“Summer Update” by Cathy Michalec

Does every day feel like Ground Hog’s day??? Do you wake up and wonder what day it is? Wednesday, Thursday???? It has been a long time since we all began Sheltering in Place but we can all still make a difference. Many of our LBFE volunteers have been calling their older adult since the middle of March. Many are grocery shopping and picking up prescriptions for the elders who participate in our program. LBFE is grateful for the commitment our volunteers have made and the difference they are making. These volunteers are making that difference so it doesn’t feel like Ground Hog day for our elders. Everyone in our community can make the difference. Leave a note for your elder neighbor with your phone number and tell them you will shop for them. Leave flowers, a note of encouragement, or a treat. If you would like to check out other opportunities in the SF area, check it out here:

In the weeks to come, LBFE will be launching the Tech Allies 2.0 program. We will be reaching out to LBFE’s elders who have participated in our Tech Allies program. The Tech Allies 2.0 program will use the same infrastructure as the existing program Tech Allies 1.0 and add in key health and healthcare-related outcomes as well as technology to support “Sheltering in Place”. Many of our older adults are reporting increased feelings of anxiety and depression during this pandemic, and LBFE would like to assure that all their needs are being met. Tech Allies 2.0 is a collaborative community partnership among three organizations: Little Brothers Friends of the Elderly (LBFE), a volunteer-based organization that provides home visits for isolated and lonely older adults; the Community Tech Network (CTN), a digital literacy training organization; and the University of California, San Francisco (UCSF).

6 to 7 sessions will be offered via video conferencing to cover key health topics: 1) searching for health information online from trusted sources, 2) finding your own online electronic health record information from your healthcare system, 3) completion of an online advanced care planning module, 4) using a simple iOS app on the tablet for medication reminders, and 5) summarizing the lessons learned and improving communication with your healthcare providers (with a specific emphasis on advanced care planning and medication behaviors covered, and 6) to connect the older adult to various programs so video conferencing can be used to relieve isolation and help decreased feelings of loneliness. If you are interested in being a volunteer for Tech Allies, please email Debbie Uchida at duchida@littlebrotherssf.org.

LBFE Stands With BLM

Following the dark times of World War II, Little Brothers – Friends of the Elderly (LBFE) brought friendship and support to people in France. Today, LBFE San Francisco stands in solidarity with all those protesting to change 400 years of oppression and uphold basic human and civil rights of Black Americans. We believe that everyone deserves dignity and respect. We stand against institutional, systematic racism that is felt everyday by people of color. We hope to do better. We will continue to listen and learn. #blm #blacklivesmatter #justiceforall
"For You" ft. LBFE

LBFE is proud to announce an ongoing collaboration with performance art collective “For You” which has been providing space and structure for elders to create and experience art in partnership with local professional artists. Designed by Rowena Richie, Ryan Tacata, and Erika Chong-Shuch, their program “Artists and Elders” has already paired over 40 artists of all disciplines with elders. According to Rowena, work with elders “was a natural shift” since they already had “a history of working with seniors and bringing together strangers for collaboration in nontraditional ways.” (For examples of past collaborations click here)

They designed this new program to bring together two groups heavily affected by the Covid-19 Pandemic—elders who already struggle with social isolation and artists who lost work as performance centers shut down. From her experience working with dementia patients at the University of California San Francisco Institute on Aging Rowena noted the pre-existing anti-aging stigma and fear so common in today’s youth driven culture. It seems young has become a synonym for innovation despite the inherent value in the wisdom and experiences of elders. This is especially true in the Bay Area, “where the culture is so youth-centric and seniors often find themselves left behind by all the opportunities for society’s younger members around the bay” says Erika.

“Artists and Elders” helps deconstruct anti-aging narratives by focusing on the positive, creative blessings of life experience. Artistic expression and common humanity do not fade with time, but only grow stronger. Indeed, Rowena and Erika both commented that “they have been humbled by how rewarding it is for us to be in communication with older people to hear their stories of resilience. Our perspectives on what the human spirit is capable of recovering from have been blown open.” Ironically, although this program is designed to finish with the artist giving their elder partner an artistic gift, the true gift is given by the elder says Rowena—being “infused with personal accounts, stories, and perspectives of elders.”

