

**Contact Information**

**Phone:** 906-482-6944

**Fax:** 906-482-6106

**Email:**

ckorpela.hou@littlebrothers.org

**Online:**

houghton.littlebrothers.org

facebook.com/LittleBrothersUP

pinterest.com/littlebrosup

twitter.com/littlebrothers

**Inside this issue:**

Volunteer Appreciation	2
New Grants & Programs	2
In Memoriam	2
In the Community	3
Meet the Staff	3
Response Sheet	4

**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

## Thanksgiving and Christmas Holiday Party Volunteers Needed

400 volunteers are needed each holiday to prepare and serve a traditional, homemade holiday meal to 700 elderly people who would otherwise be spending their holiday alone.

This year I am going to try something new as I coordinate the dinner parties and meal deliveries. Rather than sign volunteers up by individual job, I would like you to sign up by time slot. Since this is a new endeavor, I would appreciate any feedback that may be implemented in the coordination of future events. Please indicate your volunteer preference on the response sheet. If you have any questions, please call me at 906-482-6944 or email me at ckorpela.hou@littlebrothers.org Details on page 4.

I am also in need of lead volunteers! If you haven't been a lead volunteer in the past, I will provide training.

I will do my best to contact every volunteer to confirm your placement in the volunteer time slot you signed up for. If you do not hear from me, consider yourself signed-up or please call me to confirm.

Carol Korpela, Program Director



### Holiday Informational Meetings

**Wednesday, November 11th 6pm**

Little Brothers - 300 Lake St, Ontonagon

~

**Thursday, November 12th 6pm**

St. Christopher's - 2353 Badger St,  
Marquette

~

**Wednesday, November 18th 6pm**

St. Ann's - 318 Lyons St, Baraga

~

**Thursday, November 19th 6pm**

Little Brothers - 527 Hancock St, Hancock

All volunteers are welcome. Long-time volunteers, please come to share your experiences with new volunteers. We will be discussing our philosophy, site management, volunteer roles and expectations, food safety, and we'll have a question and answer session. It's a very informative hour and snacks and refreshments will be provided.

### Meal Sites

Thanksgiving Meals are served at 1pm and Christmas Meals are served at 2pm with the exception of HCMCF which is served at 11:30am both holidays.

- St. Ann's Church, BARAGA
- Sacred Heart Church, CALUMET
- Community Hall, COPPER CITY
- Church of the Resurrection, HANCOCK
- St. Ignatius Church, HOUGHTON
- St. Christopher's Catholic Church, MARQUETTE
- Holy Family Catholic Church, ONTONAGON
- Grace Lutheran Church, SOUTH RANGE
- Doelle Senior Center, TAPIOLA
- Houghton County Medical Care Facility, HANCOCK

### Home Delivery Meal Sites

Meals are ready to be delivered at noon on both holidays

- Grace United Methodist Church, HOUGHTON
- Apostolic Lutheran Church, LAURIUM



## 2015 Volunteer Recognition



This year we received 10 nominations for the Mike Aten Volunteer of the Year Award. Gale Jamsen, Violet Richards, and Denzer Waarala were each nominated twice. The other nominees included Marian Martin, Paula McKaig, Denny McKaig, and David Wiitanen.

Although it was a difficult decision because all of the nominees have contributed so much, this year the winners were Gale Jamsen and Marian Martin.

Gale Jamsen has been a kind-hearted, consistent and reliable volunteer with a “can-do” attitude. Like the post office motto, “Neither snow nor rain....” nothing deters him from helping our elderly friends. Gale has been a dedicated driver, providing both medical and activity transports as well as delivering holiday meals and monthly food pantry bags.

Marian Martin made sure our elderly friends received their food pantry staples each month for the past 12 years. She took charge of the pantry when we were delivering just 15-20 bags per month and grew it to 100 bags per month. Not only has she made sure our elderly friends didn't go hungry, she also treated our elderly friends with dignity.

### 2015 VOLUNTEERS

#### OF THE YEAR

Gale Jamsen

&

Marian Martin

Little Brothers—Friends of the Elderly would not be in the position we are today if not for the dedication of our long-time volunteers. These volunteers have committed themselves to their elderly community and to our organization for 10 to 30 years. Each year of commitment brings us closer to our elderly friends and allows us to grow and provide more friendship and services to the lonely elderly.

#### 30 YEAR VOLUNTEERS

Ren Olson

#### 25 YEAR VOLUNTEERS

Jeff Flam

Roxanne and Reino Narhi

#### 20 YEAR VOLUNTEERS

Paul Heikkila

Karen Johnson

Mary Jo and Larry Kristapovich

#### 15 YEAR VOLUNTEERS

Laura Bulleit

Marijane and Fran Carne

Linda Kantola

#### 10 YEAR VOLUNTEERS

Diane Benchich

Debbie Gershenson

Rose Herter

Gale Jamsen

Maria Janowiak

Phyllis Johnson

Kathy Kallio

Jayne Nestell

Olszewski Family

Scott Rutherford

Bernice Smith

Lorraine and Lynn Watts

## New Grants and Programs

Little Brothers rarely accepts state or federal funding, as government programs sometimes come with restraints, and we wish to preserve greater flexibility in meeting the individual needs of our elderly friends. Volunteers, private foundations, and businesses provide most of our funding. Take a look at who has been supporting us recently.

