



Greetings!

The holiday season is among us - though with the unseasonably warm weather and the increased need to stay home and limit travel, it feels different this year. Sadly, with the pandemic still going on, Little Brothers - Friends of the Elderly will not be able to host our holiday parties this year. This was a difficult but necessary decision to ensure the health and safety of everyone in the LBFE family. We certainly hope that by 2021 we will be able to resume the tradition.

This year we've shown that a global pandemic won't get in the way of our mission to relieve isolation and loneliness among the elderly. Our board, donors, staff, volunteers, and the older adults we serve have all redoubled their efforts and commitment to creating friendships and building community. And once again, we're re-envisioning what our programs look like and adapting to the current realities.

We will still celebrate the holidays with our older friends, but in a safe, socially-distant way. For those older adults who have joined our digital programs our student volunteers will be hosting Thanksgiving Day and Winter Holiday Zoom events featuring activities and music from our DJ and friend Craig Sutton. Program participants from all of the buildings we work in will gather together on the holidays, to reflect on what they are grateful for, and to enjoy each other's company.

For our friends who do not participate in our digital programs we are implementing a **Holiday Buddy Program**. Volunteers will be paired with an older adult from Thanksgiving to New Years. Volunteers are asked to send cards and/or small gifts, make phone calls throughout the season and the holidays.

Yes, the holidays are different this year, and yes we will all miss the celebrations and parties. But there is still much to be thankful for and to look forward to in the new year. Let us take this time to slow down instead of speed up, to reflect on the lessons we've learned and the growth that this year has provided. Let's renew our commitments to each other and to be a good neighbor and a good friend.

My husband and I will be spending the holidays at home, and although our families will not be at our table, we will not be alone. Our home will be filled with laughter and fun as we join in on the LBFE Thanksgiving Zoom party, and as we call the older adults in LBFE's programs who have become like family over the last seven years. We'll have video chats with our families and listen to our nephews read us stories. The room will look different, but the day will still be filled with great company, good food, and a lot of love.

Wishing you all a wonderful and safe holiday season,

Nikki Shults
Executive Director



LBFE On Screen

If you haven't already check out Friends on the Harbor - a five episode series about the work of LBFE Boston. Hear from speakers including Governor Baker and AARP MA President Sandra Harris, along with a special glimpse into our virtual CitySites programs and musical performances from artists including Yo-Yo Ma, and The Indigo Girls.

[Watch Here](#)



It's the Little Things

UMass Boston and AARP MA along with the [Task Force to End Loneliness and Build Community](#) has published this document to provide communities and residents with practical resources and ideas for building connections in their communities. LBFE is proud to be a part of this Task Force, lead community conversations this past summer, present at the Summit in October, and to share this publication with you.

[Read Here](#)

AGE+



LBFE is pleased to be partnering with the City of Boston's [Age Strong Commission](#) to host focus groups to draft a community needs assessment. The results will be submitted to the Executive Office of Elder Affairs and used to create the state's area plan. It is important that LBFE participants' voices be heard in this process.



Poetry and Healing

This month LBFE has been working with [Partners in Rhyme](#) to host a six-week virtual poetry class with older adults in Roxbury and Jamaica Plain. Participants are given support and instruction to write poetry for social wellness.

[Learn More](#)

Donate Today

See what's happening on our social sites:

