

# 2014 <sup>our</sup> accomplishments

Another year of service,  
another year of growth-

We began serving just 70 elderly friends in 1982. We now serve over 1300 elderly, and have expanded from Houghton into Baraga, Keweenaw, Ontonagon and Marquette counties. Our dedicated and energetic volunteers have allowed us to accomplish our mission of reducing loneliness among the elderly so that they can live happy, healthy and independent lives.



*Our Mom talked about Little Brothers all the time. She would look forward to every visit. The quality of life that you all have provided for her meant so much to her and to us. Words cannot express how thankful we are for the amazing, wonderful people that you all are and the help you have provided.*  
The Family of Marcia K. Veker

1,840

### Medical Transportation

Our volunteers and staff provided 1,840 local transports—412 more trips than last year! We also offered 108 regional transports to Marquette, Michigan, over 100 miles away. Our wheelchair van provided 233 additional transports for those with mobility challenges.



(200x2)x12

### Friendly Home Visiting

Volunteers & staff offered much-needed companionship to more than 200 forever friends with at least two friendly home visits each month, as well as help with chores, shopping, and errands.



400

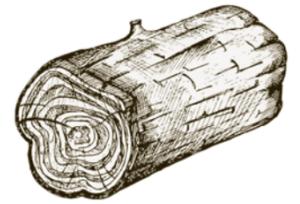
### Christmas Packages

We provided nearly 400 Christmas Packages including food boxes and personalized gifts, small reminders to our elderly friends that they are not forgotten.

171/95

### Supplemental Firewood

We helped keep 95 elderly friends safe and warm by delivering 171 loads of cut and split wood.



100x12

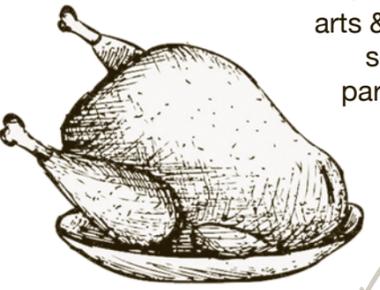
### Food Pantry

Every month last year we delivered over 100 grocery bags of food, personalized to meet the dietary needs of our elderly friends.

3,566

### Holiday Parties

We served 3,566 meals at Thanksgiving, Christmas and Easter to elderly guests and volunteers who would otherwise be spending their holiday alone.

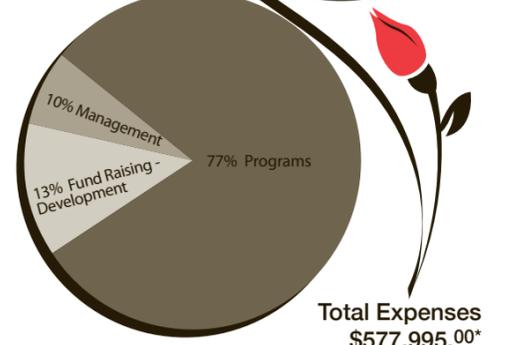
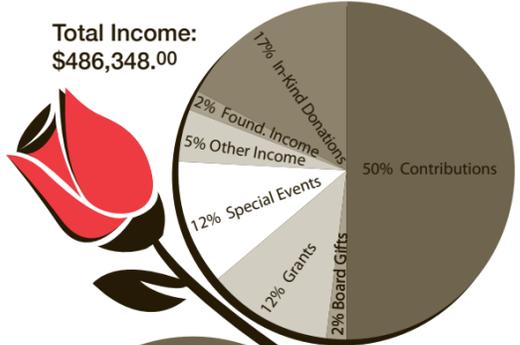


= Priceless!

and the numbers-

### Your contributions hard at work!

**INCOME** is enhanced by robust volunteer contributions. Volunteers donated more than \$83,000 in materials and more than 360,000 hours, making our programs community-driven and cost-effective.



**EXPENSES** include home visiting, medical transport, firewood assistance, food pantry, social activities, holiday celebrations, staff training, wheelchair vans & travel costs, volunteer recruitment, and other group events including our expansion activities in Baraga, Marquette and Ontonagon counties.

### Foundation/Endowment Balances

Little Brothers-Friends of the Elderly Foundation: \$731,348  
Little Brothers Keweenaw Community Foundation: \$288,487

\*Deficit was anticipated to meet expansion goals. Costs were covered by LB's Expansion and Reserve Funds set aside for this purpose.

LITTLE BROTHERS FRIENDS OF THE ELDERLY® Upper Michigan Chapter  
527 Hancock Street  
Hancock, MI 49930



