



# The Rose

Volunteer Newsletter

Summer 2015

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## Mission Statement:

Little Brothers - Friends of the Elderly is a national network of non-profit, volunteer-based organizations 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.

The Rose is published three times annually by the office of the Program Director

## Providing Safe and Reliable Medical Transportation

Most of our elderly friends no longer drive and find it difficult to find affordable transportation to their medical appointments. Through our Medical Transportation Program, we provide *door-through-door transportation* free of charge. We are always in need of volunteers to provide transportation with your own vehicle or with one of our wheelchair accessible vans (training will be provided.)

To ensure we provide safe and reliable transportation for our elderly friends, here are some helpful guidelines.....

- “Door-through-Door” transportation means we ask you to provide stand-by assistance for the passenger to and from the car and **through** the door of the home or office. If you feel uncomfortable providing this assistance, we ask you refrain from providing transport.
- Call your passenger at least 24 hours before their appointment to inform them you will be their driver.
- If you have to cancel, please inform the Transportation Coordinator who will find another driver and inform the passenger.
- If you arrange to drive the passenger to their next appointment, you must inform the coordinator for our record keeping.
- Please inform the coordinator if the passenger needs additional assistance in the future. For example, the passenger who was once ambulatory now requires wheelchair transport.
- Please allocate approximately 3 hours of your time for each transport.
- Please call Michelle, the Transportation Coordinator at 482-6944 with any questions.

## Summer Activities and Volunteer Opportunities

After a long winter, we'll be packing the summer with numerous, fun-filled activities for our elderly friends. Each Forever Friend in **Houghton and Keweenaw Counties** may choose 2 of the following 5 activities:

1) Hanka Homestead Tour 2) Tamburitzans show at the Calumet Theater 3) Senior Heritage Day 4) Lunch and Shopping Downtown Houghton 5) Fall Color Tour.

Forever Friends in **Ontonagon** are invited to tour the Bergland Museum.

Forever Friends in **Baraga** are invited to join us at the Hanka Homestead.

Forever Friends who reside at the **Houghton County Medical Care Facility** are invited to watch the Bridgefest Parade, an outing for dessert, and a Picnic in the Park.

Time and date details can be found on the volunteer response sheet.

## Volunteer Spotlight: Marian Martin and Glenn Ierley



Marian Martin and Glenn Ierley

By Carol Korpela

Little Brothers first started an informal food pantry so elderly friends could stop by and pick up a few items as needed. The demand for food pantry assistance has grown over the years and we now distribute nearly 100 bags of food per month.

Marian Martin has taken charge of stocking the shelves and filling the bags for over 12 years but she recently informed us she and her husband John are moving to Kentucky to live closer to family.

She didn't just ensure our elderly friends received a bag of food each month, she would get to know them and their needs to personalize each bag based on the recipient's dietary restrictions and food preferences.

Marian had faithful volunteers to help fill the bags each month including Joanne Edwards, Angie Hamilton, Glenn Ierley, Faye Marion, John Martin, Tom

Oldfield, and Sue Wiles.

Glenn Ierley is a fairly new volunteer who started by dropping off donations of food for the pantry and slowly became more involved. Glenn is a retired professor of mathematics. He taught for 10 years at MTU before moving to San Diego where he finished his career. He returned to the Copper Country upon retirement.

When Glenn learned of Marian's departure, he agreed to take charge of the food distribution.

He is currently learning the process and looking for ways to streamline it to "get more food to more people" and to better meet their needs.

Glenn volunteers with us because now that he's retired, he has more time and wants to use his skills for a good cause.

We want to thank Marian and John for their dedication to the Food Pantry and thank Glenn for taking charge of the next chapter.

Thanks also to the many volunteers who deliver the bags to our elderly friends each month. If you are interested in delivering some food bags each month, please call 482-6944.

If you would like to shine the spotlight on a volunteer, please call Carol at 482-6944.

## Food Pantry Needs

The food pantry would not be successful without the thousands of pounds of donations each year. To maximize the efficiency of the food pantry, we would like to share a few tips with you to make the most of your donation!

- We only accept and distribute food in it's original packaging.
- We cannot distribute home-canned or expired foods.
- Shelf-stable protein-rich foods such as tuna and salmon are an important food pantry staple.
- Sweet treats and snacks are always a nice surprise for the recipients to find.
- Bulk and family size servings are too big to distribute.
- Low-sodium and sugar-free options are in high demand.
- Easy to prepare, everyday foods are most appreciated.
- We also accept non-food items such as toiletries, paper toweling, and toilet paper.
- With your cash donation, we can do the shopping for you.

