



# Among Volunteers



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

JULY 2011



## 13 grand ideas for summer visits with elder friends

Running out of options for your companionship visits? Take advantage of the warmer weather while you can with these carefree adventures:

1. **Go out for a drive.** Have your friend show you favorite “haunts” from years past.
2. **Create ice cream sundaes**, loaded with toppings (if diet allows), or root beer floats.
3. **Reminisce about summer holidays.** Share family rituals for the Fourth of July and Labor Day with each other.
4. **Have a picnic** – indoors, if necessary. Spread a checkered cloth on the table and serve lemonade.
5. **Share photos and souvenirs of your family vacations** and ask your friend to share some, too.
6. **Attend a free concert in the park.** Check out [Como Park](#) and [Lake Harriet](#) pavilion schedules, for starters.
7. **Bring along a bird book** and see how many different types drop by.
8. **Plant and tend a windowsill or porch garden together.**
9. **Take a walk together** as weather and health permit.
10. **Make a wind chime** out of recycled materials, such as spools, miniature clay pots or sea shells.
11. **Bring bubble soap and blow bubbles together!**
12. **Check out a neighbor’s garage sale.**
13. **Listen to favorite summer tunes**, from “Lazy Hazy Crazy Days of Summer” and “Stars and Stripes Forever” to songs from *Porgy and Bess* and *South Pacific*.



Send us your ideas – for any season – and we’ll publish them in a future issue! [Click here.](#)

### Volunteer Time Reports for June 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](mailto:dfeltham@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. *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: Susan Boyer, Friendship and Flowers company liaison

One of the most influential things a volunteer can do for Little Brothers - Friends of the Elderly is to recruit in the workplace. Susan Boyer has championed this role.

Susan is a Team Lead for Wholesale Risk Controls Administration at Wells Fargo & Company. "Basically, we investigate fraud as part of the mortgage loan approval process," Susan explained. She first joined Wells Fargo in 2008 on a contract basis and was hired as a full-time employee in November 2009.

A few months later, Susan became a Friendship and Flowers Visitor. "I had been a Visiting Volunteer with LBFE years ago when my son was little," Susan said. "Now that my son is grown and my parents are both deceased, I felt it was time to get involved again." Susan was contacted by LBFE to promote a volunteer need in Wells Fargo's newsletter. Upon investigating the possibility, Susan discovered an event manager was needed to act as liaison, and she gladly took up the challenge. "I log onto Well Fargo's volunteer website, manage Friendship and Flowers as an event, and e-mail LBFE whenever an employee expresses an interest online."



Susan enjoys Orchestra Hall events with her good friend Joyce.

Since April, Susan has referred 18 fellow employees to LBFE's Friendship and Flowers program. It's particularly gratifying to Susan when she meets up with them on Friendship and Flowers Saturdays. "I make a point of checking out the names to see if any are familiar, and then I introduce myself," said Susan. "Usually I've never met them because they may work at another location, so it's fun to put a name to a face."

Susan's commitment to advocating for LBFE goes beyond the workplace. "My sister from St. Cloud make's the world's best chocolate chip cookies and she would always deliver them to our mother. Now that Mom's gone, my sister makes a batch of six dozen every month and I bring them in to be added to the Friendship and Flowers gift bags."

Thank you, Susan Boyer, for helping LBFE bring so much cheer and caring to elders through Friendship and Flowers!

*If you're interested in promoting LBFE's volunteer needs within your company, please contact LuAnne Speeter at [lspeeter@littlebrothersmn.org](mailto: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](http://www.littlebrothersmn.org/contribute)**

## Re-ignite your potential after 50! Evolve scholarships available

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

LBFEE, 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**, LBFEE Director of Programs, at [dfeltham@littlebrothersmn.org](mailto:dfeltham@littlebrothersmn.org) or **612.746.0732**.

## Hot weather check-in on elders

When the temperature soars, older adults are most susceptible to the heat's ill effects. Please check in on your elder friends and relatives, especially if they are on diuretics or other medications that increase the risk of dehydration. Encourage them to follow these precautions:

- Drink fluids and avoid caffeine
- Eat fruits and vegetables for extra hydration
- Stay indoors and out of the sun
- Limit physical activity
- Wear lightweight, loose-fitting clothing
- Use air conditioning or an electric fan
- Walk slowly, and use a cane, walker or wheelchair if necessary

## Orientation Sessions

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

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

**Saturday, July 9, 9 a.m.**

**Wednesday, July 20, 5:30 p.m.**

**Saturday, Aug. 6, 9 a.m.**

**Wednesday, Aug. 24, 5:30 p.m.**

RSVP to LuAnne Speeter at [lspeeter@littlebrothersmn.org](mailto: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](mailto:lspeeter@littlebrothersmn.org).

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

**Location:** 1845 East Lake Street, Minneapolis, MN 55407

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

## Volunteer opportunities and events: July and August

### **BINGO AND LUNCH**

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

**Tuesday, Aug. 9, 9:30 a.m.-12:30 p.m.**

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

Need: 5 drivers

### **BIRTHDAY PICNIC LUNCH**

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

*Sponsored by Roseville Rotary Club*

**Wednesday, Aug. 17, 12-2 p.m.**

*Sponsored by McGough*

Where: Bradford House in Arden Hills

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

### **FRIENDSHIP AND FLOWERS**

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

**Saturday, Aug. 20, 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, July 28, 9:30-11:30 a.m.**

**Thursday, Aug. 25, 9:30-11:30 a.m.**

Where: LBFE, 1845 E Lake St, Minneapolis

Need: 5 drivers

### **DRIVERS NEEDED FOR MONTHLY ACTIVITIES!**

Would you be available to become a "regular" monthly activities driver? Please help refresh our pool of dedicated drivers by picking up LBFE elder friends for bingo, birthday lunches or other activities. You're invited to stay for the fun before returning your companion home.

### **ERRAND DRIVER IN UPTOWN**

Beginning in September, a driver is needed two times a month for errands within a five-mile radius. Contact **Chelsea Igou** at [cigou@littlebrothersmn.org](mailto:cigou@littlebrothersmn.org) or **612.746.0727**.

To sign up for opportunities, please contact Dianne Feltham at [dfeltham@littlebrothersmn.org](mailto: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](mailto:dfeltham@littlebrothersmn.org).

### **BIRTHDAY LUNCHEONS**

**Wed., July 20, 11:30 a.m.-1 p.m.**

**Wed., Aug. 24, 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, August 15, 4-5 p.m.**

Where: LBFE, 1845 E Lake St, Mpls

We encourage anyone whose life has been touched by an elder we served to attend our memorial service. Each service includes a time of sharing memorable 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](mailto:jwindham@littlebrothersmn.org) if you would like to attend.