



Among Volunteers



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

APRIL 2011



National Volunteer Week: April 10 - 16 Volunteers, you are the lifeblood of LBFE!

Did you know that, because of your energy and selflessness, LBFE in the past three years has provided lonely and isolated seniors in the Twin Cities:

15,852 in-person visits

- 5,410 telephone visits
- 2,118 holiday meals
- 236 social gatherings

What's more, in fiscal year 2010, LBFE volunteers donated **10,960.50 hours** - valued at **\$228,526.42***

Thank you, volunteers, for your commitment to the LBFE mission, and for giving your time, talent and compassion to our elder friends in the Twin Cities.

*Source: Independent Sector

Easter volunteers still needed

This year's Easter celebration, set for Sunday, April 24th from 12-2 p.m., will be hosted at The Prom Center, 484 Inwood Avenue in Oakdale.

Thank you to the many volunteers who have stepped forward to share Easter with our elder friends as kitchen crew, drivers, greeters and more. We still have a few spots open:

Drivers: 11 a.m.-3 p.m. (6 more needed)

Dishwashers: 12:30-3:30 p.m. (1 more needed)

Please contact LuAnne Speeter at 612.746.0753

lspeeter@littlebrothersmn.org if you can help.

Volunteer Time Reports for March Now Due

Take a moment to appreciate all that you do to bring companionship to Twin Cities elders! Please complete, then submit your monthly time report via email, fax, or mail directly to your LBFE staff contact. If you are unsure to whom you should submit your report, please contact Dianne Feltham at 612.746.0732 or dfeltham@littlebrothersmn.org.

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

Complete reporting of volunteer hours helps us to secure and maintain funding. *It's also a great way to recognize the value you bring to fulfilling LBFE's mission.* **Thank you** for your support and commitment to our elders.

Volunteer Spotlight: Music Companion Mike Stebnitz

Mike Stebnitz and elder friend Anne Marie are a perfect example of how the volunteer relationship is a mutually beneficial one.

Since this past fall, Mike and Anne Marie have gotten together regularly to share companionship, as well as their love of music. "Music is a big part of my life - I'm a composer as well as a musician," said Mike. "But it had been a few years since I was active. And when I heard about Anne Marie with her history of music, I was nervous."



Mike and Anne Marie share their mutual love of music

Anne Marie had been trained in piano and Mike understood her to have been extremely talented. "When I pulled the musical scores from her piano bench, I found 50-year-old books and scores that required a very accomplished pianist. It was sort of humbling." But their visits, in addition to providing Anne Marie with desperately needed companionship, have started Mike on a journey of self-rediscovery. Within weeks, the music started to flow back through Mike's veins. "I feel that I've regained control of my craft," he said.

While both love music, they have distinct differences in taste. While Anne Marie loves ragtime and music from the '50s, Mike admits, "those genres are not my favorites." But they do agree on many other types of music and regularly play pieces that are timeless: standards, music from the musicals and old folk songs, such as "Shenandoah" and "John Henry." Both love Beethoven, Cole Porter, Gershwin, Rogers and Hammerstein, and Rogers and Hart.

"We usually sit at the piano together, but sometimes we just relax and listen to music." In the weeks ahead, Mike and Anne Marie plan to watch some musicals, too. Mike encourages others who are considering becoming Music Companions to elders to take the leap. "The rewards on the other side are remarkable," he said. "I never imagined how much it would change my life."

If you're interested in becoming a Music Companion Volunteer, please contact **Dianne Feltham** at 612.746.0732 or dfeltham@littlebrothersmn.org.

Restructuring Prompts Staff Changes

In order to best address the goals laid out in LBFE's three-year Strategic Plan, and in response to the challenging economy, LBFE has restructured the organization. This has involved a reduction of staffing, the closing of our St. Paul office on Bandana Blvd., as well as a reconfiguration of volunteer services.

Beginning this month, LuAnne Speeter will be Communications and Volunteer Recruiting Director, and will be responsible for volunteer recruitment and intake. Dianne Feltham, Program Director, will oversee volunteer training and management.

Carolyn Swenson, who many of you knew well as our Director of Volunteer Services, has dedicated 15 years to LBFE and has been a tremendous asset to the organization and its many volunteers. We will miss her.

For more information about the restructuring, please [click here](#).

A Message from Carolyn



I want to thank you all for providing such wonderful care and concern to our elder participants, some of you for many years. You are a talented and committed group of volunteers and LBFE is fortunate to have you. I ask that you allow the organization a little extra patience as the staff adjusts to the transitions.

