

Volunteer of the Year Nominations now being accepted

Please help us recognize an outstanding volunteer who demonstrates service to the elderly by submitting a nomination form. The Volunteer of the Year demonstrates commitment to the elderly and embodies the spirit of the Little Brothers—Friends of the Elderly mission of relieving isolation and loneliness among the elderly. We're looking for volunteers who serve the elderly in meaningful and unique ways either directly or indirectly.

Nominations must be received by July 1, 2020 to be considered. You may submit more than one nomination. Self-nominations are encouraged and accepted. Please, only one nomination per form. This form can be found online at houghton.littlebrothers.org/nomination-form/ or by mail upon request. Verbal nominations cannot be considered in fairness to all candidates.

MISSION IN MOTION EVOLVING TO MEET THE NEEDS OF THE ELDERS DURING THE PANDEMIC



Maria Rastello receiving her bag of perishable food.

Little Brothers - Friends of the Elderly has a long history of providing friendship and services to the lonely and isolated elderly. When the organization first started in the U.P. in 1982, it was evident that not only did the elderly need rides to their doctor, but they also needed clean drinking water. While we still have an active Medical Transportation Program we no longer need to provide clean drinking water. This is an example of how we have responded to the needs of our elderly friends and neighbors from the very beginning.

The Covid-19 pandemic has given us the opportunity to be creative and find new ways to serve and engage the lonely and isolated. So now Little Brothers - Friends of the Elderly has once again evolved to meet the needs of our elderly friends.

Our Mission in Motion initiative allows us to continue providing our core programs and services. Our essential services include Medical Transportation, Food Assistance, Medical Aid Equipment Loans, and Firewood Assistance. We have started a new program to shop for and deliver groceries and essential items to our elderly friends so they don't have to leave their home. We have also started distributing fresh food in addition to the monthly non-perishables through our Food Assistance Program.

Friendship services include our signature Friendly Visiting Program and our Social Activities. In lieu of in-home visiting and small group activities, we are now providing our elderly friends with Telephone Reassurance, Friendship Mail, and Virtual Activities. Read more about these activities on pages 2 and 3.



Mike Verville being transported by Ren Olson.

VOLUNTEER SPOTLIGHT

Mary Hanson, Captain, U.S. Navy (Retired)



Mary Hanson, a Hancock native living in Virginia had her visit to the U.P. extended due to the pandemic. Missing her normal volunteer activities at home and wanting to help the isolated, she signed up to volunteer for our Mission in Motion initiative.

“It’s always a good thing to focus on someone other than oneself, especially during this time of uncertainty and fear. It’s good for me! Hopefully for them, too.” Mary said explaining her interest in volunteering.

Mary was paired with a couple of our elderly Forever Friends to visit through the Telephone

Reassurance Program. In eight short weeks, Mary said that a “depth and trust developed where we can have deep and honest discussions.”

“I want to honor that friendship” Mary said, and will continue to call the ladies when she returns home. She hopes to meet her new friends in person someday.

Mary also volunteers to write letters to the lonely elderly for the Friendship Mail Program and facilitates the Visual Relaxation Virtual Phone Activity.

With twenty years of practicing and occasionally leading meditation, she has the experience to lead the elders through some relaxation techniques.

Providing visual relaxation virtually was a new experience for her. After getting over some initial challenges, she and the elders created a special program.

Mary found it very rewarding to assist elders in relieving their loneliness and anxious feelings.

VOLUNTEER APPRECIATION

With the uncertainty of group gatherings and wanting to keep everyone safe, we will not be hosting our annual volunteer appreciation picnic this year. But that doesn’t mean we won’t be celebrating your friendship and service.



In lieu of the annual summer Volunteer Appreciation Picnic, Little Brothers—Friends of the Elderly will be highlighting the Years of Service Volunteers and the Volunteer of the Year nominees throughout July and August on our website blog, social media, and e-newsletter.

Please follow us this summer through houghton.littlebrothers.org/blog/, facebook.com/LittleBrothersUP/, or sign up to receive our volunteer e-newsletter.

The Volunteer of the Year will be announced on Wednesday, September 2, 2020.

