

FLOWERS BEFORE BREAD – THE BELIEF THAT LOVE, DIGNITY, AND BEAUTY IN LIFE ARE AS ESSENTIAL AS PHYSICAL NEEDS SUCH AS A HOT MEAL.



Liberty Insurance volunteers lent a hand at May Art Club.

DIRECTOR'S REPORT

I am delighted to share some highlights of your impact at LBFE from our elderly friends and volunteers as well as some insightful trends and data that highlight the importance of our mission: relieving older adults of loneliness and isolation.

2024 HIGHLIGHTS

658 Holiday visits during Christmas, Valentine's Day and Easter ensuring our elderly friends are not alone for the holidays along with 85 Birthday visits, reminding our friends, someone is thinking of them on their special day and they are worth being celebrated!

Countless visits, outings and support between our dedicated volunteers and elderly friends.

Intergenerational relationships bring unique benefits, such as broadening perspectives, providing role models, boosting energy, and making both friends feel valued.
(National Council on Aging)

Over 560 telephone calls providing companionship through the telephone reassurance program. This program has been a safety line for many elderly friends, giving those with limited mobility and health challenges the reassurance and human connection we all need in life.

Five growing monthly programs providing a safe and fun environment for some of our most enthused elderly friends who may also be vulnerable and at risk of abuse and exploitation.

The World Health Organization reports that rates of abuse in older people has increased since the COVID-19 pandemic with around 1 in 6 people 60 years and older experiencing some form of abuse in community settings during the past year.

Support for those who choose to age in place. Choosing to age in place means support with everyday essentials such as transportation, errand assistance, etc.

According to AARP, 77% of adults over 50 prefer to age in place, valuing the independence and comfort of staying in their homes. This trend is expected to continue growing as more older adults seek to maintain their independence at home.

As we review the first half of the 2024 year, we are reminded of the profound impact our volunteers, donors and programs have on the lives of older adults. There are so many exciting things happening at LBFE, we invite you to join in with us! Together, we can continue building a community where every older adult feels connected, supported, and valued.

Your support is crucial to meeting the growing need! We are deeply grateful for your unwavering support and dedication to relieving loneliness and isolation among our elderly friends. However, to continue providing these essential services and expanding our reach, we need your support. **Your generous contributions today will help us continue meeting the unique needs of our aging population while providing lasting memories and friendships.**

Thank you for your commitment to our cause and for helping us build a brighter future for our elderly friends.

Ja'lah Willingham
Executive Director

OUR MISSION

Little Brothers - Friends of the Elderly is a national, non-profit, volunteer-based organization committed to relieving isolation and loneliness among the elderly. We offer to people of good will the opportunity to join the elderly in friendship and celebration of life.

OUR CORE PROGRAMS

- | | |
|----------------------------|-----------------|
| Visiting Volunteer Program | Social Outings |
| Telephone Reassurance | On-Call Program |
| Holidays & Birthday Visits | |

WHAT'S NEW



Our monthly Third Thursday events have been a blast in 2024! In March, we indulged in a luxurious spa day. Volunteer Appreciation month in April took us to LaRosa's for delicious dining, and May wrapped up with thrilling horse betting and casino fun. Looking forward to more exciting adventures ahead!



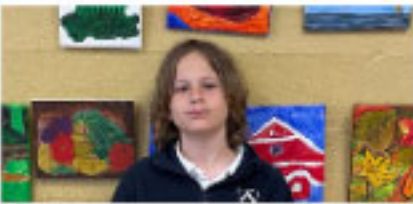
Elderly friends attended the 47th Lucille Chenault Senior Citizens & Disabled Persons Ball April 30th.



In May, volunteers from Liberty Insurance lent a hand at Art Club.



Summer outings are in full swing, kicking off with a group attending the "Four Old Broads" play on May 25th.



Van, from the Summit Country Day School, took on raising \$307 for LBFE.



Everyone continues to enjoy the lively Card Club and Movie Night.



Our senior friends delved into the art of maple syrup making and uncovered fascinating eclipse facts and history during this year's Wild Wednesdays.



