ANNUAL REPORT

Transforming Lives through Friendship

FY2018 JULY 1, 2017–JUNE 30, 2018
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The people of the Twin Cities have a reputation for philanthropic involvement and volunteerism. There’s no better example of this than the support you gave to Little Brothers-Friends of the Elderly in 2018.

Throughout our most recent fiscal year, your support enabled LBFE to continue our laser focus on delivering the transformative power of human connection through one-to-one visits. We ramped up our volunteer recruitment efforts to maximize our capacity in an effort to reach more isolated and lonely elders in the Twin Cities.

Thanks to the generosity of our visiting and behind-the-scenes volunteers, plus your incredible financial support, **522 isolated elders were connected to their community. To achieve this, 683 volunteers logged 15,050 hours in 2018 – a more than 50% increase over the previous year.**

We also laid the groundwork for Neighbor Connect, an initiative that harnesses the power of neighbors to end elder isolation block-by-block. Neighbor Connect was launched in the Longfellow community with a format that can be replicated in other Twin Cities areas.

Because of you, the lives of hundreds of elders, volunteers and partners have been changed for the better. Here are a few examples:

- Marsha lives in a care facility in Minneapolis. Since the death of her husband four years ago, visits with her LBFE volunteer have helped her to “forge a new life,” and keeps her uplifted as she learns to navigate through her day following the amputation of her right leg.

- Marion maintains the home her father built more than 90 years ago. Now requiring a wheelchair, she rarely is able to leave her house. Through regular visits and phone calls from LBFE volunteers, Marion is better able to age in place in the St. Paul neighborhood that she dearly loves.

- Suzanne, a volunteer visitor, reached out to LBFE following the loss of her partner. Like her elder friend whom she visits, Suzanne felt isolated and lonely, but visiting “is my way of bringing balance into my life.”

- Russ is a service coordinator at a senior living community in downtown Minneapolis who refers residents to LBFE for companionship. According to Russ, LBFE “makes my job easier because I want everyone here to thrive and be happy and healthy for as long as possible.”

We’re proud of the work that we’ve accomplished in 2018 while also humbled by the knowledge that it is due to you and our countless other supporters – some of whom have been with us since we opened our doors in the 1970s. Thank you for your commitment to the amazing elders of our community and for your investment in finding solutions to end social isolation for older adults today and in the years to come.

James Falvey
Executive Director
YEAR IN REVIEW

Little Brothers - Friends of the Elderly served 522 elders in Minneapolis and St. Paul. Of these, 275 were elder clients who received visits and socialization through our Visiting and Advocacy program, social activities and/or Friendship and Flowers. An additional 247 community-at-large elders received referrals and/or attended our events.

THE ELDERS WE SERVE

• The average age is 78.
• 71% self-identify as female, 29% as male and <1% as transgender/intersex/other
• 76% identify as Caucasian, 8% as African American, 3% as Latino, 2% as Native American, 2% as Asian and 9% other/undisclosed.
• We welcomed 31 new elders into our programs and memorialized 31 elders who passed away.
• The majority live within Hennepin and Ramsey counties (47% and 45% respectively); others live in Anoka, Dakota and Washington counties.

THE COMMUNITY IMPACT: CHANGING ELDER LIVES THROUGH ONE-TO-ONE ENGAGEMENT

Services were provided to 522 elder individuals, including 276 elder members receiving companionship services and 247 community-at-large elders receiving referrals and attending social events. Elder members received 5,806 personal contacts, including 4,172 in-home visits, 822 phone visits and 172 advocacy interventions. 38 social activities were held, including holiday dinners, bingo, cards and crafts groups and our LGBTQ monthly lunch. 642 nourishing meals and 1,295 snacks were served at events or delivered to elder homes and facilities.

OUR VOLUNTEERS

683 active volunteers served the elders in our communities for at least one day
• 241 individuals from youth, corporate or community groups.
• 177 new volunteers were recruited.
• 15,050 hours were served by volunteers, valued at $371,591 by the Independent Sector.
HOME VISITING and Advocacy

In 2018, LBFE’s home visiting program provided 276 elder members with companionship, visits, phone calls, advocacy and social engagement. Of these elders, 129 were paired with Visiting Volunteers, developing a deeper level of friendship and sense of belonging. Visits revolved around conversation, light errands and neighborhood outings, depending on the elder’s interests and level of mobility. Volunteers reported outcomes after each visit, documenting their elder’s perceived level of loneliness and social engagement, and helped them develop goals for integrating community into their daily lives.