FUNDING UPDATES

*The **Superior Health Foundation** awarded us \$1,000 for technology support during the Covid-19 pandemic. With that gift we were able to purchase a laptop to enable a staff member to work from home safely.*

*The **Michigan Health Endowment Fund** awarded us a \$50,000 Capacity Building Grant for Donor Stewardship to increase our organization effectiveness and sustainability. This funding will allow us to learn new and effective fundraising approaches to maximize our resources.*

In Memoriam



Dorothy Barry

09/26/1930-03/12/2020

Visited by Louna Koch

Duane Savukoski

10/10/1945-03/24/2020

Visited by Louna Koch

Verna Chapin

03/30/1946-05/20/2020

Visited by Stella Keul

Do I need to wear a face mask while volunteering?

Yes. Please wear a facemask when you provide any volunteer service for an elder that requires you to be in close proximity.

The CDC recommends face coverings where social distancing measures are difficult to maintain due to the fact that the virus can spread between people interacting in close proximity even if those people are not exhibiting symptoms.

We have distributed face masks to all of our elderly friends who participate in our core programs.

If you need a mask, please request one by calling 906-482-6944 and we'll do our best to provide you with one.

We are continually monitoring the situation and will make adjustments to our protocols as necessary.

Thank you to the Face Masks from the Keweenaw group, Justin and Jaime High of High's Adventure Gear, and the Portage Health Foundation for donating face masks to our organization.

SILVER LININGS

With limitations on in-person activities, Little Brothers - Friends of the Elderly responded by creating some virtual phone activities. One activity we're hosting out of our Marquette location is "Detroit Reunion".

Many of our elders have ties to Detroit and enjoy reminiscing about their time working and living there.

Volunteer Stephen Smith, a Hancock High School history teacher, is originally from the Detroit area and was interested in hosting a discussion



Stephen Smith with our elderly friends to discuss Detroit's history, iconic landmarks, and renewal.

This phone activity has created a comfortable space for the participants to share their concerns and opinions regarding other topics and be supportive of one another.

While the phone activity has posed some challenges for our elderly Forever Friends including forgetting to call, hesitation in joining conference calls, and stumbling over pin numbers, Volunteer Coordinator, Andrea Harvey helped facilitate the call by reminding the elders. For those who were not comfortable calling in, Andrea called them using multiple phones so they could listen over the speaker. Twelve Forever Friends participated in the first phone call.

Overcoming these challenges allowed the elderly friends to participate when they normally would not or could not. One elderly Forever Friend, Emlee, grew up in Detroit and began to cry while reminiscing about Belle Isle where her family went every Sunday afternoon when she was a young girl.

Other virtual phone activities include Homebound Bingo, Totally Trivial Trivia, Musical Memories, Beyond the Book Club/Readings, Visual Relaxation, Coffee Hour, and Murder Mystery WhoDunnit.



Doug Dernberger and Beverly Jukkala practice distant socializing.

Phone: 906-482-6944

Fax: 906-482-6106

Email: michigan@littlebrothers.org

Website: houghton.littlebrothers.org

Little Brothers - Friends of the Elderly

527 Hancock Street

Hancock, MI 49930

Address Service Requested

The Rose

Volunteer Newsletter

Summer 2020

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This is your chance to win a Ford Mustang while supporting our Medical Transportation Program



PRIZES

1st Prize - 2011 Ford Mustang Convertible Black with Black/Saddle -Tan interior, 3.75L V6 engine, Auto Transmission, A/C, Full Power, Shaker Stereo System with GPS Navigation, Sequential Rear Turn Signals, Sharp Condition!

2nd Prize - Door County, WI Weekend Get-Away, includes Lodging and Meal Certificates at the White Gull Inn, Fish Creek, WI

3rd Prize - \$250 VISA Gift Card

4th Prize - Two Cords of Firewood cut and split, delivered within a 40 mile radius of Hancock, or \$200 cash alternative

5th Prize - A Dozen Assorted 9 ounce Jars of Keweenaw's Bounty Jams and Jellies, donated by the Wood'n Spoon, Mohawk, MI

Our Mustang Sweepstakes is our main source of funding for our Medical Transportation Program. All proceeds from the ticket sales supports our Medical Transportation Program and provides a much-needed service to our local elders.

Our Medical Transportation Program provides elderly people age 60 and older with rides to and from their medical appointments free of charge.

Tickets are \$5.00 per ticket, or \$10.00 for three, \$20.00 for six, or \$30.00 for ten tickets.

Tickets can be purchased online through our website, houghton.littlebrothers.org/mustang-sweeps/, by mail, by calling the office at 906-482-6944, or at the office located at 527 Hancock Street in Hancock.

They will also be available for purchase at fairs and festivals throughout Houghton, Marquette, and Ontonagon.

DRAWING September 18, 2020. Location to be announced.