



# the bridge

Newsletter, Spring 2019

## Come celebrate 28 years of providing life changing friendship and hope

**Save the Date** - This year LBFE's annual fundraising cocktail party will be held on **Thursday, September 26, 2019**. The event will take place at the Sir Francis Drake Hotel from 6:00 to 9:00 p.m. This annual event supports the good work that LBFE does in the community. There will be stories shared by our volunteers and older adults, food, fun, and games.

Emcee for the evening will be Liam Mayclem, Emmy award-winning CBS Tv and KCBC Host. There will be a silent auction with opportunities for you to "win" and a fund-raising "ask" to support LBFE's programs.

If you are interested in attending, make sure to get your tickets early by clicking on this link: <http://bit.ly/2EgfbQq>

If you or someone you know would like to learn more about sponsoring this event, please call Cathy Michalec, Executive Director at 415-771-7957 or email [cmichalec@littlebrotherssf.org](mailto:cmichalec@littlebrotherssf.org).



## Goldman Sachs Volunteers Did It Again!

On Saturday, May 11th, LBFE held its annual Cinco de Mayo social gathering made possible by a grant from Goldman Sachs. Every year a wonderful group of the company's employees decorate the venue, host, and socialize with our elders. For over ten years this event

has been one that our elders look forward to. It would not be possible without the support of Goldman Sachs and their employees. We are grateful, thank you!



## LBFE Presents Tech Allies at ASA Conference

Author: Debbie Uchida

**Tech Allies Program** - The Tech Allies Program Coordinator, Debbie Uchida, conducted a workshop at this year's Aging in America Conference in New Orleans. Over 3,000 people attended the conference from across the nation and abroad to share best practices,

network with other organizations, and gain insight from one another about the state of aging in America. The conference covered many different issues of aging in America as well as many different efforts to help the quality of life for older adults.

Debbie, along with Jessica Fields from UCSF, and Angela DiMartino from Curry Senior Center, presented information on how technology training programs can improve older adults' social connectedness, health, and well-being in the city of San Francisco. Debbie and Jessica were able to provide data about the Tech Allies Program: an 8-week, in-home, one-on-one digital literacy training program offered to LBFE older adult participants who are looking to learn how to use the internet through a tablet device. Angela shared information about Curry Senior Center's 12-month program, Project Senior Vitality, which helps clients better manage their health through technology training, in-home internet access, and health coaching. The session highlighted the collaboration between three different organizations making a difference in the lives of socially isolated adults.

## "A Portable Party"

Author: Jennifer Stewart

**Birthday Club** - I'm the Volunteer Program Specialist at the Pomeroy Recreation Center. In January, I was looking for something fun and unique for my participants to do on a regular basis. After a fantastic and productive call with Debbie from LBFE, we decided on "Birthday Club" and it's proving to be one of the most talked-about, coveted, and FUN activity for the participants at the Pomeroy Center!



Each month, LBFE emails me a list of older adults interested in a birthday visit. I then take a different group of my disabled participants to whomever elders' birthday it is, and we bring a portable party! We call the older adult a few days before, ask them if we can come and what they'd like. They are usually so shocked and seem afraid to ask for a gift! Our first older person said, "I know I'm not supposed to have it because I'm watching my weight, but can you bring me a McDonald's cheeseburger?" That was so funny! Since that first birthday visit, we've gone on about a dozen Birthday Club visits all around the city and the participants here at Pomeroy like going so much that I rarely have enough room in the van!

We've become semi-regulars at the Laurel Heights Skilled Nursing Facility and that's always a blast to go to because even though the birthday visit is for one older adult, we all meet in a big room and all the other older people from the facility join and it's like a real

party.

It never gets old: We knock on their doors wearing party hats, and we bring the gift they chose, a cake/pie or cupcakes and then the party begins. It's so rewarding all around - the older adult is always so happy to get a fun visit, but my participants get to have fun meeting new people and practicing social skills. It's usually myself and many other's favorite day of the work week.

I hope this party never ends!



Vicki (left), Bessie (middle), and Sevara (right) showcase their handmade paper dolls.

