



# Among Friends

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LBFE has been awarded the Charities Review Council "Meets Standards" Seal indicating that it meets all sixteen of its Nonprofit Accountability Standards.

### *Because of you...*

## **Innovative 2010 generates a dynamic 2011**

The year 2010 proved to be a significant milestone in the nearly 40 years that Little Brothers - Friends of the Elderly has provided connections and hope for isolated older adults in the Twin Cities. *It was all made possible because of the generosity of supporters like you!*

### **Your generosity at work**

The year was marked by the drafting of a three-year Strategic Business Plan, a collaborative effort by LBFE's Board of Directors and senior staff members. The ambitious document put into motion new initiatives that would increase our relevance with our community while ensuring greater sustainability for LBFE. Its goals include more frequent social activities, expanded companionship services, a stronger brand image, an increased and diversified funding base, and the establishment of neighborhood-based services. The latter led to the creation of Neighbors Embracing Seniors Together (NEST)

The NEST initiative was formally launched on July 1, 2010, in the Greater East Side and Payne-Phalen neighborhoods in St. Paul. NEST brings LBFE's core services of companionship, counseling and social activities into targeted neighborhoods. By working closely with community partners, care providers and small businesses, NEST will allow LBFE to forge and leverage neighborhood networks, increase referrals and serve a more diverse population, providing elders greater potential to age in place while offsetting isolation.

In addition to NEST, we are excited to pursue two other Strategic Plan initiatives in 2011:



Staff and volunteers introduced NEST at the Rice St. Parade in July.

- **Intergenerational programming and volunteer opportunities.** LBFE is committed to restoring in our communities the respected and vital role that elders once played. The best way to do so is from the ground level. By engaging youth and families, we will introduce new generations to issues and concerns involved in aging, while ensuring that the legacy of volunteerism and philanthropy is passed on. An Intergenerational Banquet is being planned for this spring, plus an Intergenerational Scrimmage at the Timberwolves game on March 27.
- **Technology education.** Our elder participants can benefit from knowing how to access the Internet and form valuable social connections through e-mail and social media. What's more, assistive technology can open the doors to better communication and greater safety for our seniors. In January, LBFE launched Senior Surf Days, an ongoing opportunity for elders to receive one-on-one Internet and technical instruction at our Lake Street location.

On pages 4 and 5, you'll find our annual summary of

*Continued on page 6*

## Among Friends

Spring 2011 Volume 12, Issue 1

**Little Brothers-Friends of the Elderly** is an international, nondenominational, volunteer-based, nonprofit organization. We are committed to relieving isolation and loneliness while promoting well-being and independence among older adults in the Twin Cities Metro Area.

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- Nick Zeimet**, *Elder Programs Manager*

**Comments to: LuAnne Speeter**  
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[www.littlebrothersmn.org](http://www.littlebrothersmn.org)

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## As we evolve, our core values guide the way

Two years ago we set out on a journey to examine in-depth our work in the Twin Cities community. Wilder Research Center led us through a many-layered discussion to determine

both the relevance and effectiveness of our mission. It was no surprise that the substance of our work was validated on both counts, though it became clear we could be even more effective if we focused our efforts on a neighborhood level.

This inspired our planning team to integrate these findings along with our energies and ideas, resulting in our Strategic Business Plan. Here are a few main points:

- Older adults want to stay in their neighborhoods as they age – and neighborhoods want older adults to stay.
- Connections among community residents can make remaining in one's home easier.
- There is a need to increase awareness of available services among older adults.
- Neighborhoods are an integral part of the solution.
- Comprehensive approaches have a greater impact than fragmented services.
- Community partnerships enhance efforts by fostering resident leadership and interagency cooperation.

While we continue to seek new, relevant and effective delivery methods for our services, such as NEST, intergenerational programs and ongoing learning opportunities (see page 1), LBFE remains focused on our core services and values:

Through 2011 and beyond, LBFE is guided by these values:

- **Community connectedness:** LBFE is a network of people where relationships are nurtured, and where each stakeholder can engage his or her unique gifts.
- **"Flowers before bread"** (our motto): The spiritual and inner aspects of elders must be honored and nourished so they may continue to thrive.
- **Life Enrichment:** We will provide activities that feed the soul, nurture the spirit and add quality to life.
- **Volunteerism:** We will actively engage volunteers to develop relationships that ease isolation and stressors while meeting the basic emotional and spiritual needs of elders.

On page 3, we highlight two of our long-term supporters. I want to thank the Ostrows, Allianz Life, and all of you for making our mission possible. Through your many contributions, LBFE's commitment to our vision, values and clarity of purpose are as steadfast as always.



