



Among Volunteers



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

AUGUST 2011



"Angels on earth" enable elders to stay whole, secure and in place

When LBFE first met Fred (not his real name), we immediately noticed that he suffered from a number of health issues. But as our conversation unfolded, the hurts and fears brought on by his loneliness were revealed. He cried as he wondered how he came to be so alone and helpless.

We first heard about Fred when a county librarian called us about a year ago. Fred often hung out at the library; as a retired high school teacher, it was comfortable for him to be surrounded by books. But the librarian saw that he was alone and in need. When we made contact with him, though, Fred refused our help. He was afraid of strangers taking him away. It wasn't until recently, when the same librarian contacted us again, that Fred accepted us. He was at the point of being evicted from his apartment, so LBFE contacted several resources to assist him.

The librarian wasn't the only person who stepped forward to help Fred. He speaks fondly of the young woman from the neighborhood dry cleaners who helps him pay his bills, writing out the checks for him to sign. And then there's the young man at the oil change shop who accompanies him on errands.

As a volunteer with LBFE, you are among these "angels on earth" who show elders like Fred that someone cares and has their well-being in mind. Because of you, LBFE can meet elders where they are, treating each one with dignity and respect. And when they express their deepest concerns of loneliness and the fear that no one cares, we can say to them, "You are no longer alone."

So we're taking this moment to express to you what our elder friends say to us time and again: Thank you for being there—for being an angel on earth.

Volunteer Time Reports for July 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.



PROMOTE YOUR BRAND, CONTRIBUTE TO YOUR COMMUNITY

LBFE seeks corporate and group sponsorships

Your company, fraternal organization or church group may need a project that acts as an energizing shot in the arm. Sponsoring an event with LBFE could be the solution.

By becoming a sponsor for an LBFE event, you'll:

- Encourage teamwork and build camaraderie
- Help fulfill your group's charitable mission
- Increase brand awareness through promotion on LBFE's website and Facebook page
- Gain the satisfaction of knowing you've given hope to many older adults

As a sponsor, you can choose your level of involvement—we're flexible and can work with you in planning an event that will bring joy and create wonderful memories for both your group and our elder friends. Here are some of the options:



- **Monthly birthday party.** You can choose the month, plus furnish volunteers to drive elders to the party and provide companionship. Sponsors may use LBFE's Community Room or provide another site, purchase the food, add themed decorations, etc.
- **Holiday gathering** (e.g. Christmas tea, Valentine's Day party, St. Patrick's Day dance, Veteran's Day Remembrance, "Senior Prom," etc.). Elders love getting out and celebrating throughout the year. Sponsors can simply underwrite the event, or join in the fun by supplying creative ideas and volunteers.
- **Annual Thanksgiving, Christmas or Easter Dinner.** These high profile events are an opportunity for your organization to make a real difference in our elders' lives at times when loneliness is most deeply felt. Please consider becoming a financial sponsor. Other needs include: an accessible site with full kitchen facilities that can hold 250-300 persons, and volunteer drivers/meal companions, kitchen crew, servers, greeters, hot meal deliverers and more.

If you're interested in learning more about group sponsorship, please contact 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

COMPANION VOLUNTEER'S CORNER



Small Fans Available for LBF E Elders

Could your elder friend use a little relief from the heat? LBF E has a number of 6" fans, perfect for placing beside a bed or an easy chair. To request a fan, please contact your Visiting Advocate Coordinator.

Errand volunteer needed in East St. Paul

We have an opening for a volunteer who is able to drive an elder on occasional errands, and perhaps join her for a light lunch and companionship. The elder is in her 70's and is shy and lonely but very sweet. She walks without a cane and only needs to go out shopping once every three weeks or so. If interested, please contact Gretchen at gvanderlinden-wang@littlebrothersmn.org or **612.746.0755**.

Office Volunteer Sought for Internet Research

LBF E's Development Office is in need of a volunteer for online research. Intermediate-level Excel skills are required, and a background in databases is helpful.

This is a great opportunity to sharpen your skills while helping advance the mission of LBF E. If interested, please contact LuAnne Speeter at lspeeter@littlebrothersmn.org or 612.746.0753. We appreciate referrals - please let friends and family members know.

Orientation Sessions

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

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

Saturday, Aug. 6, 9 a.m.
Wednesday, Aug. 24, 5:30 p.m.
Saturday, Sept. 10, 9 a.m.
Wednesday, Sept. 21, 5:30 p.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: 8:30 a.m.-5 p.m., Monday-Friday.

Volunteer opportunities and events: August and September

BINGO AND LUNCH

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

Theme: Country-Western

Tuesday, Sept. 13, 9:30 a.m.-12:30 p.m.

Theme: To be announced

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

Need: 5 drivers

BIRTHDAY PICNIC LUNCH

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

Sponsored by McGough

Thursday, Sept. 15, 12-2 p.m.

Sponsorship available!

Where: Bradford House in Arden Hills

Need: 3 drivers

FRIENDSHIP AND FLOWERS

Saturday, Aug. 20, 9-11 a.m.

Saturday, Sept. 17, 9-11 a.m.

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

Ongoing need for volunteer deliverers/visitors

KNIT & CROCHET / CARD-PLAYING GROUP

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

Thursday, Sept. 22, 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.

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

Wed., Aug. 24, 11:30 a.m.-1 p.m.

Wed., Sept. 28, 11:30 a.m.-1 p.m.

Where: Our Saviour's Lutheran Church
674 Johnson Parkway, 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 if you would like to attend.