



Give the Gift of Companionship!

Dear Friend,

Little Brothers-Friends of the Elderly (LBFE) knows that the holiday season is a time for gathering of friends and families to celebrate the joys of the season. For many isolated elders living in the Bay area, their holidays will be like any other day in their lives. They will be alone.

Twenty-five years ago on Christmas day in San Francisco, we began to establish life-enriching friendships with isolated and lonely elders in the City. Medical research has proven what LBFE has known all along - aging alone, with few or no family or friends and without regular, personal and meaningful social interactions, has a negative impact on physical and mental wellness. But you can make a difference. Your support allows us to continue our efforts to relieve isolation and loneliness among the elderly living in our community.

Please read what one of our volunteers had to say about his experience with LBFE:

"Kevin and I had the amazing opportunity to go visit Moh in the Tenderloin and the experience was simply remarkable. Moh is an amazing man who inspired us in so many ways. He was happy to have us there... Thank you so much for what you guys do. It's important to remember that these little things can touch the lives of so many people, so it feels good to be part of it. Looking forward to do it over again."
Teo S.

Thanks to your support, LBFE elders like Moh, are connected to people who truly care. While our society provides many resources for those who lack the basic necessities, LBFE uniquely addresses the poverty of love.

By Giving the Gift of Companionship this holiday season, you can help us reach more elders, providing them life-changing friendship and hope.

- > \$50 provides two gifts for our elder friends.
- > \$250 provides 10 elders with a holiday visit from our volunteers, a goody bag and a rose.
- > \$500 supports the Birthday card program for one year!
- > \$1,250 sponsors one of our holiday luncheons.

> \$5,000 will underwrite the only free medical escort service program in the City for one year.

We are grateful to our volunteers who give the gift of companionship to our elders friends in the community. To help us continue our work, here are a few easy ways you too can provide the gift of friendship to LBFE elders:

> **Mail:** A donation to Little Brothers Friends of the Elderly, 909 Hyde Street, Ste. 628 San Francisco, CA 94109

> **Online:** Visit [www. http://littlebrotherssf.org/](http://www.littlebrotherssf.org/) and click the "DONATE" button.

> **Employee Match:** Employee matched gifts double your donation to LBFE. Many companies participate in these programs. Check with your human resources department to inquire about the process and forms.

From all of us at LBFE, we wish you a Holiday season filled with joy and a New Year that brings peace and prosperity.

Happy Holidays,

Cathy Michalec

Cathy Michalec
Executive Director

PS. If you have already given through our November newsletter or recent mailing, thank you so much.

**THANK YOU FROM ALL OF US AT
LITTLE BROTHERS - FRIENDS OF THE ELDERLY**

Little Brothers - Friends of the Elderly
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