*Therese Cain, Executive Director*

**Donor profile: Dr. Robert and Susan Ostrow****Couple shares clear vision of community support for elders**

Dr. Robert and Susan Ostrow have been long-time supporters of Little Brothers - Friends of the Elderly – a dedication that spans generations. “Bob’s Uncle Dick had been a supporter of Little Brothers for many years, and we took up the cause at least 15 years ago,” said Susan.

Bob and Susan appreciate that the mission of LBFE is dedicated to providing company and community to an elder demographic that is isolated. They also value that LBFE is a secular organization. “All older adults have the same general need for relationships, regardless of religious or other affiliation,” Susan commented.

A former social worker, Susan recalls a study revealing that older people who were engaged in a community and were needed by others enjoyed greater health and longevity. “For me, Little Brothers taps into that basic understanding,” she said. Susan’s 99-year-old mother lives on her own with the help of family and healthcare workers. “Even with many people surrounding her, she can feel alone and frustrated with her dependence.”

The Ostrows bring their support of LBFE into a broader arena: Bob’s medical practice. For several years, West Metro Ophthalmology has included the following message with its holiday greeting cards: *A contribution*



**Dr. Robert and Susan Ostrow take a break while hiking in Patagonia.**

*has been made in your honor to Little Brothers - Friends of the Elderly.* Because many of his patients are elderly, Bob believes drawing awareness to LBFE provides a valuable service.

LBFE thanks Bob and Susan Ostrow for their consistent dedication and the true inspiration they are to our community.

**Donor profile: Allianz Life****Committed to enhancing seniors’ quality of life**

Allianz Life Insurance Company of North America (Allianz Life) takes its corporate citizenship to heart. A global leader in the financial services industry, it has a clearly defined corporate responsibility mission. Happily, Little Brothers - Friends of the Elderly is a good match and has been on the receiving end of grant money from Allianz Life for nearly a decade – totaling \$50,952 including this year’s \$25,000 grant.

“Our corporate giving has two key focuses that align well with our business goals and client interests: financial literacy and senior services,” said Laura Juergens, Allianz Life’s senior community relations specialist. “By supporting LBFE, we know we’re enhancing the quality of life for seniors by helping them be self-sufficient. LBFE’s services of providing friendship and relieving their isolation give seniors independence and enable them to remain in their homes longer.”

Allianz Life engages employees in its corporate citizenship, as well. Each employee receives eight hours of paid time off annually to volunteer with an individual’s charity of choice. Employee projects have included clothing and food drives, a golf tournament and more.

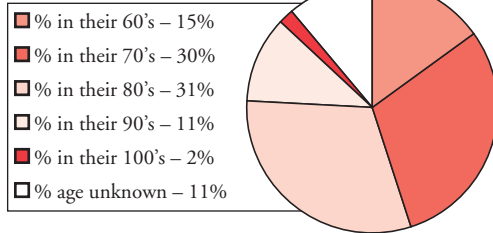
“We are grateful to Allianz Life for their generosity and support,” said Therese Cain, LBFE Executive Director. “Because of this grant, we’ll have the resources to reach many more elders through our companionship and counseling services, social activities and Fare for All program.”

LBFE looks forward to continuing its partnership with Allianz Life where, together, we can lead the way to ensuring seniors in the Twin Cities enjoy greater well-being and independence.

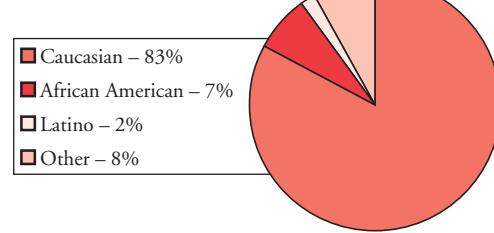
## LBFE 2010 Annual Summary of Program Activity\*