Looking to the future, “For You” plans to expand their Artist-Elder program into three other national organizations. They have no plans to end this program even after the pandemic ends, because like Erika and Rowena ealized “the issue of elders being isolated isn’t only an issue of the pandemic; it is an ongoing problem. This project can continue. There still be artists and elders post-pandemic.” To help support their mission click here. For more photos and information on the program click here.
Volunteer Spotlight: Shawn Yoon

One of LBFE's super volunteers, Shawn Yoon, has been volunteering to drop off groceries to elder Maggie. In addition to this very excellent work, Shawn has also been coordinating volunteers from Radiance Church with Stephanie Chu. Together they have helped ensure that our community’s vulnerable elders have access to fresh food and groceries without having to put themselves at risk of Covid-19. LBFE greatly appreciates the work Shawn has been doing these past few weeks since acts as simple as grocery shopping for an elder can lead to improvements in their health and wellbeing for the next week. In fact what Shawn finds most enjoyable about his work is “how such a small interaction with an elder can have such an impact on their overall health.” Through his visits he has “had the pleasure of getting to know Maggie” who is “warm, welcoming, and kind.” Undoubtedly, grocery deliveries vastly impact the elders’ lives, but like Shawn the volunteers may find themselves “thankful that I can have a small impact with the elders in our community.” Likewise, LBFE is thankful for Shawn and all its volunteers! Without your support and generosity LBFE could not continue its critical work in aiding the Bay Area's seniors! If you would like to join in grocery deliveries please email Debbie Uchida at duchida@littlebrothersssf.org. Thank you Shawn!

Ways Support LBFE:

Covid-19 and quarantine have affected us all, but especially our community’s elders.

Here are ways you can help right now:

Click the Banners Below to Support LBFE:

Volunteer

LBFE continues to offer the following programs: Virtual Visiting Volunteer, R.I.D.E., MISCI

In response to Covid-19 LBFE also offers: Grocery and Prescription Delivery, peer-to-peer social calls (elders connect with each other), and care packages. Please feel free to refer any interested acquaintances!

Donate

Please help your community by purchasing a care kit for an LBFE older adult. Two of these kits filled with the essentials (Toiletries, cleaning supplies, and treats) elders need to aid them through these unprecedented times have already been sent out. Help us send a third!

Thank You to our Volunteers and Donors!
"LBFE has received a tremendous amount of support from Radiance Church during the COVID-19 pandemic. Many church members have offered their assistance in any and all programs we have to offer to our elders during this time. We have had numerous volunteers assist our elders with buying/delivering groceries to their door along with checking in with elders on a weekly basis and/or calling them on their birthday! Radiance Church has also provided us with a generous grant of $10,000 which has been extremely helpful towards general operating of LBFE! We are extremely grateful for all they have done to help us and we are excited to continue working together as a community to help better serve our elders."

Thank You

Radiance Church!

Quick Links

SF Tenant Policy

Click here for updates on San Francisco's tenant rights and renting policies during quarantine.

Covid-19 Update

As the Bay Area slows reopening, click here for updates on what activities and locations have been opened.

LBFE Video

Click here for access to a video made by LBFE SF with tips for phone visits during social isolation.
Welcome!
LBFE WELCOMES 4 NEW BOARD MEMBERS!

Callie Ryan

Callie has organized several events for LBFE and support the organization by sharing its mission to potential volunteers. As a manager for fashion startup StichFix, Callie has experience in both the corporate and nonprofit world. With an M.B.A. from UC Berkeley, Callie has worked in corporate finance for 8 years and helped fundraise for LBFE.

Bailey Bischof-Nguyen

In her work as a geriatric pharmacist Bailey confronts elder isolation daily through medical home visits and recently joined LBFE to serve within a community she sees both professionally and socially. Bailey is on the editorial board for The American Society of Consultant Pharmacists for The Senior Care Pharmacist.

Grace Chen

Since 2015 Grace has shared her passion and intellect with LBFE through the digital literacy and visiting programs. Graduating with a double major in economics and public health from UC Berkeley, Grace also works for BioMarin Pharmaceutical with a special focus on Hemophilia gene therapy and global marketing.

Anna Rupley

As a Paralegal, Anna has provided legal support in court cases involving Google, British Petroleum and Lyft in both the Bay Area and Louisiana. Anna joined LBFE in 2018 as a part of the home visit program and continues to develop ongoing relationships within the organization.
Pandemic Poetry by Sally Love

LBFE elder Sally Saunders has kept busy during quarantine by flexing her creative, poetry muscles. Here are two of her latest creations. Enjoy!

I scratch around

I scratch around
the barnyard of my apartment
for a speck of gold
whatever makes me smile.
Thinking gratitude thoughts
of how a pen works
and I still have paper.
Grateful for kind people
who call
and even send me cards.

A Jet-powered New Boat

A jet-powered new boat
can turn about quickly
and go in a new direction.
Alas, I am an old boat.
A clipper ship with lots of old fashioned sails
that needs special handling.
For me to have to come about quickly and shelter
in place
makes old sails flap and flap.
It doesn’t swiftly come about

Thank You!

Gary and Teddy Grocery Visit