

Promoting independence and well-being for elders

Since 1972, Little Brothers - Friends of the Elderly (LBFE) has been pairing volunteers with older adults in the Twin Cities to combat isolation and loneliness.

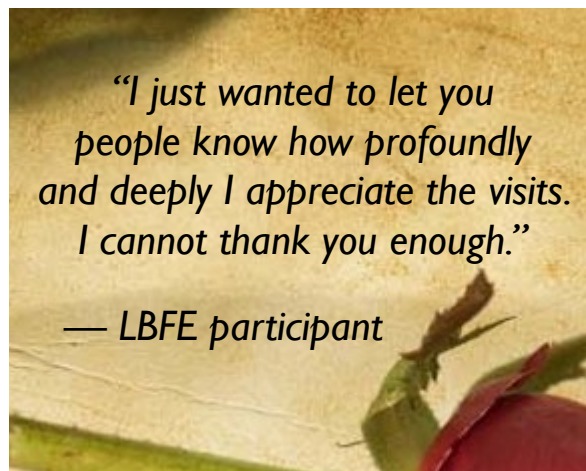
LBFE provides services to more than 750 Twin Cities seniors annually, making a significant social impact on the communities we serve by:

- Relieving loneliness and isolation
- Enhancing well-being and independence
- Enabling elders to age in place
- Building intergenerational relationships
- Identifying vulnerability and situations that could be life threatening
- Advocating for senior issues and community awareness



Older adults are a precious resource and represent the fastest growing segment of the population. But no one should grow old alone. Companionship is key to a healthy aging process.

Through the generosity of volunteers and donors, Little Brothers - Friends of the Elderly is able to join with older people in friendship and the celebration of life.



Little Brothers - Friends of the Elderly

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Minneapolis, MN 55407

**For services: 612.746.0738
or info@littlebrothersmn.org**

**To volunteer: 612.746.0753
or volunteer@littlebrothersmn.org**

**To donate:
www.littlebrothersmn.org/contribute**

www.littlebrothersmn.org

Celebrate life with us



Building connections ... restoring hope



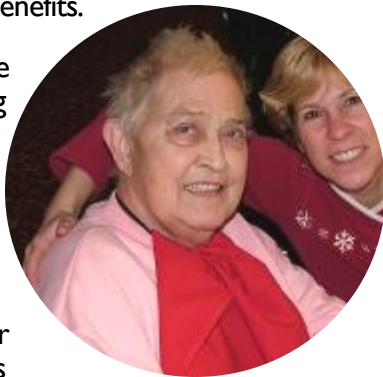
Companionship

LBFE's unique companionship program matches older adult participants with volunteers to form mutually rewarding, one-to-one relationships.

Visiting Volunteers are thoughtfully matched to elder friends based on interests, personality and location. Volunteers visit regularly, sometimes helping out with small but important needs, or enjoying an outing together.

Friendship and Flowers volunteers bring companionship and a treat or small gift to older adults one Saturday each month. Some volunteer relationships involve family, providing intergenerational benefits.

Pen Friends write letters and greeting cards to older adults to help alleviate loneliness and provide a connectedness. Pen Friends can be adult volunteers, or classroom students eager to "adopt a grandparent."



Phone Companions place two to three calls per month to older adults to share conversation and show they care.

Animal-Assisted Companions brighten the day for elders who love dogs. Visits evoke interaction with the volunteer's dog, allowing elders to express feelings and relieve anxiety.

Counseling and Advocacy

Vulnerable older adults living in their own homes have available to them a network of support services, helping reduce isolation and increase independence.

Visiting Advocate Services provide elder friends with an assessment, goal setting, neighborhood-based services, referrals and advocacy led by qualified LBFE staff members during regular home visits.

Elder Support and Advocacy provides a higher level of volunteer companionship than our traditional visiting services. Elders receive weekly visits from trained volunteers, and participate in goal-planning and assistance with such issues as grief, loss, isolation, loneliness, role changes, health concerns and more.



Social Activities and Groups

Seniors can find connectedness with peers and volunteers while enjoying activities and outings. Many participants find a renewed sense of well-being and forge long-term friendships as a result.



Social activities are hosted by LBFE throughout the year and can include birthday lunches, knit and crochet or card-playing groups, bingo, intergenerational games, picnics and more.

Holiday meals are a special tradition at LBFE. We gather for Thanksgiving, Christmas and Easter at various locations in the Twin Cities area. If an elder can't attend one of these celebrations, volunteers bring a hot meal and good company to those who are homebound.