### Participants:

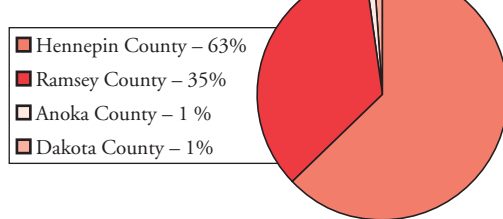
Age of participants



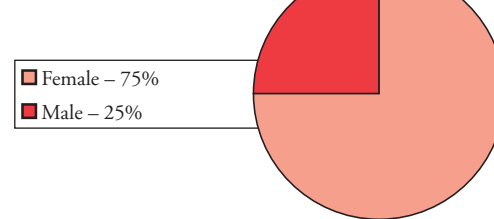
Race of participants



Location of participants



Gender of participants



### Programs:

Total number of older adults served: 1,313

Total number of in-person visits: 3,481

Total number of phone visits: 2,373

Total number of social, support and retreat activities: 41

### Volunteers:

Total number of volunteers: 871

Total number of volunteer hours: 10,960

#### \*About LBFE's fiscal year

On June 30, 2010, Little Brothers – Friends of the Elderly ended its 2010 fiscal year. LBFE had followed an October 1– September 31 fiscal schedule since its inception in 1971, and through 2009. For various reasons regarding annual budgeting and fundraising activities, the LBFE Board of Directors approved a new fiscal year schedule of July 1 – June 30. In order to accommodate this new schedule, the 2010 fiscal year was nine months long: October 1, 2009 – June 30, 2010. Our 2011 fiscal year will be a full fiscal year: July 1, 2010 – June 30, 2011.

The fiscal year change does not affect donors and their donations. Donations will continue to be tax deductible for donors in the calendar year in which they are made. If you made a donation in 2010 and have not received written acknowledgement of that donation (for tax purposes or otherwise), please contact Sandy Lewis at 612.746.0744 or slewis@littlebrothersmn.org.

## LBFE 2010 Annual Summary of Financial Activity

**For Fiscal Year 2010**

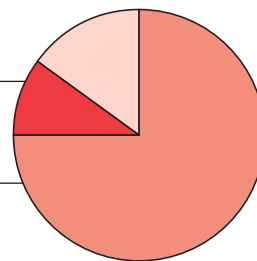
**October 1, 2009 – June 30, 2010\***

<b>SUPPORT and REVENUE</b>	
Grants, contributions, and bequests	<b>\$ 1,092,126</b>
Government grants and contracts	<b>\$ 0</b>
Program service fees	<b>\$ 563</b>
Investment income/(loss)	<b>\$ (24,858)</b>
Change in value of beneficial interest in remainder trusts	<b>\$ (510)</b>
Other income	<b>\$ 15,293</b>
<b>Total Support and Revenue</b>	<b>\$ 1,082,614</b>

<b>EXPENSES</b>	
Program services	<b>\$ 647,395</b>
Management and general	<b>\$ 86,018</b>
Fundraising	<b>\$ 124,792</b>
<b>Total Expenses</b>	<b>\$ 858,205</b>

2010 Expenses

- Program services: 75%
- Management and general: 10%
- Fundraising: 15%



### 2010 LBFE Donor List

To request a printed copy or PDF of the 2010 Little Brothers - Friends of the Elderly Donor List, please contact **Sandy Lewis** at **612.746.0744** or **slewis@littlebrothersmn.org**.

## Participant cherishes social connections through LBFE

Mary Ann Steckler has lived in more places throughout her 84 years than she cares to remember. "I grew up in Minneapolis and lived in Edina, too, but I went to school in Florida, and also Hollywood and Pasadena," where she graduated high school in 1945.

Her family is far-flung, as well. Daughter Joan and her two children live in Seattle, Washington, while her son Mark and his three children moved recently to International Falls, Minnesota.

She doesn't have a chance to see her family very much, but Mary Ann takes comfort knowing LBFE is nearby. A participant since 2003, she especially likes to get out to play bingo or cards at the Lake Street location, but also enlists LBFE to help her out by picking up necessities at Target or Cub, or bringing her to an occasional medical appointment.

And when she moved to another apartment in her complex, LBFE staff helped her navigate the details.

Last October, Mary Ann attended LBFE's monthly birthday luncheon. "I really enjoyed being there," she said. "Everyone was so pleasant – including the drivers."

When asked what she attributes her long life to, Mary Ann simply shrugged and said, "I'm just lucky, I guess." That luck should come in handy the next time we find her at our bingo table.



Mary Ann Steckler is grateful that LBFE has come into her life.

## Innovative 2010 generates a dynamic 2011 *(continued from page 1)*

program activity and financial results for Fiscal Year 2010. Please note that LBFE's Fiscal Year 2010 spanned only nine months, from Oct. 1, 2009 to June 30, 2010. (For details, see the box at the bottom of page 4.)

In spite of the shortened Fiscal Year 2010, the results still illustrate the vital role LBFE plays in relieving isolation and loneliness for Twin Cities elders. Thanks to our supporters, volunteers and partners, LBFE provided nearly 7,500 in-person visits, telephone visits and rides to more than 700 seniors, while sharing joy and

connectedness with another 600 seniors through holiday meals, fun activities and support groups.