## Wish List

Sloppy Joe, beef stew, chili, ravioli, spam

Beets, spinach, asparagus, kraut

Tomato sauce, diced tomatoes, whole tomatoes, stewed tomatoes, pizza sauce

Hamburger Helper, Stove Top Stuffing

Cake and brownie mixes

## Staff News

**Retirement News:** After 27 years with Little Brothers, **Mark Cinelli** has retired. He had many responsibilities including the bookkeeping, the direct mail campaigns, and most noticeably, the annual Mustang Sweepstakes.

After taking a bit of time off for travel and to spend time with family, he has assured us he will return as a volunteer.

**Moving Forward:** We are sad to say goodbye to **Rebekka Mikkola** but wish her the best of luck in her new position as Executive Secretary at UP Health System—Portage. In addition to getting a new job, she also recently adopted a new puppy, Flapjack, the most adorable basset hound.

And a fond farewell to **Nicole Kotila** who has left our organization to join her fiancé in a new endeavor. They opened an eclectic gift shop “Wicked & Wise Gifts” in downtown Houghton which features Fair Trade items.

**New Beginnings:** We are pleased to introduce you to **Julie Beck**, our new Elder Services Coordinator. Julie is a licensed social worker whose extensive experience will help our organization flourish.

Julie may be new to Little Brothers as an employee, but she has been a long-time volunteer and served on the Little Brothers board of directors.

**Christopher Edwards** is a social science major at Michigan Tech and will be joining us for the summer as a student intern. He served in the Navy for 11½ years and is currently a Petty Officer First Class in the Navy Reserves.

**Michelle Kovachich** will also be here during her summer break from studies at the Boise State University in Idaho. She’s working toward her Master of Social Work degree. She’ll be coordinating medical and program transportation for our elderly friends.

## IN MEMORIAM

**Ellen Raymond**

7/1/1920-2/22/2015

Visited by George Kauppila  
and Sharon Eklund

**Marguerite Stripe**

10/15/1918-2/28/2015

Visited by Valerie Lind  
and Deanna Foose

**Robert Gillstrom**

3/15/1929-3/12/2015

Visited by Tim Deter

**Jeanne Smith**

6/17/1922-3/21/2015

Visited by Lee Parker

**Bob Breault**

8/8/1926-3/27/2015

Visited by Tim Pohl

**Ida Holmstrom**

4/26/1921-5/5/2015

Visited by Tim Deter

**Nancy Tuomi**

1/14/1938-5/11/2015

Visited by Tim Deter



## Garden Party Success



Thank you for helping to make our annual Spring Fling “Garden Party” Fundraiser a great success! With your help, we exceeded our goal and raised over \$22,000. All money raised will go towards our core programs including Medical Transportation, Home Visiting, and Firewood.

Thank you for helping us provide much needed services to the elderly in our communities.

Cathy Kass-Aten, Executive Director

## New Grants and Programs

Little Brothers is sustained by generous gifts from our volunteers, private foundations, and businesses. Here's a peek at who has been supporting us lately:



### Regional Medical Transport Gets a Triple Boost! —

In April 2015, we received terrific news: The **Superior Health Foundation** out of Marquette and the **Portage Health Foundation** out of Hancock agreed to match each other's contributions to help us expand our regional medical transportation program! This program helps transport our elderly friends from Houghton County to Marquette or Baraga County for specialty medical visits. The service is crucially needed but costly to operate, as it requires more staff time, fuel, and ties up a van for an entire day. With the jointly-funded grant of \$43,500, Little Brothers committed to raising an additional \$21,850 of cash and in-kind resources. We are hitting the ground running and have already purchased a specially-equipped wheelchair van. Look for our bright red Dodge Caravan soon! Thanks Superior and Portage for making our dream of regional medical transportation a reality for our elderly friends who depend on us. You have helped us help our elderly friends live healthier, happier, and more independent lives!



**Baraga County Community Foundation:** Many of our elderly friends in Baraga County have difficulty finding transportation to their medical appointments in Houghton County. In April of 2015, we received a generous grant of \$720 from the Baraga County Community Foundation which will help defray the costs of conducting 40-50 medical transports for our elderly friends who live a little further afield.



