



# Among Volunteers



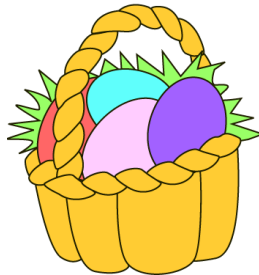
MONTHLY E-NEWSLETTER FROM LITTLE BROTHERS - FRIENDS OF THE ELDERLY

MARCH 2011



## Easter is just around the corner!

Plans are underway for the LBFE Easter celebration, set for **Sunday, April 24**, from **12-2 p.m.** The Prom Center at 484 Inwood Avenue in Oakdale will once again be hosting the event. LBFE is in need of volunteers in the following roles:



**Drivers:** from 11 a.m. to 3 p.m. (25 needed)  
**Companions for participants riding via Metro Mobility:** from 11:30 a.m. to 2:30 p.m. (5 needed)  
**Meal Deliverers:** pick up at Prom Center at 12:30 p.m. (4 needed)

If you are available on Easter Sunday and would enjoy helping with this fun and festive celebration, please contact Sia Moua at [smoua@littlebrothersmn.org](mailto:smoua@littlebrothersmn.org) or (612) 746-0747.

## Tickets available for March Timberwolves game

On Sunday, March 27<sup>th</sup> LBFE will be featured as the "Non-profit of the Night" for the Minnesota Timberwolves versus Boston Celtics basketball game. LBFE will be promoted in many ways at this event, including a table display on the concourse as well as a public service announcement during *continued*



### **Pass the word about LBFE!**

Do you have family and friends who might be interested in receiving Among Volunteers? Please [click here](#) to forward to them.

### **Go green AND help reduce LBFE mailing costs!**

Among Friends, LBFE's quarterly publication, is now available via e-mail. [Click here](#) to subscribe, or to have us switch you from print.

### **Volunteer Time Reports for February Now Due**

Time reports can be submitted via email, fax, or mail directly to your LBFE staff contact. If you are unsure to whom you should submit your reports, please contact Carolyn Swenson at (612) 746-0753 or [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org).

Download a writable copy of the time report to fill out and e-mail back: [www.littlebrothersmn.org/volunteer/volunteer-forms](http://www.littlebrothersmn.org/volunteer/volunteer-forms).

Complete reporting of volunteer hours helps us to secure and maintain funding. Thank you for your commitment to our elders.

the game. Best of all, after the game LBFE elders will be participating with youth from the North Community YMCA Youth and Teen Enrichment Center in an intergenerational scrimmage!

We have a limited number of *free* tickets for this game for volunteers willing to drive LBFE elders, or for Visiting Volunteers interested in bringing their elder participant to the game. Game time is at 6 p.m. If you are interested in volunteering for this event, please contact Josh Windham at [jwindham@littlebrothersmn.org](mailto:jwindham@littlebrothersmn.org) or (612) 746-0723.

If you are unable to drive participants, but would like to attend and show your support for LBFE, tickets can be purchased through the [LBFE website](#). We have a reserved block of 100 tickets with a face value of \$30 available on a first-come, first-served basis. With each reserved ticket purchase, \$10 will be donated to LBFE.

Please join us and help make “Non-profit of the Night” a slam dunk for LBFE!

## Participant spotlight: Marilyn

Marilyn is a brand-new participant to LBFE, looking to be matched with a youthful and positive female volunteer. Marilyn says, “I need a friend and don’t have anybody to do things with at this time in my life.”

A native (and current resident) of South Minneapolis, Marilyn worked as a librarian and enjoyed travelling, cross-country skiing, and basketball. Her current interests include walking, going out for a meal or coffee, and reading. She’d love a similarly fun and curious companion who would be interested in visiting local attractions like Como Park, Walker Art Center, Midtown Global Market, Guthrie Theater, or even the flowers at Bachman’s.

Marilyn’s motto for living is a simple but profound one: Be kind to one another.

If you have an interest in becoming a Visiting Volunteer for Marilyn, please contact Carolyn Swenson at [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) or (612) 746-0753.

## Training Opportunities

All volunteers are invited to attend upcoming in-service sessions hosted by LBFE.

**Wednesday, March 17, 1-3:15 p.m.**

Topic: *The Strengths of Cultural Diversity*

Location: LBFE Minneapolis

**Thursday, April 21, 1-3:15 p.m.**

Topic: *Accessing Community Resources for Seniors*

Location: LBFE Minneapolis

To RSVP, contact Carolyn Swenson at least one week in advance at [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) or 612.746.0753.

