

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



DIRECTOR'S REPORT

Dear Friends,

As we enter a new season with our elderly friends, we're reminded of the deep **power and privilege of human connection**. At Little Brothers - Friends of the Elderly, we see every day how transformative a simple act of friendship can be in the life of an older adult. Many of the elders we serve lack consistent social contact and often go days—sometimes weeks—without a phone call or visit. This kind of isolation doesn't just affect emotional well-being; it can create barriers to even the most basic and essential services.

This past quarter, our **Telephone Reassurance** and **Visiting Volunteer Programs** have continued to be lifelines. Through consistent, caring calls and in-person visits, we've reached elders who might otherwise feel forgotten—offering not just companionship, but a critical **pipeline of connection**. One elder, Linda B., shared, "They are the kindest people with the warmest interactions. It's comforting knowing I am remembered and someone is coming to visit me." Her words echo the gratitude we hear across our community—and they fuel our commitment to this work.

Looking ahead, we know there are more elders like Linda who need a friend. That's why we're thrilled to host our **first-ever Meet & Match** on **July 12**—a special gathering for new and prospective volunteers to learn how you can give the gift of friendship through our telephone and visiting programs.

And this fall, we're excited to bring back our **2nd Annual Elder Empowerment Expo**—an event designed to fill the gap by expanding access to education and community resources for some of our most isolated older adults.

Thank you for continuing to walk alongside us. **Your support doesn't just fund programs—it fuels friendships**. It reminds every elder we serve: you are not alone.

With heartfelt gratitude,

Ja'lah Willingham
Executive Director

OUR MISSION

Little Brothers - Friends of the Elderly is a 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 | Social Outings |
| Telephone Reassurance | On-Call Support |
| Holidays & Birthday Visits | |

WHAT'S BEEN HAPPENING IN 2025



WHAT AN INCREDIBLE WINTER & SPRING OF CONNECTION AND JOY!

Thanks to the generosity and support of our volunteers and donors, we've shared so many meaningful moments with our elderly friends. From warm activity kit deliveries on MLK Day and Valentine's Day visits full of love, to a lively St. Patrick's Day party, a movie and lunch outing, and Easter surprises with bunnies, candy, and word puzzles—every event brought smiles and companionship. Monthly programming included art, cards, games and laughter. We also gathered for a heartfelt Volunteer Appreciation Lunch at LaRosa's and celebrated in style at our joyous Senior Prom. These moments remind us how powerful simple acts of kindness can be.



49

DELIVERIES
MADE FOR
MLK DAY



170

VALENTINES
SHARED

in partnership with
National Access Design



35

ATTENDED THE
ST. PATRICK'S
DAY PARTY



24

ATTENDED
LUNCH AND MOVIE
OUTING



86

EASTER
BASKETS
DELIVERED



25

ELDERS ATTENDED
THE LBFE
SENIOR PROM

OUR STAFF



Ja'Lah Willingham
Executive Director



Dawn Carlson
Assistant Director



Zaire Sims
Elderly Services Program Coordinator



Harrison Grisez
Office Administrator

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LOOKING AHEAD

Have you ever heard the saying, friendship doesn't retire? No one embodies that truth more fully than Yogi and Randy, two of our longtime champions who, while officially retired, remain deeply committed to our mission and our elderly friends.



Together, Yogi and Randy have poured years of vision, compassion, and tireless service into building a community where no elder feels forgotten. Their leadership laid the foundation for so many of the programs we still rely on today—from heartfelt birthday visits to our beloved holiday celebrations and deliveries. But even in retirement, their hearts remain fully engaged.

Whether it's getting an elder out to card club or showing up for our events with the same warmth and intentionality as always, Yogi and Randy continue to remind us what it means to serve with purpose and humility.

Former U.S. Surgeon General Vivek Murthy posed the question in a recent NPR piece, "Can we find a few minutes in each day to help someone else? Those small acts of service, as seemingly small or insubstantial as they may be, are extraordinarily powerful in forging greater connection for us and another person."

Yogi and Randy's legacy is not just in the programs they helped shape—it's in the thousands of small, intentional moments of kindness they've offered to others. Their continued involvement proves that the simplest gestures—an hour spent listening, a ride to a doctor's appointment, a meal shared—can ripple out into deep, lasting connection.

To Yogi and Randy: thank you for not just helping build this house of friendship, but for continuing to fill it with warmth, laughter, and love.

GET INVOLVED: SUMMER & HOLIDAY VOLUNTEER OPPORTUNITIES!

We're always looking for dedicated volunteers to help with lawn care and serve as on-call companions for our elderly friends throughout the summer. Looking ahead, we are asking for volunteers and donations for our upcoming holiday deliveries—including **4th of July, Halloween, Thanksgiving, and Christmas**. These special visits brighten the season and remind our elderly friends they are not alone.

Christmas Wish List Alert: It's never too early to start planning! Donors can sign up now by calling or emailing to fulfill holiday wishes. The official list will be sent out in November, but spots fill up quickly—get in early to spread some cheer! Let's make the seasons brighter, together.

FUEL CONNECTION AND JOY FOR OUR ELDERLY FRIENDS - SUPPORT OUR UPCOMING FUNDRAISERS!