### Keeping the Lights On, the Doors Open, The Holiday Meals Cookin':

Operating funds are the hardest to come by, but are really needed for a volunteer-driven organization like Little Brothers. This spring, **SEMCO Energy** contributed another \$1,200 and the **Westerman Foundation** supported us again with a generous gift of \$1,000. Thanks for your faith in our mission—and the means to make it so!



Our **Garden Party 2015** was a huge success thanks to all our dedicated volunteers, enthusiastic local media coverage, and our generous donors.

### Main sponsors:

Edward Jones, Steve Zutter: \$2,500  
Tom & Donna Cole, and the Copper Country Veterinary Clinic: \$1,000  
Gil Lewis & Sue Bagley: \$500  
Little Brothers Board of Directors \$250  
Pepsi Cola Bottling of Houghton Inc \$250  
Peterlin Distributing: \$250  
Tadych's Econo Foods: \$250  
Thrivent Financial: \$250

## Sweepstakes 2015!

It's that time of year again! We are kicking off our Summer Sweepstakes.



### First Prize is a 2006 Ford Mustang Convertible.

The prize DRAWING will be on September 25, 2015 at 6:00pm at Econo Foods in Houghton, MI.

VOLUNTEERS are needed to help sell tickets at different locations throughout the summer. Please call 482-6944 if you are available.

### Other prizes include:

2nd Prize: Samsung Galaxy TAB 4

3rd Prize: Two Cords of Firewood

4th Prize: Garmin Nuvi 44LM

5th Prize: A Dozen Assorted 9 oz. Jars of Keweenaw's Bounty Jams and Jellies

Tickets can be purchased online through our website, [houghton.littlebrothers.org](http://houghton.littlebrothers.org) or can be purchased at our office located at 527 Hancock Street in Hancock.

\$3.00 per ticket

\$5.00 for two

\$10 for four

\$25 for ten tickets.

*Need not be present to win.*

## Breaking Barriers



Little  
Brothers  
- Friends  
of the  
Elderly

volunteer, Candy Peterson is spearheading a local effort to improve the quality of life of individuals struggling with dementia and other cognitive impairments by awakening their memories through music.

Candy was inspired after watching the movie, "Alive Inside" at the MTU Film Festival.

Music and Memory is a non-profit organization which trains and certifies elder care facilities to bring personalized music into the lives of the elderly or infirm.

There will be a three-day webinar June 16,17,18 from 1:00-2:30pm at the Portage Lake District Library. To register, please call the library at 482-4570.

Little Brothers would like to become a "Music and Memory" certified agency. In the meantime, any volunteers who take the training webinar will learn invaluable tools for interacting with our Forever Friends who have dementia.

For more information, visit [musicandmemory.org](http://musicandmemory.org).

You are cordially invited to our annual  
**Volunteer Appreciation Picnic**

Wednesday, July 15th at 6pm  
Award Presentations at 7pm

Kestner Waterfront Park  
Houghton (near Chutes & Ladders)

RSVP not required but appreciated.  
906-482-6944 or  
[ckorpela.hou@littlebrothers.org](mailto:ckorpela.hou@littlebrothers.org)

We will provide the main course and drinks if  
you will please provide a side-dish to share.

## Volunteer of the Year Award Nominations

For the second year, Little Brothers - Friends of the Elderly will be presenting the 'Mike Aten Volunteer of the Year Award' honoring a volunteer who has selflessly served the elderly population with the same dedication and passion as our former Executive Director, Mike Aten.

We are now accepting nominations of volunteers you believe are deserving of this award.

Nominations must be received by July 1, 2015 to be considered. Self-nominations are encouraged and will be accepted.

The Volunteer of the Year will be honored during our annual Volunteer Recognition Picnic on Wednesday, July 15th.

Please use the enclosed nomination form or find the form online at [houghton.littlebrothers.org](http://houghton.littlebrothers.org).

*"Many thanks to all the hard working volunteers at Little Brothers. We enjoy the dinners and the opportunity to visit with other people on the holidays."*

*Angie and Larry Ford*



# Volunteer of the Year Award Nomination Form

## Nominations are due on July 1, 2015

Mail nomination form and narrative to:

Carol Korpela  
Program Director  
527 Hancock Street  
Hancock, MI 49930

or email to [ckorpela.hou@littlebrothers.org](mailto:ckorpela.hou@littlebrothers.org)

Please help us recognize a valued volunteer who has dedicated their time and talents to serving the elderly community. For the individual to be considered, please include a narrative of 500 words or less (one page) to explain why the nominee should be the Little Brothers - Friends of the Elderly Volunteer of the Year! It takes a few minutes of your time but it will mean so much to the deserving volunteer.