# 2014

## LITTLE BROTHERS



### FRIENDS OF THE ELDERLY®

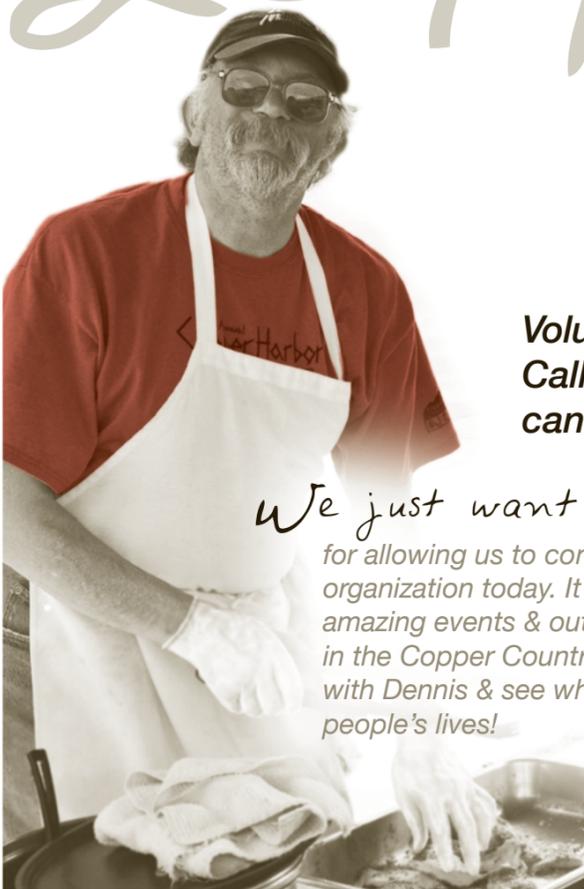
Upper Michigan Chapter

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HANCOCK, MI 49930

Reducing loneliness and isolation among the elderly so that they can live happy, healthy, independent lives

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community  
volunteering  
donations  
freindship impact gift joy  
quality of life  
neighborhood  
generosity  
celebration  
social  
family  
brotherhood  
giving us  
contribution

# 2014 Our Volunteers make a difference,



At Little Brothers, we offer meaningful ways to contribute, from visiting the home-bound elderly, to baking cookies, to updating our website, to delivering food and firewood for those who need nourishment and warmth. We offer to people of good will the opportunity to join the elderly in friendship and celebration of life. Won't you join us?

**Volunteers are needed year-round. Call today to find out how you can help!**

*We just want to thank you*

*for allowing us to come and spend time with your organization today. It was wonderful to hear about all of the amazing events & outreach programs you bring to the elderly in the Copper Country. It was great to go on the transport with Dennis & see what is done in the field. You truly touch people's lives!*

Kahlie Howser & Ryan Woods,  
Michigan State Medical Students

**Join the Little Brothers Family,**  
Here's How **YOU** Can Help!

- Visit an Elderly Person
- Increase your giving
- Become a monthly donor
- Volunteer at a holiday dinner
- Transport an elderly friend to a medical appointment
- Join a firewood crew and help the elderly heat their homes
- Donate food, construction materials, office supplies, or your expertise!

**Call Today: 906-482-6944**

*The flowers were so nice!*

*Your organization is more than "Friends of the Elderly"—you are truly loved & compassionate friends. My mom truly loved you all.*

Rose Hill's Family:  
Cynthia, Diana, Debra, Michael & families



*I had to thank you for a very wonderful dinner.*

*It was so good. I loved those potatoes so much. Thank you for your kindness to me. Even though I am alone it makes it much nicer with a meal like that.*

*God Bless you all,*

Toots (Lucille Prout)

Photo Credit: Cynthia Drake,  
Mark Cinelli, Rebekka Mikkola



*Little Brothers Friends of the Elderly is a blessing*

*to me and a lot of other seniors that do not have family close by. So sixteen years ago I decided to help the Little Brothers out and volunteer at their Thanksgiving dinner. I was so impressed at how it was done. We had the most delicious meal, entertainment, and friendly people. Just like family—warm and you could feel the love. I have volunteered at every holiday Thanksgiving, Christmas and Easter since.*

Jean F. Jackson

## Help Secure Our Future.

Contribute to Little Brothers—Friends of the Elderly Upper Michigan **Foundation**. You can name us in your will or estate plan, giving property, securities, money or a specified item from your estate.

Contact Mike Aten for more details:  
(906) 231-2948  
maten.hou@littlebrothers.org

Here's What Your Support Provides:

- \$50 for a friendly home visit, gift, and holiday meal for 1 senior
- \$150 for one truckload of firewood to help keep a senior warm this winter
- \$500 for friendly home visits, gifts, and holiday meals for 10 seniors
- \$1,000 for a memorable community gathering and meal for 25 seniors
- \$5,000 for underwriting an internship; each intern provides friendly home visits to more than 20 seniors every month; they help at holiday meals, birthday parties, picnics, and intergenerational activities

## The Facts-

### About Loneliness\*:

Loneliness & social isolation negatively impact older people's health and lifespan. It increases stress levels, use of alcohol and drugs, the likelihood of depression and suicide, and the progression of Alzheimer's disease; it decreases memory and learning, and overall quality of life.

Lonely and isolated people use more health care resources and are more likely to need long-term care. The health effects of loneliness are comparable to smoking 15 cigarettes a day!

### About Friendship\*\*

Individuals with strong social ties have a 50% greater likelihood of survival than those with poor relationships & networks

Friendships are more important than family relationships in predicting good mental health, even after researchers controlled for health, income, age and other variables.

Sources:

\*Perissinotto CM, Stijacic Censer I, Covinsky KE. "Loneliness in Older Persons: A Predictor of Functional Decline and Death." Archives of Internal Medicine. 2012

\*\* Masi, C.M., Chen, H.Y., Hakley, L.C. Cacioppo, J.T. (2011) "A meta-analysis of interventions to reduce loneliness," Personality and Social Psychology Review, 15, 3, 219-266.37.

**Little Brothers Makes a Difference In the Lives of Our Elderly Friends. Call Today to Find Out How You Can, Too!**  
906-482-6944

Learn more at:  
houghton.littlebrothers.org  
facebook.com/LittleBrothersUP

**Our Donors Keep Us Going.**