

LITTLE BROTHERS
FRIENDS OF
THE ELDERLY

BOSTON

LBFE

May 2022

LBFE Boston's Quarterly News



Hello!

As I write this letter the sun is shining, and the warmth of Spring has finally arrived. At LBFE we just wrapped up our Spring semester *CitySites* and *Digital Dividends* programs. The last week of the semester is always a memorable one – both older and younger participants share their appreciation for each other, some exchange contact information to continue being friends outside of our formal programming. There are always a few surprises too – cards, small gifts, photos – all tokens of friendship and gratitude for sharing time and stories with one another. **Take a look at the video** below to hear from older adults, students, and our community partners about some of the highlights of the semester.

With the change of seasons quickly approaching LBFE is transitioning into our summer programs. Our intergenerational *CitySites* program will continue to bring older and younger adults together for weekly social activities. *Digital Dividends* will provide weekly lectures and technology training through a partnership with **AARP's OATS program**. Our *Special Events* will bring back our summer cookout and ice cream social programs for some outdoor fun. We'll also be launching *Creative Connections* to

provide fine arts classes to older adults in senior housing communities.

As always, it's a true pleasure to reflect on the last quarter and to look forward to the season ahead. Our LBFE Family always pulls together to create opportunities for older adults to engage with their community and share their talents with friends. Thank you for joining us in our mission to relieve isolation and loneliness and bringing joy and kindness to our community.

Warmly,

Nikki Shults
Executive Director



CitySites and Northeastern

Learn about LBFE's partnership with NEU's Biology of Aging class. Professors, students, and older residents share their experiences at LBFE's intergenerational CitySites programs.

[Watch on YouTube](#)

Staff Update

Please join us in welcoming our new full-time staff member, Jean DeMayo. Jean is our Communications and Development Manager and will be working to raise awareness of our mission and keep you informed about everything LBFE.

[Meet Jean](#)



Creative Connections

LBFE is excited to announce the launch of our *Creative Connections* program. Thanks to [Age Strong's](#) Creating Connections and Reducing Isolation Grant we will host multi-week fine arts classes in senior housing buildings across the city all year long.

[About the Grant](#)

What We're Reading

LBFE volunteer Shelly B recommended a great read, *Together: The Healing Power of Human Connection in a Sometimes*

Lonely World by Vivek H. Murthy, MD. This book inspired me to continue the important work of community building and supporting friendship. An important message for all of us on what it means to be human.

About the Book



Student Podcast

This past semester LBFE paired Northeastern language students were paired with Russian older adults. Students practiced the language while Mikhail, Vasily, Tatiana shared their stories of immigration and culture.

[Listen Now \(podcast is in Russian\)](#)

Friends on the Harbor Gala

Planning for our annual Friends on the Harbor Gala is underway! More information will be coming soon.

Save the Date: Sept 22,2022



Visit Our Website

Connect with us

