



Among Volunteers



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

MAY 2011



Thank you, Easter volunteers!

On Sunday, April 24, Little Brothers-Friends of the Elderly volunteers brought Easter joy to nearly 100 elders at the Prom Center. More than 95 volunteers, many accompanied by family members or significant others, made the event a reality. Many volunteers have made Easter with LBFE a tradition, some for more than 20 years! From the kitchen crew, set-up crew, servers and dishwashers to greeters, drivers/companions and the clean-up crew, each volunteer played a valuable role in making the day memorable for our elder friends.



Meal deliverers also brought freshly packed ham dinners to another 25 homebound elders. The students of Johnson Senior High School and project coordinator Kathy O'Shaughnessy provided hundreds of colorful cupcakes, complementing the festively decorated cakes provided by Just Desserts. The Prom Center donated the use of the facilities, as well as two staff members. Long-time volunteer Lynn Convery had the set-up and serving routine down to a science, while Tom Connelly once again oversaw the greeting crew.

As an added treat, [Penn Cycle](#) was on hand to demonstrate easy-handling bicycles available through Nice Ride MN, as well as stationary models. According to Penn Cycle owner Jim Sorensen, "Riding bicycles is a great way for seniors to stay active and healthy."

Thank you, volunteers! You made the day memorable for our elders.

Volunteer Time Reports for April 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.



Meet your coordinators!

LBFE has restructured its program department to better serve our elders, plus provide more convenience and targeted assistance to you, our volunteers. Headed up by Dianne Feltham, Director of Programs, the department also consists of four Visiting Advocate Coordinators (VACs), each with their own territories.

Going forward, your VAC will be your point of contact for submitting time reports, elder assignment and other communications. The new team includes:

Dianne Feltham
Director of Programs
612.746.0732
dfeltham@littlebrothersmn.org
Dianne joined LBFE in 2009



Chelsea Igou
Visiting Advocate Coordinator:
South Mpls
612.746.0727
cigou@littlebrothersmn.org
Chelsea joined LBFE in 2010



Gretchen Vanderlinden-Wang
Visiting Advocate Coordinator:
North/East St. Paul
612.746.0755
gvanderlinden-wang@littlebrothersmn.org
Gretchen joined LBFE in 2009



Sandy O'Donnell
Visiting Advocate Coordinator:
North Mpls
612.746.0724
sodonnell@littlebrothersmn.org
Sandy joined LBFE in 1998



Josh Windham
Visiting Advocate Coordinator:
West/Central St. Paul
612.746.0746
jwindham@littlebrothersmn.org
Josh joined LBFE in 2010



Increase the difference you make with your company's volunteer match!

Do you work for a company with a volunteer match? Companies who offer this incentive include, among others:

- 3M
- Ameriprise Financial
- Cargill
- Deluxe Corporation
- Gap, Inc.
- General Mills
- Medtronic
- St. Paul Travelers
- TCF Bank
- Thrivent Financial for Lutherans
- Wells Fargo & Company

These and many other companies offer matching gifts if you make a donation to a nonprofit. Some also offer incentive programs to volunteers who donate their time for a worthy cause. They allow volunteers to nominate the nonprofit they are involved with for a volunteer grant or gift.

Will you take part in helping to advance the mission of Little Brothers - Friends of the Elderly? Ask your supervisor, human resources or community affairs department to see if they offer this incentive.

DONATE

**Support LBFE's mission of providing
companionship to isolated seniors
in the Twin Cities.**
www.littlebrothersmn.org/contribute

Volunteer spotlight: Mary Himrod, Ignatian Volunteer Corps

Visiting Volunteer Mary Himrod has made the elders she sees a high priority in her life for the past few years. And as a member of the [Ignatian Volunteer Corps](#) (IVC), Mary was able to combine her commitment to elders with her desire for spiritual growth.

“IVC is spiritual reflection program that is connected to the Jesuit community, and is specifically for volunteers age 50 and older,” said Mary. IVC works with a number of organizations throughout the country to help address social needs, and allows volunteers to choose the organization. Luckily for us, Mary chose LBFE. “In conjunction with my visiting with elders, I attend a monthly meeting and receive support and guidance through a spiritual advisor,” Mary explained. These meetings, as well as three retreats per year, help Mary integrate the volunteer experience with her spiritual life.

Mary’s schedule is not for the weak-hearted. She meets with seven elders twice each month (another elder she had been assigned to recently passed away). “I drive in from Eagan to meet with my elders in St. Paul,” she noted. Most of her elders are homebound, but she takes others out to the conservatory, a movie, lunch or shopping whenever possible.

“I’ve learned so much from my elder friends,” said Mary. “We do a lot of sharing, and they start talking when they’re doing something – like playing cards.” She added with a laugh, “You know, five are younger than I am!” And she knows she’s making a difference in their lives: “One of my elders fell and broke her hip, and was eventually transferred to extended care for rehabilitation. It was there that she realized she didn’t have her glasses, which only added to the depression she was in. I was able to retrieve them from her apartment through the help of the janitor. When I brought them to her, she said ‘You’ve really made my day!’”

Mary finds visiting her elders self-rejuvenating. But more than anything, she’s grateful that her husband, Ralph, is so supportive of her ministry. “He takes it well that I’m gone so much during the week.” Then she added, “But he knows how I hate housekeeping.”

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, May 25, 5:30 p.m.

Saturday, June 11, 9 a.m.

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

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.

Volunteer opportunities: May and June

BINGO AND LUNCH

Needs: 5 drivers each month
Where: Minneapolis League of Catholic Women
207 S 9th St, Minneapolis

Tuesday, May 10

Tuesday, June 14

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

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

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, 612.746.0732, or dfeltham@littlebrothersmn.org.

INTERGENERATIONAL PROM

with North High and Tartan Senior High students

Wednesday, May 25, 3-7 p.m.

Needs: 8 drivers

Where: The Prom Center, 484 Inwood Ave., Oakdale

BIRTHDAY LUNCHEON / BOWLING PARTY

Wednesday, June 15, 1-3 p.m.

Needs: 6 drivers (3 Mpls. and 3 St. Paul)

Where: Park Tavern, St. Louis Park

LBFE Staff/Park Tavern

BIRTHDAY LUNCHEONS - NEST NEIGHBORHOOD

Needs: 2 drivers each event (St. Paul)

Where: Our Saviour's Lutheran Church

674 Johnson Parkway, St Paul

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

Thursday, June 23, 11:30 a.m.-1:30 p.m.

FRIENDSHIP AND FLOWERS

Needs: 20 deliverers (5 Minneapolis and 5 St. Paul of each date)

Where: Pick up at LBFE, 1845 East Lake St., Minneapolis

Saturday, May 21, 9-11 a.m.

Saturday, June 18, 9-11 a.m.

KNIT & CROCHET / CARD-PLAYING GROUP

Needs: 8 drivers

Where: LBFE Minneapolis, 1845 E Lake St.

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

Thursday, June 23, 9:30-11:30 a.m.

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

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