31 ELDERS ATTENDED VALENTINE'S PARTY

10 visits, delivering Valentine goodies to our elders



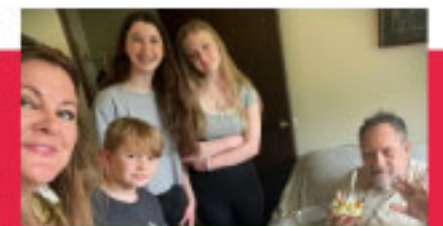
27TH ANNUAL ANNIVERSARY GALA RAISED \$61,000



30 ELDERS ATTENDED ST. PATRICK'S PARTY



160 EASTER DELIVERIES & VISITS MADE



ITALIAN DINNER RAISED \$7265

12 Italian dinners were delivered to our elders

OUR STAFF



Ja'lah Willingham
Executive Director



Dawn Carlson
Assistant Director



Zaire Sims
Elderly Services Program Coordinator



Michael Noyola
Volunteer Coordinator



Shyrle Johnson
Program Coordinator

BOARD OF DIRECTORS



Bob Bracken



Bill Herring



Jack Henn



Mia Sears



Carrie E. Russell



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5530 Colerain Ave.
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@Little Brothers - Friends of the Elderly



@lbfecincinnati



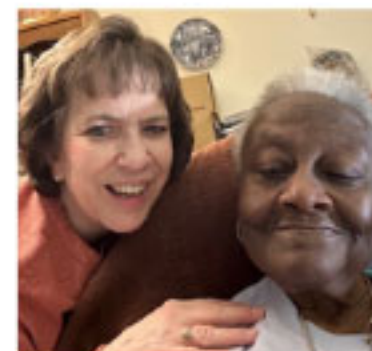
HOW WE SERVE

VISITING VOLUNTEERS & TELEPHONE REASSURANCE

Consider becoming a "visiting volunteer" or "telephone reassurance volunteer" for an elderly individual in the area. Our friends on the waitlist often have limited social support and feel lonely, making them eager for friendly companionship. These initiatives are central to our mission of providing friendship and social interaction.

We ask visiting volunteers to commit to a year-long engagement, visiting their elderly friend twice a month. The specifics of your visits—when you meet, what activities you do, and where you go—are decided between you and your elderly friend. Telephone reassurance is done on a weekly basis from the comfort of your home.

I have been a volunteer visiting Rose Galloway for many years! Rose has met many members of my family and feels like she is one of the "family from Germantown", which is how she refers to St. Bernard. She makes me laugh every time I visit. Rose has become less mobile over the years and can't attend LB events like she used to, so the Visiting Volunteer program has become vital to help her keep in touch and to sometimes get rides to appointments. We support each other and can be completely honest with one another, even though we are VERY different people. I think our differences are really what makes our friendship work. I hope to be visiting Rose for many years to come! - Sharon McCullough



My visiting experience with Connie started with a food delivery many many years ago. Connie and I would go out shopping, share a meal and oh the laughs we've had. Our latest thing is watching food cookoff shows and imagining what these culinary creations would taste like. Meeting Connie has changed my life in so many ways. Seeing the smile on her face brings joy to my heart. Connie has become family to me, for that I am thankful - Toni Russell

I have been a Visiting Volunteer since 2017. It warms my heart to know that I bring so much joy to one person. My Elderly Friend absolutely lights up when I walk in the door or give a call on the phone. I never would have imagined that my time would be one of the most cherished gifts I could give a person. I love the time that I get to spend with my Elderly Friend; we laugh, we talk (a lot), or just sit outside on the patio and eat whatever sweet treat I bring when I visit. Being a Visiting Volunteer has not only made an impact in the life of my Elderly Friend, but it has been instrumental in helping me to create much needed balance in my own life; the relationships created through the Visiting Volunteer program have caused me to slow down, reminisce more, dance even when people are watching, hug more, laugh out loud, and to not complain.