Volunteers are the true heart and soul of Little Brothers-Friends of the Elderly and the need for your assistance has never been greater. Thank you for all you do.

- Carolyn Swenson

Thank you, Accenture!

On Saturday, March 12, a team of 18 volunteers from the Accenture Men's Interest Group hosted the birthday lunch for our elders. They provided Little Caesar's pizza, which our 28 elder guests thought was a real treat. We realize how many details went into hosting the event and the volunteers finessed each one. Best of all, the volunteers had a friendly attitude and offered warm companionship to our elders. **Thank you** for sharing your time and talents with us, Accenture. We appreciate our partnership!

Volunteer family honored at Timberwolves game

On Sunday, March 27, Little Brothers - Friends of the Elderly was featured as the Nonprofit of the Night at the Target Center, when the Minnesota Timberwolves played the Boston Celtics.



Photo courtesy Sue Kyllonen

The Osterman family was introduced by Timberwolves president Chris Wright and Crunch.

Before the final quarter, a public service announcement for LBFE was shown as an appeal to potential volunteers. Immediately following, LBFE volunteer family Pat Ostergren, his wife Tricia Gennett, and Pat's daughter, Sophie, was introduced to the arena by Timberwolves team president Chris Wright. Pat had been a volunteer with LBFE as a child, and now is passing the legacy of volunteering to Sophie.

About 16 elders and their volunteer companions and drivers were among the invited guests, as well as 27 youth representing North Community YMCA, Ebenezer Lutheran Church and the Hmong American Partnership. The tickets were purchased through the generosity of donors.

After the game, the elders and teens were invited down to the court. The elders watched from the sidelines as the teens faced off in a game of lightning, followed by a scrimmage.

Orientation Sessions

Learn about LBFE's history, current programs and what the future holds in store for Minnesota's older adults. As a prospective LBFE volunteer, you'll gain valuable insights on working with older adults, handling various situations and LBFE practices and policies.

The session is FREE and essential for all volunteer companions - please join us!

Wednesday, April 20, 5:30 p.m.

Saturday, May 7, 9 a.m.

Wednesday, May 25, 5:30 p.m.

RSVP to LuAnne Speeter at lspeeter@littlebrothersmn.org or 612.746.0753.

DONATE

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

www.littlebrothersmn.org/contribute

Training Opportunity

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

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

Topic: "Accessing Community Resources for Seniors"

Location: LBFE Minneapolis
1845 E Lake Street

To RSVP, contact Louise Anderson at landerson@littlebrothersmn.org or 612.746.0720.

Volunteer opportunities: April and May

To sign up for these opportunities, please contact Dianne Feltham at dfeltham@littlebrothersmn.org or 612.746.0732.

BINGO

Needs: 10 drivers

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

Tuesday, April 12 *All positions filled—thank you!*

Tuesday, May 10

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 at 1845 East Lake Street, Minneapolis. For alternate drop-off site, contact Dianne Feltham at 612.746.0732 or dfeltham@littlebrothersmn.org.

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)

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

Sponsored by Blake School

Wednesday, May 18, 11:30 a.m. - 1 p.m.

BIRTHDAY LUNCHEONS - NEST NEIGHBORHOOD

Needs: 2 drivers (St. Paul)

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

Thursday, April 28, 11:30 a.m. - 1 p.m.

Thursday, May 26, 11:30 a.m. - 1p.m.

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.

(continued)

Volunteer Department Information

For information about becoming a volunteer: contact LuAnne Speeter at 612.746.0753 or lspeeter@littlebrothersmn.org.

To volunteer for upcoming events (existing volunteers): contact Dianne Feltham at 612.746.0732 or dfeltham@littlebrothersmn.org.

Location: 1845 East Lake Street, Minneapolis, MN 55407

Office hours: 8 a.m.-5:30 p.m, Monday-Friday.

FRIENDSHIP AND FLOWERS

Needs: 20 deliverers (5 Minneapolis, 5 St. Paul each month)

Where: Pick up at either LBFE office

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

Saturday, May 20, 9:00 to 11:00 a.m.

KNIT & CROCHET/CARD-PLAYING GROUP

Needs: 8 drivers

Where: LBFE, 1845 E Lake St, Minneapolis

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

Thursday, May 26, 9:30-11:30 a.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.



LITTLE BROTHERS - FRIENDS OF THE ELDERLY | 1845 East Lake Street | Minneapolis | MN | 55407

www.littlebrothersmn.org info@littlebrothersmn.org