## Orientation Sessions

You’re invited to attend our Orientation and Basic Training. 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, March 12, 9-11:30 a.m.,**  
1845 E Lake St, Minneapolis

**Wednesday, March 23, 5-7:30 p.m.,**  
1295 Bandana Blvd, Ste 165, St Paul

**Saturday, April 9, 9-11:30 a.m.,**  
1845 E Lake St., Minneapolis

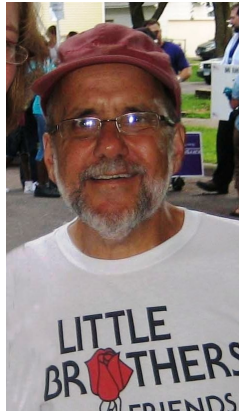
**Wednesday, April 27, 5-7:30 p.m.,**  
1295 Bandana Blvd., Ste 165, St Paul

RSVP to Carolyn Swenson at [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) or 612.746.0753.

## Volunteer spotlight: Driver Rick Ziton

Chances are, if you've attended an LBFE activity or event, you've seen Rick Ziton.

A volunteer since 1975, Rick first heard about LBFE through a friend at the Newman Center at the University of Minnesota. The mission really for Rick: "I was orphaned at a fairly early age, my mother having died in 1978 and my father in 1985," said Rick. "Little Brothers-Friends of the Elderly became like a family to me."



Volunteer driver  
Rick Ziton

During his father's illness, Rick learned that his father had been given a ride to a doctor's appointment by an LBFE volunteer. For Rick, this solidified his desire to give back to the organization that had given to his father. Due to work-life obligations, Rick limited his activities for many years to driving for the holiday celebrations and delivering Friendship and Flowers on Saturdays. Retirement in 2008 meant that Rick could begin to volunteer for a number of the weekday birthday luncheons, bingos, and other activities.

When asked what keeps him coming back after all these years, Rick states, "I really enjoy the people: the elder participants, the staff, and the other volunteers I see at events. It's a real calling for me." The heartfelt appreciation of the elder participants also keeps Rick going. He recalls one particularly enthusiastic elder who, upon drop-off at her home after an activity, lunged at him to give him such a big hug that both of them went down on the pavement.

Rick feels he's found a good niche with the driving role, especially since he sees that LBFE has such a need for transportation volunteers. "You develop good connections with people, especially the more you do it."

LBFE has a minimum of five social engagement activities every month, requiring anywhere from 5 to 10 drivers for each activity. Volunteer drivers like Rick are critical to the success of these activities, as most of the elder participants have no other method of transportation. We thank Rick and all of our driving volunteers for their dedication.

If you would like to drive for an LBFE activity, please see the Volunteer Opportunities section (pages 4-5) to learn more about upcoming events.

### *Volunteer Department Information*

For questions, inquiries or referrals, please contact **Carolyn Swenson**, Director of Volunteer Services, at [cswenson@littlebrothersmn.org](mailto:cswenson@littlebrothersmn.org) or 612.746.0753. Office hours are Monday-Thursday, 8 a.m. to 6 p.m.

**DONATE**

**Support LBFE's mission of providing companionship to isolated seniors in the Twin Cities.**

[www.littlebrothersmn.org/contribute](http://www.littlebrothersmn.org/contribute)

### *Companionship Corner*

***Mark your calendar for our  
April Social***

On Saturday, April 9, 1-3 p.m., LBFE will host the second Volunteer Companion Social. The Social will be held at the Midtown Global Market with treats from one of the MGM vendors.

Volunteers will have the opportunity to mix informally as well as through some structured networking activities. If you are a volunteer engaged in one of our many visitation services, this event is for you! Look for an invitation to be e-mailed or mailed

## Volunteer opportunities: March and April

To sign up for these opportunities, please contact Josh Windham at [jwindham@littlebrothersmn.org](mailto:jwindham@littlebrothersmn.org) or 612.746.0723.

### **BINGO**

Needs: 10 drivers

Where: Minneapolis League of Catholic Women  
207 S 9th St, Minneapolis

**Tuesday, March 8**

**Tuesday, April 12**

Drop off 9:30 a.m./pick up 12:30 p.m.

### **BAKING FOR NEST NEIGHBORHOOD OUTREACH**

Needs: 2 prolific bakers or 1 group

Ongoing need for a total of 6-8 dozen treats per month (bars, cookies, etc.)