I get it; I am nowhere near retirement age, have a family to cook for every day, and a schedule packed full of church activities; and oh yeah, I've got to exercise at least 4-5 days a week per CDC recommendations, and get at least 8 hours of sleep each night, right? LOL

So, I "overstand" feeling like there just aren't enough minutes in the hour for the things that need to get done. But for me, finding time to be there for an elderly person who may feel forgotten about is worth way more than all the dirty clothes piling up in my laundry room. ~Rho Moore



SPRING TRIP TO HOLMES COUNTY



"THANK YOU FOR INVITING ME, I NEVER GET OUT AND I HAD SO MUCH FUN"- CLAUDIA



When visiting Amish country, we said goodbye to traffic jams and hello to horse-drawn buggies as we meandered through a picturesque countryside. We indulged our taste buds with homemade pies, hearty farm to table meals at several different restaurants, and a privately cooked meal. Dolores ordered the pork chop! We visited the David Warther Carvings museum where we got to witness skilled craftsmanship firsthand as David, himself, demonstrated age-old techniques in ivory and woodworking. But beyond the picturesque scenery lies a profound lesson in simplicity and values. A visit to the Amish community is not just a sightseeing excursion; it's a journey of introspection, offering a glimpse into a way of life that cherishes the timeless virtues of humility, hard work, and harmony with nature. It's like stepping into a living history book where the Amish way of life was the main attraction. We also explored the Ohio State Reformatory, walking the halls that once housed some of the state's most notorious criminals and where "The Shawshank Redemption" was filmed.

VOLUNTEER APPRECIATION



VOLUNTEER AWARDS AT THE 27TH ANNUAL GALA

In addition to the Tom Wess Service Award, LBFE named 4 new Awards in honor of Yogi, Randy, and the LBFE legacy. The awards were presented March 9th, 2024 at the 27th annual Gala.

Lifetime Achievement Award presented To Yogi Wess

In recognition of a lifetime devoted to the LBFE cause and mission we express our deepest admiration and gratitude. Your commitment to Little Brothers - Friends of the Elderly has left an indelible mark on the organization and the lives of countless individuals.



The Armand Marquiset Lifetime Achievement Award presented to Sue CaJacob & Charley Crawford



The Yogi Wess & Randy Yauss Impact Award presented to Toni Russell



Tom Wess Service Award presented to Sharon McCullough



Larry Adam's Care and Concern Award presented to Jeanette Wiedeman



We said goodbye to Yogi as an employee and joyfully signed her up as a volunteer. You are truly an inspiration. We are grateful for you. Happy Retirement, Yogi!



LBFE hosted "Stories from the Street" where a panel of volunteers shared their stories. Thank you, Jeanette, Tom, Cathy and Kathy for sharing your experience with us.



During Volunteer Appreciation, we celebrated our amazing Third Thursday Volunteers and elders with a delightful LaRosa's buffet and enchanting guitar music by Chris Goings from Creative Aging. It was a fantastic time for all!



LOOKING AHEAD

ART WORK IS NOW FOR SALE ON THE WEBSITE

KROGER COMMUNITY REWARDS PROGRAM

Kroger will donate 4% of what you spend on your shopping to Little Brothers - Friends of the Elderly.

Simply sign up at www.krogercommunityrewards.com
Use our organization number MRO78



www.littlebrotherscincinnati.org/shop



WAYS TO GIVE

MONETARY CONTRIBUTIONS

Because of generous donors like you each year, Little Brothers - Friends of the Elderly is able to continue offering programs that relieve loneliness and isolation to 180+ elders.

CHECK

(Make payable to LBFE) Deliver in person or
Mail to: 5530 Colerain Ave. Cincinnati, OH 45239

ONLINE

Visit LittleBrothersCincinnati.org > Select the DONATE button to make a one-time or recurring donation.

STOCK GIFTS

It's easy to make a gift of stock directly to Little Brothers - Friends of the Elderly. Call us for stock transfer instructions.

LEAVE A BEQUEST

To leave a bequest, include language in your will or living trust giving to Little Brothers - Friends of the Elderly - Cincinnati.