### Poised to make a greater difference in 2011

We look forward to a vibrant and impactful 2011. We hope you will join us by learning more about LBFE, volunteering your talents and supporting our mission to enhance the lives of isolated older adults in our community. Thank you again for all you do for LBFE and older adults in the Twin Cities!

## In Memory

*The following people we served were remembered at our January memorial service:*

**Rosalie Bischel**

**Roy Johnson**

**George Kapetanis**

**Cecille Keller**

**Mary Miner**

**Willie Moses**

**Wanda Profant**

**Emily White**

**George Wolf**



Little Brothers - Friends of the Elderly gathers once each quarter to remember people we served who have recently died. Our next memorial service is Monday, April 25, 2011, from 4-5 p.m. at 1845 East Lake Street in Minneapolis.

All volunteers, donors, and friends of LBFE are invited to participate. Feel free to bring any photos or memories to share. Please call Melissa Badowich at 612.746.0724 if you plan to attend.

# Activities calendar

We welcome your participation as a volunteer for all of the events below. You can also help support the mission of LBFE by sponsoring or hosting a monthly activity. To volunteer, sponsor, or host an activity, please contact Carolyn Swenson at 612.746.0753 (cswenson@littlebrothersmn.org).

*Thank you!*

## February through April 2011 Events and Volunteer Opportunities

### February 2011

**Tuesday, February 8, 9:30 a.m. – 12:30 p.m.**  
Bingo and Lunch at the League of Catholic Women in Minneapolis

**Thursday, February 10, 12 – 2 p.m.**  
Birthday Luncheon at LBFE Lake Street Office  
*Sponsored by Thomson Reuters*

**Monday, February 14, 5 – 8 p.m.**  
Valentine's Dinner/Dance – Location TBD  
*Food provided by Augsburg Campus Kitchen*

**Wednesday, February 16, 11:30 a.m. – 1:30 p.m.**  
NEST Area Birthday Celebration at Our Saviour's Lutheran Church

**Monday, February 21**  
Picture Day at LBFE Lake Street Office

**Tuesday, February 22, 1 – 3 p.m.**  
Senior Surf Day at LBFE Lake Street Office

**Thursday, February 24, 9:30 – 11:30 a.m.**  
Knit & Crochet and Cards Group at LBFE Lake Street Office

### March 2011

**Tuesday, March 8, 9:30 a.m. – 12:30 p.m.**  
Bingo and Lunch at the League of Catholic Women in Minneapolis

**Wednesday, March 16, 1 – 3 p.m.**  
Birthday Luncheon at LBFE Lake Street Office

**Wednesday, March 16, 1 – 3 p.m.**  
NEST Area Birthday Celebration at Our Saviour's Lutheran Church

**Monday, March 21**  
Picture Day at LBFE St. Paul Office

**Tuesday, March 22, 1 – 3 p.m.**  
Senior Surf Day at LBFE Lake Street Office

**Thursday, March 24, 9:30 – 11:30 a.m.**  
Knit & Crochet and Cards Group at LBFE Lake Street Office

**Sunday, March 27, 5:30 – 10 p.m.**  
Minnesota Timberwolves "Nonprofit of the Night" at Target Center

### April 2011

**Tuesday, April 12, 9:30 a.m. – 12:30 p.m.**  
Bingo and Lunch at the League of Catholic Women in Minneapolis

**Wednesday, April 20, 1 – 3 p.m.**  
Birthday Luncheon at LBFE Lake Street Office  
*Sponsored by Accenture Women's Networking Group*

**Wednesday, April 20, 11:30 a.m. – 1:30 p.m.**  
NEST Area Birthday Celebration at Our Saviour's Lutheran Church

**Thursday, April 21, 10 a.m. – 2 p.m.**  
Day of Reflection at the Benedictine Center in Maplewood  
*Topic: "The Poetry of Aging"*

**Sunday, April 24, 12 – 2 p.m.**  
Easter Meal at the Prom Center

**Monday, April 25, 4 – 5 p.m.**  
Memorial Service at LBFE Lake Street Office

**Tuesday, April 26, 1 – 3 p.m.**  
Senior Surf Day at LBFE Lake Street Office

**Thursday, April 28, 9:30 – 11:30 a.m.**  
Knit & Crochet and Cards Group at LBFE Lake Street Office

**Thursday, April 28 (Tent.), 11 a.m. – 2 p.m.**  
Senior Social at Ebenezer Lutheran Church  
*Food provided by Augsburg Campus Kitchen*

