



## Program Achievements~

### Medical Transportation:

Being able to stay healthy at home depends on having access to healthcare when and where you need it. We provided 1,655 transports, including some over 100 miles away for seniors who can no longer drive or who have no family or friends nearby to assist. In 2015, two local health foundations also helped us purchase a new wheelchair van for our elderly friends with mobility challenges.

### Supplemental Firewood:

We helped keep 97 elderly friends safe and warm by delivering 148 loads of cut & split wood, helping offset the high cost of heating during our long, cold winters.



### Food Pantry:

We provided grocery bags to 100 lower income seniors every month, offering door to door delivery for our homebound friends. In December, recipients receive a gift-wrapped box of food and special treats for the holidays.

### Holiday Parties:

Holidays can be bleak events for seniors living far away from family and friends. We brightened the lives of 808 seniors, serving 2,734 meals at Thanksgiving, Christmas and Easter to elderly guests and volunteers who would otherwise have spent their holidays alone. More than 550 volunteers helped by cooking, serving, and transporting seniors to our festive sites, along with delivering food to the homebound.

## Forever Friends~

Current research demonstrates significant detrimental health effects from loneliness, including increased likelihood of depression, decreased memory and learning, poor decision-making, increased use of alcohol and drugs, and faster progression of Alzheimer's disease.

We address these serious health risks by offering intensive home services for elders who have little or no family or social support. We refer to them as our "Forever Friends" because once accepted into our program, we accompany them for life.

Forever Friends are eligible for many types of assistance, including help accessing human services, home visiting, and small group activities. We provide our Forever Friends with personalized birthday and Christmas gifts, small reminders that they are not forgotten.

### Friendly Home Visiting

Last year, 224 elders received much-needed companionship during home visits from staff and volunteers. Visits are done at least twice per month and include help with shopping and errands, rides to the doctor's, and conversation.

### Monthly Outings & Activities Program

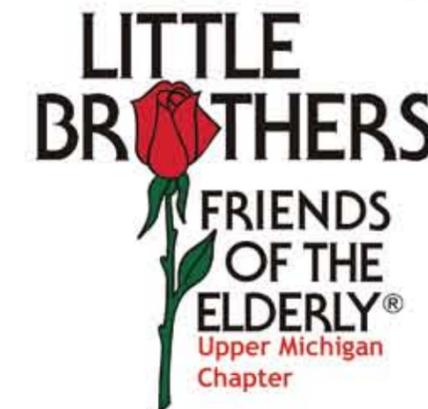
We provided dozens of activities for Forever Friends to socialize with peers, learn about new topics, and even exercise. Activities include picnics, blueberry picking, arts & crafts clubs, tours during color season, coffee klatches, birthday parties, intergenerational programs with local school children, and more. For some elders, our activities are the ONLY social engagements they have each month.

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# 2015 annual report



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



*Here at Little Brothers, we go above and beyond meeting the material needs of our elderly friends: we offer the companionship and warmth that make life worth living. In 2015 with the help of generous donors and more than 1,300 volunteers we continued to expand our friendly visiting, medical transport, and small group activities into some of the most rural areas of the state. Our programs link our most isolated elderly neighbors with a community of concerned volunteers and friendly peers, helping them live healthy, happy, independent lives.*

Cathy Kass Aten, Executive Director

## Our Volunteers Make the Difference!

When we say Little Brothers is a volunteer-driven organization, we mean it! With a small staff covering 5 rural counties, we depend on our 1,300-1,400 volunteers annually to get our important work done. Whether you have a few hours a year or a few hours a week, we can put your skills to good use!



We need young folks to post social media, retirees to guide programs, as well as teachers, artists, cooks, carpenters and students of all ages to field phone calls, process firewood, transport our friends to medical appointments, and visit the home-bound. Friendly Visiting is at the heart of Little Brothers, and the program with our most pressing need for funding and volunteers. Become a visiting volunteer if you want to create a lasting friendship with an elder or check out our website to discover the variety of other ways you can help!