PLANNED GIVING/LEGACY GIFTS

You are able to name Little Brothers - Friends of the Elderly, Cincinnati in your will or trust or designate our organization as a beneficiary on your life insurance policy or retirement account.

WE WELCOME ANY QUESTIONS TO ENSURE YOUR PHILANTHROPIC GOALS SUPPORT OUR LBFE MISSION OF RELIEVING LONELINESS AND ISOLATION. FEEL FREE TO PROVIDE YOUR FINANCIAL PLANNER WITH OUR TAX ID NUMBER, 20-5751773.

IRA GIFTS

Many people now use the increased standard deduction when they file their taxes. When someone uses the standard deduction, he/she forgoes much of the charitable deduction that comes with donating using after-tax dollars. One way that you can make a tax efficient deduction is by donating directly from your IRA if you are at least 70 ½ years old. This is called a qualified charitable distribution (QCD).

The advantages of this strategy is:

- You can donate up to \$105,000.00 for 2024 from your IRA, and this distribution is not taxed.
- The donated amount counts toward your IRS mandated Required Minimum Distribution (RMD).
- You get to tax efficiently fulfill your charitable intentions.

Please consult your tax advisor regarding your specific tax situation. If you would like to discuss this strategy in more detail or other ideas for giving based upon your specific situation, feel free to reach out to Callahan Financial, 513-421-0800.

This information is not intended to be a substitute for specific tax advice.

JUMP IN AND LEND A HAND! Our top on-call requests? **Medical escorts and lawn care.**

MEDICAL ESCORTS

Many of our elderly friends struggle to receive the medical care they need due to a lack of necessary companionship. Some appointments require a supportive presence in the waiting room, while others necessitate post-operative care once they return home. By increasing our pool of daytime volunteers, LBFE can bridge this gap and ensure that our elderly friends have the support they need to access crucial medical attention. Your support and participation can make a profound difference in their lives.



Contact Michael to lend your service!

LAWN CARE

As the weather warms, many of us look forward to longer days and outdoor activities. However, for our elderly friends, this season can bring new challenges. Those who live alone and can no longer manage lawn care face difficulties with tasks like mowing, raking, snow shoveling, and debris removal. These essential activities become impossible, impacting their ability to stay in their homes safely. LBFE is seeking volunteer groups to dedicate one to two days a month to do light landscaping throughout each season. Your commitment can help our elderly friends maintain their independence and enjoy their homes year-round. Let's team up and make a difference!



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SIGN UP TO VOLUNTEER TODAY!

- Email us at cincinnati@littlebrothers.org
- Call 513-542-7555
- Sign up on Galaxy Digital



GALAXY DIGITAL

YOU ARE INVITED TO A LBFE OPEN HOUSE HELP US GET IT RIGHT!

This will be an opportunity to:

- Meet our dedicated staff members
- Learn more about the benefits for our elderly friends and volunteers
- Share your communication preferences with us

We look forward to welcoming you and engaging in fruitful discussions as we strive to enhance our communication practices together.



LBFE OFFICE
5530 COLERAIN AVE
CINCINNATI, OH 45239

JULY 13
SATURDAY 2024
1:30 PM - 4:00 PM

JOIN US FOR BOTH EVENTS!

27TH ANNUAL TOM WESS MEMORIAL GOLF OUTING

For over 27 years, Little Brothers - Friends of the Elderly (LBFE) has been transforming the lives of lonely and isolated elders, thanks to your generosity. We invite you to extend our impact and sustain our mission by joining us for our next fundraiser event.



\$10,000
Hole-in-One Prize



ALL GOLFERS RECEIVE 18 HOLES OF GOLF WITH CART, BEVERAGES ON THE COURSE, AND DINNER

**GOLF THEMED
RAFFLE BASKETS &
BOURBON BASKET**

www.littlebrotherscincinnati.org

GLENVIEW GOLF COURSE
10965 SPRINGFIELD PIKE,
CINCINNATI, OH 45246

AUGUST 17
SATURDAY 2024
SHOTGUN 1:30 PM