**Every Tuesday, 9 – 11:30 a.m.**  
Recreation Groups – various activities and locations

### Event location addresses:

LBFE Minneapolis office: 1845 East Lake Street, Minneapolis

LBFE Saint Paul office: 1295 Bandana Boulevard N, Suite 165, St. Paul

The Benedictine Center: 2675 Larpenteur Avenue East, Maplewood

The League of Catholic Women: 207 South 9th Street, Minneapolis

Our Saviour's Lutheran Church: 674 Johnson Parkway, St. Paul

Prom Center: 484 Inwood Avenue, Oakdale



# *Among Friends*

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## Inside: 2010 Annual Report

*Among Friends* is published by  
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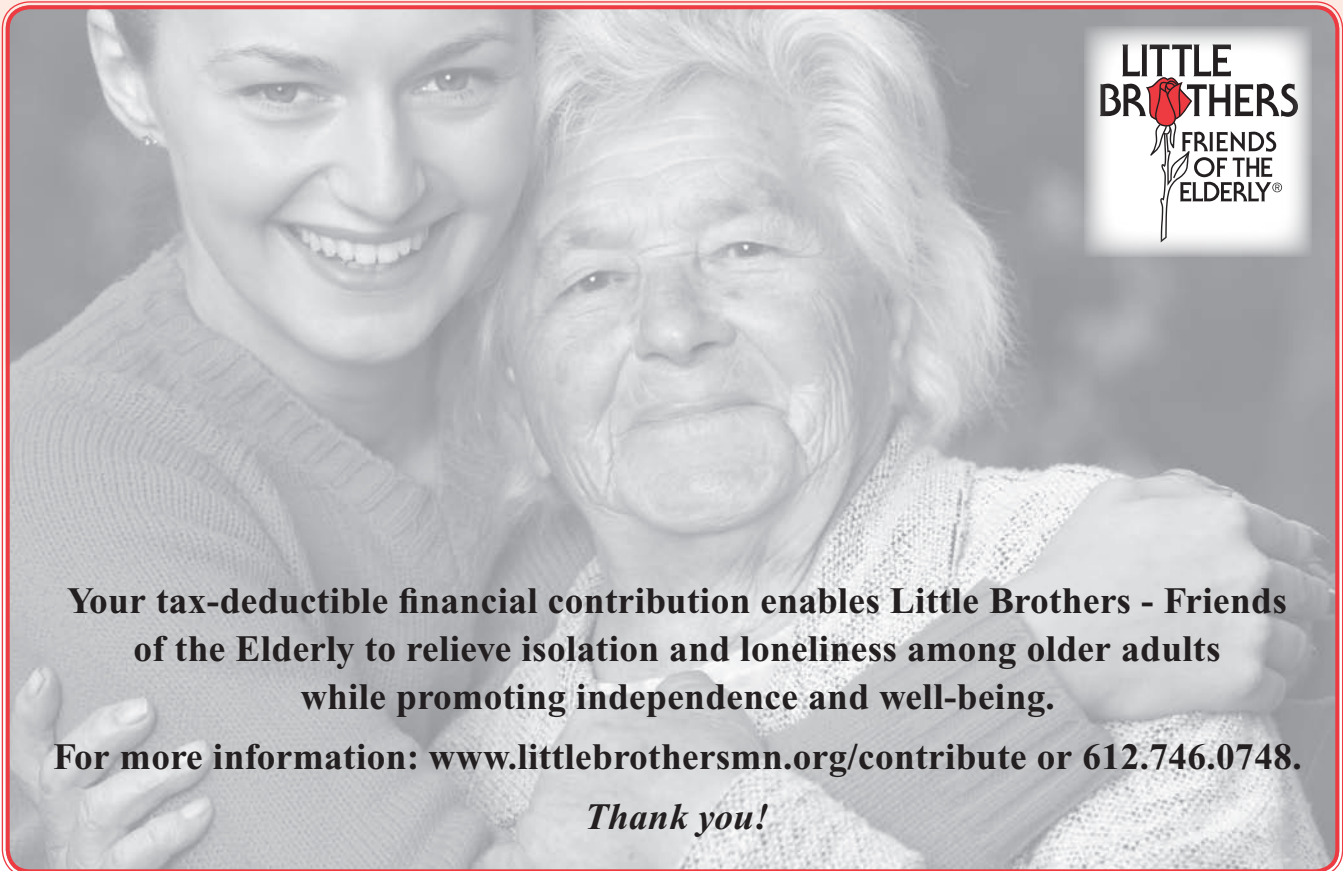
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**Your tax-deductible financial contribution enables Little Brothers - Friends  
of the Elderly to relieve isolation and loneliness among older adults  
while promoting independence and well-being.**

**For more information: [www.littlebrothersmn.org/contribute](http://www.littlebrothersmn.org/contribute) or 612.746.0748.**

*Thank you!*