



Greetings! ,

The end of the year is a busy time for Little Brothers - Friends of the Elderly! This fall we have the good fortune to work with 55 new student volunteers from Northeastern University and Boston College. Throughout the year these young people will bring friendship and joy to older adults living in senior housing buildings across the city. The beginning of a new semester is always an exciting time - we see students who are unsure about working with older adults realize how fun and rewarding it can be to befriend someone of another generation. As the heartbreaking "[OK Boomer](#)" meme seeps into the vernacular, now more than ever it is important to foster these intergenerational relationships to create connections between older and younger people.

In addition to our year-round intergenerational CitySites program, this season also means LBFE Holiday Parties! We're all working hard to make this year's Thanksgiving and Winter Holiday parties the best yet. On Thanksgiving Day our generous hosts and sponsors at the [Hyatt Regency Boston Harbor](#) are serving up a feast for 185 older adults and volunteers. DJ [Craig Sutton](#) will be back spinning hits from the 40s to today while everyone enjoys the holiday together. And as always, our friends will bring their own talent, too: it's not Thanksgiving until Liberatore sings Neil Diamond's "Coming to America", Mary tells a few jokes, and Martha shows us all a thing or two on the dance floor!

November is the month of gratitude and I always take a moment to appreciate how fortunate I am to work for this incredible organization. I am truly honored to be a part of the LBFE family and to work alongside all of you to relieve isolation and loneliness among the elderly. This community brings hope and joy to those who need it most at the holidays and all year round. As we near the end of 2019 surrounded by our loved ones, please take a moment to think of our LBFE family and [give generously if you can](#) so we can continue the tradition of spreading joy and friendship.

Warmly,

Nikki Shults
Executive Director



LBFE on Film

Thanks to students at Northeastern University, you can get a glimpse into what it's like to be a part of our intergenerational CitySites program!

[Watch here!](#)



Farewell, Alby!

With a heavy heart we will be saying goodbye to our Director of Development, Alby Mendez, after the holidays. She will be departing LBFE to spend more time with her two young children. Alby has been with LBFE since August of 2018 and has been an invaluable member of our team; building a development strategic plan, creating our Friends on the Harbor annual gala, and living our mission of relieving isolation and loneliness.

A few words from Alby:

It has been an honor to be a part of the team of Little Brothers - Friends of the Elderly. I've been inspired and motivated by the dedicated staff who go above and beyond for the elderly of the city of Boston. As my tenure comes to an end, I will continue to be a fan and supporter of the organization as I cheer you on from the sidelines. I am excited for the future of LBFE as I know it is in amazing hands. Thank you for allowing me the opportunity to cross paths and for allowing me to join the LBFE family.



How to Apply the Best Antidepressant - Other Residents from McKnight's Long Term Care News

[This article](#) highlights how positive connections can alleviate depression and other woes associated with institutional living.

In addition to building intergenerational friendships, our CitySites program also fosters community in senior housing buildings. By providing a platform for residents to meet and spend time together, we help cultivate peer-to-peer relationships through positive connections.

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