



Among Volunteers



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

JUNE 2011



Volunteering fulfills need for a sense of purpose

There's been a [sharp increase in volunteerism](#) in the U.S. in the last couple of years. Some of it may reflect the ongoing recession (rise in number of unemployed people, cash-strapped people choose to volunteer rather than donate). However, the rise in volunteering could signal that there's "something else" that people are looking for that volunteering provides: PURPOSE.

According to Daniel Pink, author of [Drive: The Surprising Truth About What Motivates Us](#), more people are searching for satisfaction in life that can't be found with larger paychecks, bigger homes and exotic vacations. Whereas it's been assumed that people are motivated by external rewards, Pink contends that motivation needs to be internal in order for it to be lasting.

When LBF E volunteers first come on board, we often ask them, "What motivated you to contact us?" Most often we hear a very simple answer: "I was close to my grandmother [or grandfather, or aunt, or elderly neighbor], and now that she's gone, I miss her and I'd like to do what I can for another older person." By volunteering, you're making a difference in someone's world - and just knowing that is a genuine reward.

Thank you for choosing to find that "something else" as a volunteer for the elders of LBF E!

Volunteer Time Reports for May 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 LBF E 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 LBF E's mission.* **Thank you** for your support and commitment to our elders.



Volunteer spotlight: Animal-Assisted Companion Jeff Masco and Patch

Jeff Masco hadn't planned on becoming an animal-assisted volunteer companion. In fact, he had initially enrolled Patch, a terrier cross breed that he rescued from a shelter, in a dog therapy training course. "He did great until he was around another dog," said Jeff. "He couldn't ignore the dog, so he failed that part of the test."

Jeff heard about the animal companion program from LBFE staff and, in January, Jeff and Patch were matched with Peggy. Every Wednesday around noon, Jeff and Patch pay a visit to Peggy, who is on oxygen and rarely leaves her apartment. Patch walks right over to Peggy and sits at her feet while Jeff prepares Patch's water bowl. For 45 minutes, Peggy will caringly stroke Patch's fur. And though Jeff and Peggy will chatter on about what's happening in their lives, the focus is really on Patch.

Peggy looks forward to the visits. In fact, she recently surprised Jeff and Patch by taking her mobility chair outside and meeting them on the sidewalk. A couple of weeks ago, when the Schwann's truck made a stop at her apartment building, Peggy made a special purchase - a "doggie sundae." Patch joyfully gobbled it up at the next visit.

Jeff is happy to share Patch with Peggy, but he gets great pleasure from the visits himself. "My mother passed away recently and spending time with Peggy helps me deal with the loss a little better," he said. "Plus it gives me a chance to go on an outing with Patch—and that's very special."

For information about becoming an Animal-Assisted Companion, please contact **LuAnne Speeter** at lspeeter@littlebrothersmn.org or **612.746.0753**.



Jeff and Patch visit with LBFE's Chelsea Igou.



Peggy treats Patch to a "doggie sundae."

Reignite your potential after 50! Evolve scholarships available

Are you interested in using your experience and untapped leadership potential to make a better world?

LBFE, in partnership with Vital Aging Network (VAN), is offering two scholarships to Evolve, an eight-month leadership development course specifically for adults age 50 and up. Through [Evolve](#) (formerly known as ALVA Leadership Development), you'll discover your unique path to making a contribution, build your skills and re-ignite your energies. Classes begin Friday, October 14, 2011, and meet one Friday a month through May 2012. The scholarship value for the seven-month course is \$750.

If you are age 50 or older and would like to be considered for an Evolve scholarship, or for more information, please contact **Dianne Feltham**, LBFE Director of Programs, at dfeltham@littlebrothersmn.org or **612.746.0732**.

RSVP reimbursement requests due July 1

Due to its fiscal year ending on June 30, RSVP is requiring that all participants submit their mileage reimbursement requests early. This is complicated by the July 4th holiday weekend.

Therefore, please fax your completed forms for the second quarter (April, May and June 2011) to LBFE at **612.721.5848** no later than **Friday, July 1**. Thank you!

DONATE

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

www.littlebrothersmn.org/contribute

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 and events: June and July

BINGO AND LUNCH

Tuesday, June 14, 9:30 a.m.-12:30 p.m.

Tuesday, July 12, 9:30 a.m.-12:30 p.m.

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

Need: 5 drivers

BIRTHDAY LUNCHEONS

Lunch and Bowling

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

Where: Park Tavern, St. Louis Park

Need: 6 drivers (3 Mpls, 3 St. Paul)

Sponsored by LBFE staff and Park Tavern

Lunch and Picnic

Thursday, July 21, 4-6 p.m.

Where: Bradford House in Arden Hills

Need: 3 drivers (2 Mpls. and 1 St. Paul)

Sponsored by Roseville Rotary

CHANHASSEN DINNER THEATRE:

"Jesus Christ Superstar"

Wednesday, July 27, 11 a.m.-3 p.m.

Where: 501 West 78th St, Chanhassen

Need: 6 drivers

DAY OF REFLECTION: "The Poetry of Aging"

Thursday, July 7, 10 a.m.-2 p.m.

Where: Benedictine Center, 2675 Larpenteur Av E, St. Paul

Need: 6 drivers (3 Mpls, 3 St. Paul)

FRIENDSHIP AND FLOWERS

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

Saturday, July 16, 9-11 a.m.

Where: Pick up at LBFE, 1845 East Lake St, Minneapolis, or
1295 Bandana Blvd, St. Paul

Need: 10 deliverers (5 Mpls, 5 St. Paul)

KNIT & CROCHET / CARD-PLAYING GROUP

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

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

Where: LBFE, 1845 E Lake St, Minneapolis

Need: 5 drivers

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

NEST NEIGHBORHOOD OPPORTUNITIES

BAKING

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.

BIRTHDAY LUNCHEONS

Thurs., June 22, 11:30 a.m.-1 p.m.

Thurs., July 27, 11:30 a.m.-1 p.m.

Where: Our Saviour's Lutheran Church
674 Johnson Parkway, St Paul
Need: 1-2 drivers (St. Paul)

MEMORIAL SERVICE

Monday, June 20, 4-5 p.m.

Where: LBFE, 1845 E Lake St, Mpls
*Remembering: Catherine Carey,
Everett Cheney, Emma Dillard, James
Farnham, John O'Grady, Susan Parker
and Shiyu Wang.*

We encourage anyone whose life has
been touched by an elder we served to
attend our memorial service. Each ser-
vice includes a time of sharing memo-
rable and touching moments, which we
have found to be especially helpful in
our healing process. Please contact
Josh Windham at **612.746.0746** or
jwindham@littlebrothersmn.org if
you would like to attend.