FRIENDSHIP and Flowers

LBFE’s signature Friendship and Flowers program is a popular way for individuals and families to engage with homebound seniors and nursing-home residents who would otherwise have no visitors. In FY2018, 116 elders received a total of nearly 1,100 visits from volunteers delivering flowers, homemade cookies and friendly conversation. Following the visits, volunteers submit status reports to LBFE, providing valuable updates regarding elder well-being while alerting staff to health or advocacy concerns.

SOCIAL ACTIVITIES

Throughout the year, LBFE holds social activities and celebration for our elders friends, largely planned and hosted by volunteers, corporate and community groups working together with staff. These events broaden elders’ sense of community while enhancing communication skills. In FY2018, 38 events benefitting 1,183 total attendees were held, from Thanksgiving and Christmas Eve dinners to monthly bingo and our crafts and coffee group. In June, elder and volunteer Visiting Companions celebrated their friendships together at LBFE at our annual Summer Sizzle barbecue.

Let’s Do Lunch CAFÉ

For the third full year, our monthly Let’s Do Lunch Café provided social engagement, senior resources and wellness education for members of the lesbian, gay, bisexual and transgender (LGBT) community and allies. Hosted in partnership with Prime Timers MSP, the Café addresses the higher risk of isolation that members of the senior LGBT community often face. Lunch is free of charge and served in a warm and welcoming environment. In 2018, presenters included Minn. State Senator John Marty, the Wilder Foundation, AARP, plus a multicultural elder community dialogue led by Vic Rosenthal. A second monthly Let’s Do Lunch Café was launched at the Wilder Community Center for Aging in St. Paul.
**FINANCIALS**

**Revenue**
- Contributions and Grants: $398,530
- Bequests*: $387,521
- Special Events, Net: $(4,874)
- Investment Income: $44,484
- Other Income: $24,000
- In-Kind Contributions: $56,553

**Total** $906,214

**Expenses**
- Program Services**: $476,999
- Management and General: $104,733
- Fundraising: $137,936

**Total** $719,688

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**Contributions**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contributions and Grants</strong></td>
<td>$398,530</td>
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<tr>
<td><strong>Bequests</strong>*</td>
<td>$387,521</td>
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<tr>
<td><strong>Special Events, Net</strong></td>
<td>$(4,874)</td>
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<tr>
<td><strong>Investment Income</strong></td>
<td>$44,484</td>
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<tr>
<td><strong>Other Income</strong></td>
<td>$24,000</td>
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<tr>
<td><strong>In-Kind Contributions</strong></td>
<td>$56,553</td>
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**Total Contributions** $836,801

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**Expenses**

<table>
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<th>Description</th>
<th>Amount</th>
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<td><strong>Program Services</strong>**</td>
<td>$476,999</td>
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<tr>
<td><strong>Management and General</strong></td>
<td>$104,733</td>
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<tr>
<td><strong>Fundraising</strong></td>
<td>$137,936</td>
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**Total Expenses** $719,688

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**Assets and Liabilities**

**Assets**

<table>
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<tr>
<th>Description</th>
<th>June 30, 2017</th>
<th>June 30, 2018</th>
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<tr>
<td>Current Assets</td>
<td>729,461</td>
<td>593,064</td>
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<td>Investments</td>
<td>472,386</td>
<td>427,963</td>
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<tr>
<td>Property and Equipment, Net</td>
<td>61,881</td>
<td>64,391</td>
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**Total Assets** $1,271,183 $1,097,974

**Liabilities and Net Assets**

<table>
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<th>Description</th>
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<tr>
<td>Current Liabilities</td>
<td>48,642</td>
<td>61,979</td>
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<tr>
<td>Net Assets</td>
<td>1,222,541</td>
<td>1,035,995</td>
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**Total Liabilities and Net Assets** $1,271,183 $1,097,974

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* Thanks to the vision and generosity of bequestors, LBFE’s Board of Directors is able to designate cash surpluses resulting from estate gifts toward reserves that fulfill program growth and other mission-critical needs in future years.