Where: Bake at home; deliver to LBFE St Paul office  
1295 Bandana Blvd, Suite 165, St Paul

### **BIRTHDAY LUNCHEONS**

Needs: 14 drivers

Where:

LBFE office at 1845 E Lake St, Minneapolis (March only)  
Blake School Northrop Campus at 511 Kenwood Parkway,  
Minneapolis (April only)

**Saturday, March 12, 12-2 p.m.**

*Sponsored by Accenture Men's Interest Group*

**Wednesday, April 20, 11:30 a.m. -1 p.m.**

*Sponsored by Blake School*

### **BIRTHDAY LUNCHEONS - NEST NEIGHBORHOOD**

Needs: 2 drivers (St. Paul)

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

**Thursday, March 24, 12-2 p.m.**

**Thursday, April 28, 12-2 p.m.**

### **COPING WITH CHANGE AND MANAGING STRESS SERIES**

Needs: 1 driver for six-week program\*

Where: West 7<sup>th</sup> Community Center  
265 Oneida Street, St Paul

**Wednesdays, March 2, 9, 16, 23, 30 and April 6**

Drop off 10:30 a.m./pick up 12:00 p.m.

\*Driver does not need to commit to all 6 sessions

To sign up for this opportunity, please contact Louise Anderson at [landerson@littlebrothersmn.org](mailto:landerson@littlebrothersmn.org) or (612) 746-0720.

### **LBFE mileage is tax-deductible**

Did you know that you can deduct a certain amount of your cost for driving for LBFE? The IRS rate for 2011 indicates that individuals can deduct \$0.14 per mile driven in service of charitable organizations, the same rate as in 2010.

While the deduction may be small, many of our volunteer drivers put on hundreds of miles over the year and the deduction can help! You do not need to report your miles driven to LBFE in order to claim the deduction; simply keeping careful track on your own and accurately reporting the hours on your tax return is sufficient. [Visit the IRS website](#) or consult your tax professional for more details.

### **Shop Kowalski's at Chicago & 56th for "Groceries for Good Causes"**

Kowalski's Markets has given more than a \$1/2 million to local charities through its "Groceries for Good Causes" program. **From January through June 2011, LBFE is a chosen charity for the program at the Kowalski's Market at 5615 Chicago Avenue South in Minneapolis.**

Shoppers can drop their Kowalski's receipts into the designated LBFE box at the front of the store, and LBFE will then receive a donation based on the amount of receipts in the box. Please consider shopping at Kowalski's at Chicago and 56<sup>th</sup> St. and be sure to drop your receipt in the LBFE box!

**DAY OF REFLECTION: "THE POETRY OF AGING"**

Needs: 6 drivers

Where: Benedictine Center, 2675 Benet Rd, Maplewood

**Thursday, April 21, 10 a.m.-2 p.m.**

**FRIENDSHIP AND FLOWERS**

(5 Minneapolis, 5 St. Paul each month)

Needs: 20 deliverers

Where: Pick up at either LBFE office

**Saturday, March 19, 9:00 to 11:00 a.m.**

**Saturday, April 16, 9:00 to 11:00 a.m.**

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

Needs:10 drivers

Where: LBFE, 1845 E Lake St, Minneapolis

**Thursday, March 24, 9:30-11:30 a.m.**

**Thursday, April 28, 9:30-11:30 a.m.**

**PICTURE DAY: PROFESSIONAL PORTRAITS FOR ELDER PARTICIPANTS**

Needs: 20 drivers

Where: LBFE, 1845 E Lake St., *Minneapolis*

**Monday, March 21, 1-3 p.m.**

Where: LBFE, 1295 Bandana Blvd., *St. Paul*

**Monday, April 25, 1-3 p.m.**

**RECREATION GROUPS - ASSORTED OUTINGS**

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

Where: Various community outings such as malls, movies, parks, zoos, etc.

**Every Tuesday (usually) 9:30-11:30 a.m.**

**MINNESOTA TIMBERWOLVES "NON-PROFIT OF THE NIGHT": TIMBERWOLVES VS. BOSTON CELTICS**

Needs: 5-6 drivers

Where: Target Center, Minneapolis

**Sunday, Mar. 27, 5:30-10 p.m.**



LITTLE BROTHERS - FRIENDS OF THE ELDERLY | 1295 Bandana Boulevard N | Suite 165 | St. Paul | MN | 55108

[www.littlebrothersmn.org](http://www.littlebrothersmn.org)   [info@littlebrothersmn.org](mailto:info@littlebrothersmn.org)