



# Among Volunteers



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

OCTOBER 2011



## Volunteer for our Thanksgiving Dinner — the rewards are bountiful!

Will you be the reason an isolated elder will share his or her Thanksgiving meal surrounded by warmth and friendship – instead of alone?



This year, LBFE is once again hosting Thanksgiving dinner for 100 - 150 elders, plus volunteer driver/ companions. To make it all happen, we're seeking a total of nearly 100 volunteers for a number of positions, with drivers as the greatest need. Approximately 50 drivers are needed to transport elders from their homes to dinner at the Prom Center in Oakdale and back. Drivers are encouraged to stay for dinner and companionship.

"This is one of the highlights of the year for many of our elder friends," said Greg Voss, LBFE Executive Director. "We owe volunteers a huge debt of gratitude – but we also know how much they themselves will benefit from the experience."

The volunteer positions we need to fill are:

- **Drivers** 11 a.m.-3 p.m.
- **Food Prep/Kitchen** 9 a.m.-2 p.m.
- **Set-up/Serve** 10 a.m.-1:30 p.m.
- **Serve/Clean-up** 11:30 a.m.-3 p.m.
- **Metro Mobility Companions** 11:30 a.m.-2 p.m.
- **Meal Deliverers to Shut-Ins** 12:30 p.m. pick-up

**Christmas dinner  
volunteers are  
needed, too!**

To volunteer, contact LuAnne Speeter at [lspeeter@littlebrothersmn.org](mailto:lspeeter@littlebrothersmn.org) or **612.746.0753**.

## Volunteer Time Reports for September Now Due

Take a moment to appreciate all that you do to bring companionship to elders! Please complete, then submit your monthly time report via email, fax, or mail to your LBFE staff contact. If you are unsure to whom you should submit your report, 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).

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 commitment to our elders.



## Volunteer Companion Corner

### 7 ideas for festive fall visits

The air is crisp and leaves are crunching underfoot. Scents and sounds make it easy to recall from our childhood the fun and cozy memories of fall. Here are some autumn activities to share with your elder friend that will help heighten their senses:



- **Make an autumn wreath.** Gather colorful leaves and pine cones and attach to a wreath base.
- **Sip apple cider.** Heat up cider with several cinnamon sticks added.
- **Enjoy a fall foliage tour.** Take a car trip along the Mississippi River Road and think of names for the different colors. Match them to colors from your box of Crayolas you may have had years ago, such as “burnt umber,” “raw sienna,” “bittersweet,” “spring green” and “magenta.”
- **Bake cookies.** Whether you make them from scratch or use a cookie dough roll, the fresh-baked scent is irresistible.
- **Reorganize the closet.** Help your friend get out their fall and winter clothing and pack away summer clothes.
- **Create a centerpiece.** Decorate the table with small pumpkins, gourds and Indian corn.
- **Prepare for Halloween.** Help your friend welcome trick-or-treaters with a cut-out pumpkin or friendly black cat on the door.

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**DONATE**

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

[www.littlebrothersmn.org/contribute](http://www.littlebrothersmn.org/contribute)

## **Volunteer Spotlight**

### **Lynn Convery, Holiday Meal Coordinator**

This year, Lynn Convery is serving Thanksgiving dinner to a group of ... 250!

Since 1978, Lynn has participated in serving and coordinating LBFE's holiday meals on Thanksgiving, Christmas and Easter. While the organization's holiday dinner tradition continues year after year, Lynn has watched it evolve and grow.

"It was a much smaller group in the first five or six years," Lynn recalled. "And for a number of years, congregate dinners were held at up to seven different sites." With this year's Thanksgiving dinner at a single venue – the Prom Center in Oakdale – Lynn will be overseeing 20 volunteers as they set nearly 30 tables, serve food and beverages, then clear the dishes away. She keeps a sharp eye on the table aesthetics, makes sure the desserts are brought out at just the right time and ensures that special needs of our elders are accommodated.

Lynn recalls moments that have made holidays with LBFE extra special. "There was one elderly gentleman who only spoke Spanish and you knew he was isolated due to the language barrier. But surrounded by the volunteers, he talked and talked – and you should have seen the smile on his face!"

It's also heartwarming to Lynn that many elders and volunteers return year after year. "Many families make it their holiday tradition to volunteer at Little Brothers – and the elderly have so much fun seeing children and being a part of laughter and family life."

But Lynn has done even more for LBFE than holiday meal coordination. "Over the years, I've been a Friendship and Flowers Visitor, as well as a Visiting Volunteer, bringing my kids along when they were young," she said. "Little Brothers is a great organization for people who want to volunteer, even if they don't have much time. There's a way for anyone to contribute, even if it's baking or wrapping presents."

Thank you, Lynn Convery. We'll see you on Thanksgiving!

## **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!

**Saturday, Oct. 8, 9 a.m.**

**Wednesday, Oct. 19, 5:30 p.m.**

**Saturday, Nov. 12, 9 a.m.**

**Wednesday, Nov. 30, 5:30 p.m.**

RSVP to LuAnne Speeter at [lspeeter@littlebrothersmn.org](mailto:lspeeter@littlebrothersmn.org) or 612.746.0753.

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## **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: October and November

### THANKSGIVING DINNER

Thursday, November 24, 12-2 p.m.

Where: The Prom Center, 484 Inwood Ave., Oakdale  
*See page one for volunteer opportunities*

### INTERGENERATIONAL BINGO

Monday, November 7, 3:30-5:30 p.m.

Where: Ames Lake Neighborhood Community Ctr., St. Paul  
Need: 10 drivers

### BINGO AND LUNCH

Tuesday, October 11, 9:30 a.m.-12:30 p.m.

Tuesday, October 25, 9:30 a.m.-12:30 p.m.

Tuesday, November 8, 9:30 a.m.-12:30 p.m.

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

Need: 5 drivers

*Sponsored by Minneapolis League of Catholic Women*

### BIRTHDAY LUNCHEONS

Wednesday, October 19, 12-2 p.m.

Wednesday, November 16, 12-2 p.m.

Where: LBFE, 1845 E Lake St, Minneapolis

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

*Sponsorship available!*

### FRIENDSHIP AND FLOWERS

Saturday, October 15, 9-11 a.m.

Saturday, November 19, 9-11 a.m.

Ongoing need for volunteer visitors

### KNIT & CROCHET / CARD-PLAYING GROUP

Thursday, October 27, 9:30-11:30 a.m.

Thursday, November 17, 9:30-11:30 a.m.

Where: LBFE, 1845 E Lake St, Minneapolis

Need: 5 drivers

### DAY OF REFLECTION

Thursday, October 27, 10 a.m.-2 p.m.

Topic: "Praying with the St. John's Bible"

Where: Benedictine Center, Maplewood

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

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., Oct. 26, 11:30 a.m.-1 p.m.

Tues., Nov. 22, 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, October 17, 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 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](mailto:jwindham@littlebrothersmn.org) if  
you would like to attend.