## Creating Connections Across Generations

Author: Leisha Ishikawa

**Intergenerational Program** - The Multimodal Intergenerational Social Contact Intervention Pilot for Creative Engagement (MISCI-PCE) is a new, evidence-informed program under development in San Francisco aimed at building relationships across generations to promote brain health.

The MISCI project is taking place under the umbrella of the Atlantic Fellowship for Equity in Brain Health at the Global Brain Health Institute (GBHI) based at the University of California San Francisco (UCSF) Memory and Aging Center and led by Phaedra Bell, PhD, an Atlantic Fellow. LBFE has been involved in the project since Spring 2018 as inaugural partners and student participants have been recruited from Minerva University, San Francisco State University, and the University of San Francisco.

Since Spring 2018, over twenty LBFE older adults have participated in MISCI. This has involved the older adult being matched with either one or two student partners and visiting together over a span of three months. The intergenerational partners produce a creative project together in six meetings at the older partner's home or another accessible location. Then all the participants gather at a showcase to share and celebrate their work.

The most recent (Spring 2019) showcase for LBFE older adult participants and their student partners took place on April 15th, 2019 at the UCSF Mission Bay Campus. Ten intergenerational triads gathered to share their experiences, present their creative project, and provide feedback for future iterations of MISCI. Vibrant stories of exploring the city, sharing meals, and bonding moments, just to name a few, were shared. Beautiful and thoughtful artworks and multimedia projects were presented. Younger and older alike shared their appreciation for the MISCI opportunity and felt there was a breakthrough of a presumed generational divide.

If you are interested in learning more about the MISCI Program, please reach out to Leisha, Program Coordinator by calling the LBFE office at 415-771-7957 or emailing [leisha@littlebrotherssf.org](mailto:leisha@littlebrotherssf.org).



Julia (left), Marvis (middle), Han (right) filmed and produced a short video on community activism in San Francisco's District 6.



It's Your District | District 6 Community Planners

## Jane, You Will Be Missed!

**Thank you, Gracias, Merci, Grazie, □□□□□, Danke sehr, obrigado, tak!**

At LBFE's annual meeting on May 4th, 2019, we honored Jane Langridge for her seven years of service as board member and board President. Jane worked endlessly for the mission of LBFE and her commitment in building and growing LBFE to what is today cannot be overstated. Her vision, strategic thinking, and tireless efforts will not be forgotten. Jane's energy and devotion was observed by all who saw her in action, from board members to elders and volunteers.



## New Board Members

We are honored to have four new members join our volunteer Board of Directors:



Joyce Fong

Google - Global Marketing Solutions Sales Strategy & Operations Manager



Lin Chen

Fortress Investment Group - Vice President, Intellectual Property Finance & Investing



Margaret Ren  
Amazon - Senior Project Manager



Sejal Doshi  
Planet - Product Marketing Manager

Without the time and dedication of the Board of Directors to Little Brothers - Friends of the Elderly and our mission, we could not do this great work. We can't thank them enough.

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## Take your volunteering to the next level!

We are looking for new members to join the following LBFE committees:

**Program Committee:** Works with the Executive Director and Committee Chairs to ensure that all programs fall within the Mission of the organization.

**Fundraising Committee:** Works with the Executive Director and Committee Chairs to ensure all fundraising goals are met.

**Communications Committee:** Works with the Executive Director and Committee Chair to increase positive awareness for the Bay Area Chapter of LBFE.

**IT Committee:** Works with the Executive Director and Committee Chair to ensure all IT functions are optimally aligned with the needs of the organization.

**Volunteer Task Force:** Works with the Executive Director to support all volunteer aspects of the organization.

If you are interested in getting involved with any of the committees listed above, please contact Cathy, Executive Director by calling the LBFE office or emailing [cmichalec@littlebrotherssf.org](mailto:cmichalec@littlebrotherssf.org).

Click here to see our  
Calendar  
of Events!

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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 the celebration of life.

Little Brothers - Friends of the Elderly San Francisco Chapter | (415) 771-7957 |  
[info@littlebrotherssf.org](mailto:info@littlebrotherssf.org) | <http://www.littlebrotherssf.org>

STAY CONNECTED:

