

Our mission Little Brothers – Friends of the Elderly is a national, nonprofit, volunteer-based organization committed to relieving isolation and loneliness among the elderly. We offer to people of goodwill the opportunity to join the elderly in friendship and the celebration of life.

1,000 elderly people need a friend like you Almost half of Chicagoans over 70 are growing old alone in our city. Many can't leave their homes unassisted or are without a reliable network of family and friends. We give seniors the chance to develop the meaningful friendships missing in their lives. They receive support and companionship from us. We discover in them a wealth of wisdom, humor, guidance and inspiration.

101 little ways to make a big difference Volunteering should enhance your life, not be one more thing on the ever growing 'to-do' list. So we offer a variety of opportunities to share your time – from visiting seniors in their home to helping with mailings in our office. You choose what's right for you. We ask for a minimum commitment of five hours a year, although our volunteers have a hard time stopping there. We think you will too.



Here are a few of the ways you can get involved.

- Build a relationship with a senior through regular visits and phone calls
- Escort elders to our various events and parties
- Call an Old Friend from time to time just to check in and chat
- Cook or serve at a birthday party
- Get involved with our fundraising committee
- Deliver specialized food bags to a senior at home
- Head out with a group to our summer retreat home in Rochelle, Illinois
- Take an Old Friend to the movies
- Organize a food drive
- Put together a holiday bag

2 simple steps to join our family of volunteers First, attend an orientation at our facility for more information about how you can share your talents with our old friends. Then, after a routine background check you'll be ready to start. We offer daytime and evening orientations each month. Call or e-mail and sign up for the session that works with your schedule. **Contact Volunteer Services at 312.455.1000 or volunteer.chi@littlebrothers.org today.**

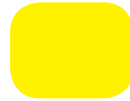


A few ways to make someone smile:

- send a birthday card
- play the accordion
- tell a joke
- call and say hi
- read a story
- listen to a story
- hold a hand
- open a door
- create a drawing
- set a table for a birthday party
- share photos
- hang streamers
- dance

Contact Little Brothers —
Friends of the Elderly
Chicago Chapter today for
more information about
becoming a volunteer.
312.455.1000

We're at 355 North Ashland Avenue,
just south of Grand Avenue.



Chicago Chapter

355 North Ashland Avenue
Chicago, IL 60607-1019
312.455.1000
littlebrothers.org/chicago

Volunteer today

More fun than you've had in ages



Chicago Chapter