

## Fall 2020 Newsletter

### Letter from the Director by Cathy Michalec

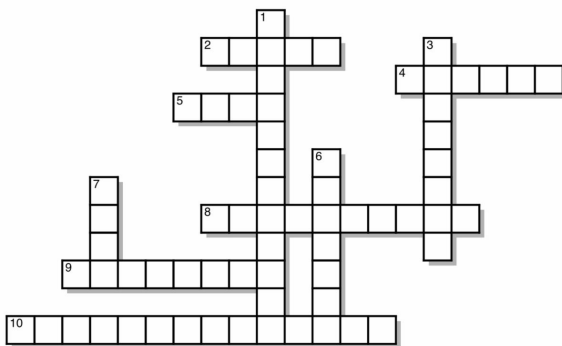
Little Brothers Friends of the Elderly (LBFE) mission is to create and sustain bonds of companionship and provide life-enriching experiences for elders who otherwise would have few if any, personal and meaningful social interactions. Elders can be trapped in their homes because of health challenges, financial hardship, or fear of street violence if they do venture outside. Living alone and isolated in this crowded city, hundreds of Elders feel invisible, unloved and of no worth. LBFE has been providing personal, caring and consistent companionship and support to....[Read More](#)

### LBFE Partner: MISCI

Last year, LBFE began collaborating with MISCI (multimodal intergenerational social contact intervention), a UCSF and Trinity College Dublin led research program in conjunction with the Global Brain Health Institute. This program, run by Phaedra Bell an Atlantic Fellowship winner, pairs an older adult with two younger adults in order to create a cross-generation connection...[Read More](#)



### LBFE Spotlights...



#### Crossword

##### Across:

- 2: name of elder interviewed about MISCI
- 4: Name of Volunter featured
- 5: Name of Local University partner of MISCI
- 8: New program offered that seeks to increase elder's access to technology
- 9: Meteor shower starting this week



#### Volunteer Spotlight with Cooper Veit

**When did you join LBFE:** Summer of 2019  
**Why did you join:** I had taken a class in college that fall at the Stanford Center on Longevity from Lauren Carstensen which got me interested in building intentional communities with an intergenerational focus that are not located in a single location  
**Favorite desert:** cheesecake

10: Star of the 1941 pulp detective movie, the Maltese Falcon

**Down:**

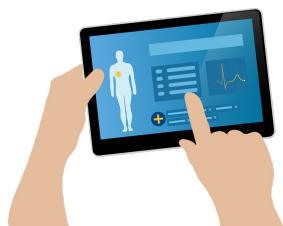
- 1: City of LBFE's Headquarters
- 3: Election Month
- 6: First name of Creator of MISCI
- 7: Acronym for our organization

**What do you like to do in your free time:** I enjoy listening to the musical stylings of blues and folk records from the early 30's. Highly recommend checking out "[Freight Train](#)" by [Elizabeth Cotten](#) if you haven't already.

**Where did you grow up:** San Francisco, Cowhollow neighborhood

**Book Recommendation:** The Meritocracy Trap by Daniel Markovits

## Upcoming Events and Programs...



### Tech Allies 2.0

The new Tech Allies 2.0 program will help elders utilize digital resources, connect socially through videoconferencing, and use telehealth. In order to best help us bridge the digital divide, please donate any old iPads or tablets. [Contact Debbie Uchida to volunteer, donate, or for more information](#)



### Virtual Community Gathering Aug. 13 & 14

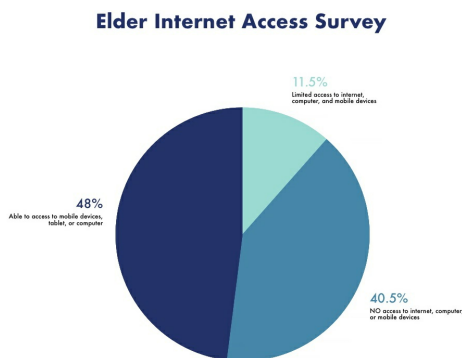
Heart to Heart International will be offering volunteers the opportunity to learn more about how to respond to Covid-19 with tips on interacting with elders. To be followed by an open discussion! [RSVP Here](#)  
-August 13 1:00pm  
-August 14 7:00pm



### Save the Date!

International Elder's Day is coming up on October 1! This year we are particularly reminded of the resilience, wisdom, and value of our elders. Help us celebrate! More information coming soon...

## Elder Internet Access Survey:



\*Partial listing of surveys completed

Over half our elders have nonexistent or limited access to the internet. Don't let elders get left behind by the digital era! Currently accepting donations and new or refurbished iPads for Tech Allies 2.0 which focuses on teaching about telehealth resources. For elders who are homebound and sheltering in-place, telehealth can ensure safe and healthy interactions with medical professionals as needed.

**Support Our Mission!**

## Thank You Volunteers and Donors!

As always, LBFE thanks its sponsors—both donors and volunteers— who ensure that its mission is carried out each and every day. Small gestures from donations to calling an elder on the phone can have a huge impact in their life. Here are what some elders have to say about the COVID-19 Care Packages and calls:

“The care packages are very thoughtful and appreciated” — M

“Thank you for the goodies you sent me. Everything in the box is what I need” — B

“I like very much LBFE’s support during this time. It’s nice. LBFE calls me, asks if I am ok. I love hearing their voice in the phone.” — T.

These small successes in the midst of an overwhelming pandemic can provide hope and community to our resilient (but vulnerable) elders. Thank you for your help in relieving elder loneliness! For more information on upcoming events, programs and initiatives please visit our website below!

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