**As noted in the independent audit of LBFE’s financial statements for June 30, 2018 and 2017, “LBFE receives donated services from a variety of unpaid volunteers whose services effectively reduce personnel-related program expenses. Management estimates the value of these services to be $371,591 for FY2018” (as valued by the Independent Sector), which would bring total program expenses to $848,590, or 77.8% of total organizational expenses.
Thank you to our donors, whose investment in our work has made it possible for Little Brothers - Friends of the Elderly to bring friendship and dignity to isolated elders in the Twin Cities. Your support is truly life-changing!

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Members of LBFE’s Sustainers Circle have pledged to contribute on a monthly or quarterly basis. These special donors spread out their giving’s impact to ensure Twin Cities’ elders receive companionship, advocacy and meaningful programs year-round.

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We gratefully acknowledge our supporters who have passed away yet continue their giving through their estate plans. Thanks to their planning and generosity, LBFE is able to provide programs and services that will impact the lives of isolated elders in the Twin Cities well into the future.

For more about bequestors’ historical impact on LBFE, visit littlebrothersmn.org/planned-giving.

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Karen Kjos
These thoughtful supporters have made a planned gift commitment that ensures LBFE’s mission is safeguarded for years to come. If you have designated LBFE in your will or estate plan, please let us know so we can document it and thank you for your intent.

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<th>Flowers Before Bread Legacy Society</th>
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<tr>
<td>Stanley and Jean Anderson</td>
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<td>Donna Bondow</td>
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MISSION: Little Brothers - Friends of the Elderly is a national network of non-profit volunteer-based organizations committed to relieving isolation and loneliness among the elderly. We offer to people of goodwill the opportunity to join the elderly in friendship and celebration of life.

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Dianne Zylla
HIGHLIGHTS

October
Our Twin Cities Chapter hosted LBFE’s national fundraising seminar at Dunrovin Retreat Center.

November
Thanksgiving Dinner brought together the generations.

December
Sen. John Marty discussed healthcare options for Minnesota at our December Let’s Do Lunch Café.

The American Lung Association and other corporate partners played Santa to our elder friends.
January

LBFE joined forces with Vital Aging Network to discuss solutions to isolation.

April

Elder friend Virginia shared her story at the Friends for Life Breakfast.

May

Training to Serve presented the 2018 John Yoakam Award to LBFE.

June

Summer Sizzle celebrated Visiting Companions with an indoor barbecue.

A Mexican-themed Volunteer Appreciation Dinner paid homage to our sister chapter in Cuernavaca.
IN MEMORY

The following elders we served and LBFE volunteers passed away between July 1, 2017, and June 30, 2018. They were remembered and honored at memorial services held at LBFE.

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<thead>
<tr>
<th>LaDonna Anderson</th>
<th>Dorene Johnson</th>
<th>Ed Phillips</th>
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<tr>
<td>John Bailey</td>
<td>Irma Johnson</td>
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<td>Robert Hume</td>
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We deeply appreciate our many corporate and community partners and sponsors who contributed their services or facilities, organized volunteer groups and/or sponsored elder and fundraising events.

AARP Minnesota
Allianz Life
American Lung Association
Amherst H. Wilder Foundation
Eagle Scouts
Envision Event Center
HandsOn Twin Cities
Holy Spirit Catholic Church
League of Catholic Women
Optum
Our Lady of Mount Carmel Catholic Church
Prime Timers MSP
Revel Health
Risen Christ School
Shir Tikvah Congregation
St. Olaf’s Catholic Church
Target
Thrivent Financial
UnitedHealthcare
Vital Aging Network
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Engage in Life.

Little Brothers - Friends of the Elderly is a 501(c)3 nonprofit organization that brings friendship, advocacy and social connection to lonely and isolated elders in the Twin Cities. Our mission is made possible by the generosity of individual donors and volunteers, corporate and community groups, and foundations. Please join us!