*"For about six years now, I have benefitted enormously from the kindness of Little Brothers--and have seldom taken the time to thank you folks. Especially during the year after the fire--I sometimes asked Cathy to do the impossible, and somehow she always did...I can't imagine trying to get along without Little Brothers!"*  
Patsy R.



*"How do I thank you for such beauty, such gifts and all that Little Brothers stands for? I'd never be able to repay you. You make life worth living. Bless you!!!"*  
Doris J.

*"Thank you so much for the gift of food and the monthly food. Also thank you for the gifts for Christmas. We sincerely appreciate them. Also thank you Fabian for your visits. Our life would be so lonely without them."*  
Jim and Clarice P.

*"I want to thank you for providing me with a ride to the doctor's in October. Your driver Al was very nice and helpful and stayed at the doctors office to wait for me even though it took much longer than expected."*  
Kathie, from Tamarack City



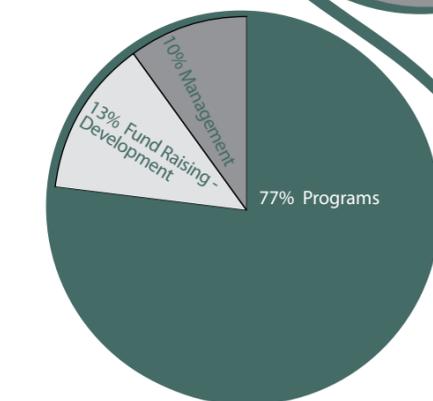
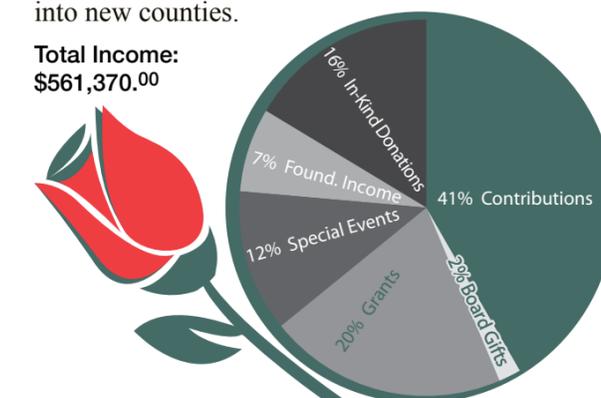
*"Thank you for the wonderful meal and also the opportunity to visit with some folks that we see only at these holiday dinners. We enjoy ourselves every year!"*  
Barb K.

*"Thank you so much for the Xmas gift and the wonderful visit with Joanne and the three girls. It did so brighten my day. God bless all of you. It is true angels do walk among us."*  
Marcia

## Putting Your Generosity to Work!

Our income is amplified by volunteers who provide services free of charge. Local businesses, churches, schools and civic organizations stretch our dollars even further with cash and in-kind donations. Contributions include one-time and monthly donors, as well as gifts earmarked for expansion into new counties.

**Total Income:**  
\$561,370.00



**Total Expenses**  
\$552,124.00\*

**Program costs** include vehicles for home visiting and medical transportation, volunteer training, holiday meals, firewood assistance, food pantry, and other social support services including our expanded activities in Baraga, Marquette and Ontonagon counties.

### Foundation/Endowment Balances

Little Brothers—Friends of the Elderly Foundation: \$735,000  
Little Brothers Keweenaw Community Foundation: \$270,800

## 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 or [maten.hou@littlebrothers.org](mailto: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  
\$1,000 for a memorable community gathering and meal for 25 seniors  
\$5,000 for underwriting an internship; each intern provides home visits to more than 25 seniors every month; they help at holiday meals, parties, picnics, and other events!

### Engage-

- Visit an elderly person
- Become a monthly donor
- Transport a senior to the doctor's
- Volunteer at a holiday dinner
- Increase your giving
- Donate food, construction materials, office supplies or your expertise

### CONTACT US TODAY!

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