#### **Keweenaw Bay Indian Community**

**(KBIC) 2% Fund:** In June of 2015, we received a grant of \$2,778 from KBIC to fund holiday meals and an international intern who focuses on home visiting in the Baraga area. This funding is a great start, but **volunteers are greatly needed in the Baraga area to help with holiday meals and home visiting.**

**Rice Memorial Foundation:** In August of 2015 we received \$2,000 to replace our old, inefficient hot water heater and boiler for the Intern House. Though more funding is needed to purchase a high efficiency unit, we hope to secure one before the snow falls, making sure our Interns are warm and snug this winter.

**The ShopKo Foundation** donated \$250 for a volunteer recruitment activity in Baraga County that raises awareness of the severe impacts of loneliness and social isolation amongst the elderly.

**The Upper Peninsula Power Company (UPPCO)** donated \$500 to our Supplemental Firewood program to help us improve our wood lot facilities.

## In Memoriam

**Wallace (Dutch) Kempen**

4/3/1921–6/16/2015

Visited by Mike Kowalski

**Yvonne Pyykkonen**

2/4/1942–6/16/2015

Visited by Julie Carlton

**Joseph Peltier**

9/4/1931–7/9/2015

Visited by Tim Pohl

**Roy Kempainen**

5/21/1920–7/28/2015

Visited by Irene Pardo  
and Joyce Koski

**Rita Bykkonen**

11/26/1941–8/31/2015

Visited by Julia Hofmann



## In the Community



The SilverSneakers Fitness program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. A SilverSneakers fitness membership includes access to amenities such as state-of-the-art fitness equipment, private locker rooms, sauna's, private showers, and friendly and helpful staff. Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility and increase cardiovascular endurance, leading to improved healthy and great independence.

Most importantly, your membership may be available to you at **The UP Health System Portage—Fitness Center at little or no cost through your health plan.** Your Medicare health plan, Medicare Supplement carrier or group retiree plan may include SilverSneakers as part of your benefit package. Visit [silversneakers.com](http://silversneakers.com) or call 1-888-423-4682 (TTY:711) to verify eligibility or call The UP Health System Portage – Fitness Center at 906-483-1149.

---



---



---

Please tape edges

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

## Meet the Staff

At the end of each summer, we welcome new interns to Little Brothers. We partner with World-Horizon, an organization in Germany whose mission is to “overcome national and ethnic boundaries and to redress social, financial and cultural deprivation. Through direct encounters between people and points-of-view, we are searching for ways to bring about a more peaceful, just and interconnected society.” This year we are honored to have **Philip Detje, Julia Hofmann, and Fabian Walz** on our team. They will be providing outreach to our elderly friends in Ontonagon, Houghton/Hancock, and Baraga, respectively.

New this year, we have also accepted an intern from the Northern Michigan University Social Work Department. **Lucia Nye** will be providing outreach, assisting with programming, assessing social supports, and conducting research in Houghton and Hancock as a field placement requirement for her Bachelor's Degree in Social Work.

Please welcome **Jim Degenford** as our new Transportation Coordinator. After a 28 year career in the Federal government and consulting in the Washington D.C. area, Jim chose to relocate (escape) to the Copper Country to enjoy a higher quality of life. **He is in need of volunteer drivers and is willing to train volunteers to use our wheelchair accessible van. If you're interested in driving our elderly friends, please give him a call at 906-482-6944.**

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

# The Rose

Volunteer Newsletter

Fall 2015

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

Address Service Requested

## VOLUNTEER RESPONSE SHEET

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

Others volunteering with you \_\_\_\_\_

I will volunteer on \_\_\_\_\_ THANKSGIVING DAY \_\_\_\_\_ CHRISTMAS DAY\* \_\_\_\_\_ I can be a LEAD Volunteer

SIT-DOWN Sites & Times	NURSING HOME Site & Times	DELIVERY Sites & Times
<input type="checkbox"/> Baraga <input type="checkbox"/> Calumet <input type="checkbox"/> Copper City <input type="checkbox"/> Hancock <input type="checkbox"/> Houghton <input type="checkbox"/> Marquette <input type="checkbox"/> Ontonagon <input type="checkbox"/> South Range <input type="checkbox"/> Tapiola  <input type="checkbox"/> Kitchen 9:00am–12:30pm* <input type="checkbox"/> Kitchen 12:30pm–4:00pm* <input type="checkbox"/> Dining Room 10:30am–12:30pm* <input type="checkbox"/> Dining Room 12:30pm–4:00pm* <input type="checkbox"/> Meal Delivery 12:45pm* <input type="checkbox"/> Transport Guests *times change to 1 hour later on Christmas	<input type="checkbox"/> Houghton Co. Medical Care Facility (HCMCF)  <input type="checkbox"/> LBs Kitchen 8:00am–12:00pm <input type="checkbox"/> HCMCF Dining Room 10:00am–2:00pm	<input type="checkbox"/> Houghton Home Meal Delivery Site <input type="checkbox"/> Laurium Home Meal Delivery Site  <input type="checkbox"/> Kitchen 8:00am–11:00am <input type="checkbox"/> Kitchen 11:00am–2:00pm <input type="checkbox"/> Dining Room 10:00am–2:00pm <input type="checkbox"/> Meal Delivery 11:45am

### Prior to the holiday, I can:

Make Phone Calls       Pick Up Donations       Sort Supplies       Bake Desserts  
 Deliver food and supplies to a site       Help with office clean-up the day after the holiday

### Other volunteer opportunities:

Christmas Light Tour       Christmas Package Wrap       Christmas Package Delivery

### I plan on attending the holiday informational meeting: (details on page 1)

Nov 11 in Ontonagon       Nov 12 in Marquette       Nov 18 in Baraga       Nov 19 in Hancock

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