneapolis  
When: Tuesday, December 14 (**3 drivers**)  
Drop off 9:30 a.m./pick up 12:30 p.m.  
Tuesday, January 11 (**5 drivers**)  
Drop off 9:30 a.m./pick up 12:30 p.m.

### BIRTHDAY LUNCHEON

Needs: **6 drivers**  
**3 set up/serve/clean up**  
Where: LBFE office  
1845 E Lake St, Minneapolis  
When: Wednesday, December 15  
12:00 to 2:00 p.m.

### BIRTHDAY LUNCHEON SPONSORED BY BLAKE STUDENTS

Needs: **10 drivers (5 Minneapolis; 5 St Paul)**  
Where: Blake School, Upper School Campus  
511 Kenwood Pkwy, Minneapolis  
When: Wednesday, January 19  
12:00 to 2:00 p.m.

### BIRTHDAY LUNCHEON - NEST NEIGHBORHOOD

Needs: **2 drivers (St Paul)**  
Where: Our Saviour's Lutheran Church  
674 Johnson Parkway, St Paul  
When: Wednesday, December 15  
11:30 a.m. to 1:30 p.m.  
Wednesday, January 19  
11:30 a.m. to 1:30 p.m.

### DAY OF REFLECTION - "LISTENING"

Needs: **6 drivers (3 Minneapolis; 3 St Paul)**  
Where: Benedictine Center  
2675 Benet Rd, Maplewood

When: Thursday, January 13, 10 a.m. to 2:00 p.m.

#### DELIVER HOLIDAY SUPPLIES

Needs: **\*1 deliverer with SUV/Van/large vehicle**

Where: Pick up holiday supplies and gifts from Minneapolis LBFE office and deliver to Lumen Christi Church in St Paul

When: Thursday, December 23 in the a.m.

\*Must be able to lift heavy bins and bags

#### FRIENDSHIP AND FLOWERS

Needs: **20 deliverers**

Where: Pick up at either LBFE office

When: Saturday, December 18 from 9:00 to 11:00 a.m.

**(5 Minneapolis; 5 St Paul)**

Saturday, January 15 from 9:00 to 11:00 a.m.

**(5 Minneapolis; 5 St Paul)**

#### HOLIDAY TEA SPONSORED BY MCGOUGH CONSTRUCTION COMPANY

Needs: **4 drivers**

Where: Little Brothers-Friends of the Elderly  
1845 E Lake St, Minneapolis

When: Wednesday, December 8 from 12:00 to 2:00 p.m.

#### HOLIDAY TEA SPONSORED BY WES AND SUE OLSON

Needs: **9 drivers**

Where: Little Brothers-Friends of the Elderly  
1845 E Lake St, Minneapolis

When: Thursday, December 16 from 12:00 to 2:30 p.m.

#### KNIT & CROCHET/CARD-PLAYING GROUP

Needs: **10 drivers**

Where: Little Brothers-Friends of the Elderly  
1845 E Lake St, Minneapolis

When: Thursday, January 27 from 9:30 to 11:30 a.m.

**(5 Minneapolis; 5 St Paul)**

#### 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)

## Event Sponsors Needed!

Are you connected with a corporate, civic, church, school, or social group that would enjoy a fun activity together? If so, please consider hosting a birthday luncheon or another special celebration for our elders. Event sponsors provide the food, entertainment, volunteers, and more that help make our events possible. To learn more about sponsoring an event, 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, January 20, 1 to 3:15 p.m.

Topic: *Enhanced Self-Care and Stress Management: A Review of the Evidenced Based Practices*

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.

Saturday, December 11, 9 to 11:30 a.m., 1845 E Lake St, Minneapolis

Wednesday, December 15, 5 to 7:30 p.m., 1295 Bandana Blvd, Ste 165, St Paul

Saturday, January 8, 9 to 11:30 a.m., 1845 E Lake St, Minneapolis

Wednesday, January 26, 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: Animal Assisted Companions Sue Carter and Sampson

Sue Carter came to Little Brothers - Friends of the Elderly in July of 2010 with her dog, Sampson, a black Labrador Retriever, to join LBFE's new Animal-Assisted Companion program.

Sampson, a therapy dog registered with the [Delta Society](#), immediately connected with LBFE participant Carl Salo, an 84-year-old resident of the [Minnesota Veterans Home](#). Carl, who keeps photographs of his former pet dogs at his bedside, grew up with family dogs in Sebeka, Minnesota. Carl is known for his love of dogs at the Veterans Home and staff members fondly refer to Sampson as Carl's dog.

Service in helping others plays a central role in Sue's life. Sue is a Hospice Social Worker with Fairview Hospice and is licensed as a social worker. She and her husband, Rod Carter, and her son, Scott, also donate time with LBFE during holiday celebrations.

We are very grateful to have Sue and Sampson as part of the volunteer family and members of our Animal-Assisted Companion program. [Check out this great photo](#) of Sue, Sampson and Carl that's posted on our website!

## Companionship Corner: Connect with Fellow LBFE Volunteers

LBFE is excited to announce the creation of a "Companion Volunteer Community" (CVC), which seeks to provide opportunities for social interaction, trainings, and mentorship for our volunteers engaged in the Companionship programs. Companion Volunteers include Visiting Volunteers, Friendship and Flowers Volunteers, Pen Friends, Phone Companions, Animal Assisted Companions, and Music Companions.

The creation of the CVC is both a response to volunteer comments received from the recent satisfaction survey, and an objective relating to our strategic goal to expand the one-to-one companionship services for LBFE elders. Our hope is that volunteer participation in CVC activities and trainings will lead to greater connections among volunteers, an open exchange of ideas among volunteers, and ultimately, enhanced service to the elders of LBFE.

Our first CVC social event will be held on **Saturday, January 22<sup>nd</sup>** from 1-3 p.m. in the atrium space at our St Paul office at 1295 Bandana Boulevard. Save the date now, and look for an invitation in your email sometime during the month of December. We hope this will provide a fun opportunity for Companion Volunteers to mix and mingle while enjoying some post-holiday treats. Future events are scheduled for March and June of 2011.

If you have a special talent for event planning, and might be interested in helping to plan and execute future CVC social events, we need your help! For more information, please contact **Carolyn Swenson** at (612) 746-0753 or [csvenson@littlebrothersmn.org](mailto:csvenson@littlebrothersmn.org)

## Volunteer time reports

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

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 Department Information

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.