Supporting our upcoming fundraisers is vital to sustaining our mission of relieving isolation and loneliness among the elderly in our community. As a nonprofit, Little Brothers - Friends of the Elderly relies on the generosity of individuals, businesses, and foundations to make our work possible.

Your support—through **volunteering, donating raffle prizes, or providing sponsorships**—directly fuels the programs that bring comfort, friendship, and joy to our elderly friends. Every dollar raised helps deliver thoughtful care packages, host meaningful events, and most importantly, provide the gift of companionship.

28TH ANNUAL TOM WESS MEMORIAL GOLF OUTING

Saturday, August 16th

We need:

- Golfers to attend and enjoy
- Event helpers to bring the day to life
- Raffle basket donations to make it fun
- Monetary sponsorships to power our impact



ELDER EMPOWERMENT EXPO: HALLOWEEN EDITION

Friday, October 24th

We need:

- Elderly friends to attend & learn
- Drivers to assist with transportation
- Event helpers to bring the day to life
- Monetary sponsorships to power our impact



TOGETHER, WE CAN MAKE THESE EVENTS UNFORGETTABLE—FOR AND IN SUPPORT OF OUR ELDERLY FRIENDS AND OUR COMMUNITY.

DONOR & VOLUNTEER IMPACT



APRIL 5TH, 2025

RAISED \$37,000

JOIN US IN CELEBRATING THE 2025
LBFE SERVICE AWARD WINNERS!



Sarah Litteral - Tom Wess Service Award, **Sue Koch** - Sharon Wagner Care and Concern Award, **Cathy & Rick Mackiewicz** - Yogi Wess & Randy Yauss Impact Award, **Kathy Eby** - The Armand Marquiset Lifetime Achievement Award

This incredible event was made possible by the generous support of our sponsors, dedicated Gala Committee, and amazing volunteers. Your commitment to our mission truly makes a lasting impact.

EXCITING NEWS

We are honored to accept this Cincy magazine Nonprofit of the Year Award. To our incredible volunteers, cherished elderly friends, dedicated board members, hardworking staff, and the friends and family who've supported us along the way—thank you. This award is a reflection of the community, love, and unwavering commitment you bring to our mission every day.

We were the recipient for the AFP SEEDS Scholarship providing Little Brothers - Friends of The Elderly with the opportunity to strengthen our fundraising toolbox and deepen our impact for our elderly friends. We were also recognized as a top finalist for the Colerain Chamber Community Impact Award.

Special thanks to the Samuel Adams team that spent 2 Benevolence days with our elderly friends improving yards and hearts.



Would you like to receive our digital newsletters and weekly updates? subscribe on our website or email us at cincinnati@littlebrothers.org

HOW WE SERVE - FRIENDSHIP

"My relationship with George began when I started sitting with him at third Thursday lunches. He was always pretty quiet, but of course I wouldn't let him be. If you ask him, he'll say that I talk a lot. Then I was asked to drive him to the lunches. When he got a cell phone a few years ago, my number was programmed into his phone. That's when he started calling me almost every day, but never on Sunday. He no longer has a cell phone but he knows my number and calls me from his senior living phone. Some calls are longer than others but they start with "How you doing" and almost always end with some biblical reference and "Thank you for kindness oh, wonderful one." - Peggy Wall



The heart of Little Brothers - Friends of the Elderly lies in the friendships that grow from simple beginnings. Sometimes it starts with a cheerful holiday or birthday delivery, a warm conversation over lunch, or a shared laugh at an event. Riley and Anthony connected during a birthday visit and are just getting to know one another. Vivian and Eli have been building their bond over the past few months with several walks together. Lana and Robin, along with Peggy and George, have nurtured their friendships for years. These moments—small acts of kindness that blossom into genuine connection—are the magical core of LBFE. This is what it's all about: creating lasting companionships that enrich lives on both sides.

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.

FIND YOUR MATCH, JULY 12TH!

Become a Visiting Volunteer

Join us for a special opportunity to connect with our mission on a deeper level. On Saturday, July 12th from 10:00 AM to 12:00 PM at the LBFE office, we're hosting an event to introduce volunteers to the 24 elders currently waiting to be matched with a Visiting Volunteer.

While you won't meet all elders in person, you'll explore their profiles and matching criteria, hear stories from current volunteers and participants, and learn how you can build a meaningful one-on-one friendship that brings joy and connection to someone who truly needs it.

Whether you're ready to be matched or just want to learn more, we'd love to have you join us!





Aug
16



28TH ANNUAL
 TOM WESS
 MEMORIAL
**GOLF
 OUTING**

28TH ANNUAL TOM WESS MEMORIAL GOLF OUTING

Join us again at Glenview Golf Course for a fun day on the course while supporting the LBFE mission. Ticket and Sponsorship information here >



Oct
24

**Elder
 Empowerment
 Expo: Halloween
 Edition**

ELDER EMPOWERMENT EXPO

Empowering elders with resources & superpowers. Can you drive an elder, offer a resource, or sponsor the event? We'd love to hear from you!



SAVORING STORIES WITH MARY SEGUIN

Thank you to Mary, her crew, and our incredible community for helping raise \$1210 for LBFE! Watch the full event video on our website.



Find sponsorship information on our website here

www.littlebrotherscincinnati.org

SIGN UP TO VOLUNTEER TODAY!

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



GALAXY DIGITAL