You may submit more than one nomination. Self nominations are encouraged and will be accepted. Please, only one nomination per form. This form may be copied or please call 482-6944 for additional forms. The nomination form can also be found on our website: [houghton.littlebrothers.org](http://houghton.littlebrothers.org)

The Volunteer of the Year Award will be presented at the Little Brothers - Friends of the Elderly annual Volunteer Recognition Picnic on Wednesday, July 15, 2015 at 6:00pm at the Kestner Waterfront Park in Houghton.

### Nominee

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ email \_\_\_\_\_

### Submitted by: (OPTIONAL)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ email \_\_\_\_\_

**527 Hancock Street \* Hancock, MI 49930 \* (906) 482-6944**

## Going Green

In an effort to reduce waste and cost, the newsletter is undergoing some changes.

Rather than enclosing an envelope, you are asked to merely refold this page and tape the edges.

We will continue to produce printed newsletters, but we are making each newsletter available on our website as a pdf on our media page. The response sheet can be saved, filled out, and emailed to [ckorpela.hou@littlebrothers.org](mailto:ckorpela.hou@littlebrothers.org)

If you prefer to go paperless, please indicate so on the response sheet with your email address and all future newsletters will be emailed to you. If you've already requested to go green and are still receiving the paper copy, please let us know.

Of course, we will continue to mail you the paper copy if you prefer.



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Please tape edges

Little Brothers - Friends of the Elderly  
Attn: Carol Korpela  
527 Hancock Street  
Hancock, MI 49930

## Building a Strong Foundation for our Future



The Little Brothers – Friends of the Elderly Upper Michigan Foundation was officially incorporated in October of 2014 and received its nonprofit status in April of 2015. The Foundation started with small savings in 1991 referred to as our “Foundation Fund”. The fund continued to grow through the years as we started to receive planned gifts. In 1995 we received our first interest payout from the fund, and these payouts have continued to grow ever since. The purpose of the newly formed Little

Brothers Upper Michigan Foundation is to provide a constant source of income to help secure the future of the Little Brothers Upper Michigan Chapter and to manage and grow the fund. This insures that we will be in Upper Michigan in the future to love and serve our Forever Friends who are alone and in need. If you would like to learn about the foundation and how you can help, please call Michael Aten, Foundation Director at 906 370-2215.

Little Brothers - Friends of the Elderly  
527 Hancock Street  
Hancock, MI 49930

Address Service Requested

# The Rose

Volunteer Newsletter

Summer 2015

Non-Profit Org.  
U.S. POSTAGE  
**PAID**  
Permit #61  
Hancock, MI  
49930

## VOLUNTEER RESPONSE SHEET

Phone # \_\_\_\_\_

### I can help with the following on-going needs...

- Be a visiting volunteer in Ontonagon, Baraga, Marquette, Houghton, or Keweenaw County
- Drive elderly people to their doctor appointments or to Little Brothers events
- Sell tickets at our sweepstakes booths

### I can help with the following summer events...

- Bridgefest Parade—Friday, June 19th, 7pm
- Father's Day Picnic—Sunday, June 21st, 1pm
- Bring HCMCF Residents out for Dessert—Wednesday, July 8th, 2pm
- Summer Picnic for our elderly friends in the HCMCF—Wednesday, July 29th, 11:30am\*
- Hanka Homestead Tour - Friday, July 31st, 2pm\*
- Annual Summer Picnic for our elderly friends in Twin Lakes —Wednesday, August 12th, 1pm
- Tamburitzans—Saturday, August 15th, 7pm\*
- Lunch and shopping in Downtown Houghton—Date & Time TBA
- Bergland Museum - Wednesday, August 26th, Time TBA
- Senior Heritage Day—Tuesday, September 8th, 11am\*
- Visit an elderly friend on International Day of the Elder—Thursday, October 1st
- Fall Color Tour—Wednesday, October 8th, 10am\*

\*Dates may be subject to change but you will be notified if you express interest in it.

I plan on attending the Annual Volunteer Appreciation Picnic  I can bring a side dish to share.

I prefer to go paperless. Please email me my newsletter to: \_\_\_\_\_