

FALL 2024

# THE ROSE



HOLIDAY VOLUNTEER  
AND GIVING  
OPPORTUNITIES

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DRIVE TO CARE

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VOLUNTEER OF THE  
YEAR HELEN  
LAFAYETTE

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PROMOTING  
HEALTHY AGING AT  
HOME

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TAKING A LOOK AT  
ONTONAGON  
COUNTY

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WARMING HEARTS  
AND HOMES

LITTLE BROTHERS  
FRIENDS OF  
THE ELDERLY

# LBFEE

# OPPORTUNITIES

## MEAL PREPARATION

Arrive early to help prepare a traditional holiday meal. A lead cook will provide direction.

## DINING ROOM SETUP

Arrive mid-morning to set tables and decorate the hall. Package meals for home delivery.

## SERVING

Arrive mid-day to serve the meal to seated guests. After serving, sit down and enjoy a meal yourself with the elderly guests.

## CLEANUP

Assist with cleanup during and after your assignment. Wash dishes, sweep, mop, etc.

## MEAL DELIVERY

Arrive mid-day to pick up meals to deliver to an elder's home. Stay for a short visit if the elder is receptive to company.

## DRIVE ELDERLY GUESTS

Pick up a few elderly guests at their homes and drive them to the dinner party. Stay and enjoy a meal with them.

## MUSICAL ENTERTAINMENT

Do you play the piano, guitar, violin, or sing? Provide a festive atmosphere as elderly guests arrive and during the dinner party. Take a break when the meal is served to enjoy the meal yourself.

## NURSING HOME GIFT DELIVERY

Pickup gifts from LBFE to deliver to elders residing in nursing homes.



# VOLUNTEERS NEEDED

## Celebrate with your elderly neighbors

LBFE has a long tradition of hosting holiday meals to bring joy and friendship to our elderly neighbors. The holidays represent a time for family and friends to join together. For someone without family or small social circles, the holidays can be a lonely time.

Help us celebrate the holidays with those who are longing to be remembered.

Our founder, Armand Marquiset, believed that cooking and sharing a meal together is an important symbol and gesture of love. His motto, "flowers before bread" is an expression of this philosophy.



## DINE-IN & HOME DELIVERY LOCATIONS

**BARAGA ST. ANN'S**

**CALUMET SACRED HEART**

**CALUMET CLK SCHOOL**

**HANCOCK RESURRECTION**

**HANCOCK SALVATION ARMY**

**HOUGHTON ST. IGNATIUS**

**MARQUETTE ELKS LODGE**

**ONTONAGON HOLY FAMILY**

**SOUTH RANGE GRACE LUTHERAN**

**TAPIOLA DOELLE**

Registration and details at  
[register.littlebrothers.org](https://register.littlebrothers.org)

# DELIVER CHRISTMAS CHEER

## Throughout December

Being remembered during the holidays brings joy and a smile to the faces of our elderly friends.

Each December, LBFE delivers 200 festively wrapped Christmas boxes of food to our elderly friends. Each box contains 18 non-perishable food items with holiday favorites and more.

Each of our elderly Forever Friends also receive a personalized gift generously donated by our Catholic community through a giving tree program.

**SANTA needs helpers!** Volunteers are needed to deliver these boxes of food and gifts to our elderly friends throughout the month of December.

Please call 906-482-6944 or go to [register.littlebrothers.org](http://register.littlebrothers.org) to sign up.



### CHRISTMAS BOX WRAP

Fill and wrap Christmas Food Boxes.

### CHRISTMAS BOX DELIVERIES

Deliver festively wrapped boxes of food filled with treats.

### CHRISTMAS GIFT DELIVERIES

Deliver personalized gifts to elders.

## OTHER EVENTS AND OPPORTUNITIES

LBFE has many social activities planned in the following months. Please consider volunteering to drive elders to the events, prepare a meal, setup, serve, provide entertainment or more. **Dates are subject to change.**

### OCTOBER

- 02 - International Day of Older Persons gift deliveries
- 10 - Halloween Party in Ontonagon
- 16 - Birthday Party in Hancock
- 18 - Food Bag Deliveries
- 24- Halloween Party in Baraga
- 26 - Halloween Party in Hancock
- 31 - Halloween Party in Marquette

### NOVEMBER

- 02 - Food Drive
- 15 - Food Bag Deliveries
- 27 - Deliver food and supplies to a Thanksgiving meal site
- 28 - Thanksgiving

### DECEMBER

- 06 - Christmas Food Box Wrap in Hancock
- 09 - Delivery of Christmas Food Boxes and Gifts begins and goes through Christmas Eve
- 24 - Deliver food and supplies to a Christmas meal site
- 25 - Christmas



It takes a lot of food to prepare over 1,200 meals at ten sites across five counties. We are grateful to the many local businesses that donate to make it possible.

We always have a few odds and ends after those donations to make sure every meal site gets the proper quantity of food to prepare the meals.

Please take a look at our wishlist and

consider picking up a few of the items on your next shopping trip.

We particularly need homemade desserts and homemade Christmas cookies.

At Thanksgiving we serve an assortment of pies. At Christmas, we serve a variety of desserts including cakes, bars, brownies, fruit pies, etc.

**For food safety, the only dessert we cannot accept are homemade pumpkin or cream pies. Store-bought pumpkin is okay.**

## WISHLIST

- APPLE JUICE
- BROWN SUGAR
- BUTTER
- CANDY - Individually wrapped
- CHICKEN BROTH
- CINNAMON STICKS
- COFFEE - Regular and Decaf
- CREAMERS - Individual
- HOMEMADE CHRISTMAS COOKIES
- HOMEMADE DESSERT
- PINEAPPLE JUICE
- SPARKLING JUICE
- VOTIVE CANDLES

**CALL 906-482-6944 or check out our most current wishlist at [bfemichigan.org/wishlist](http://bfemichigan.org/wishlist)**

## DRIVE TO CARE

LBFE has a critical need for volunteer drivers.

Our Drive to Care volunteer engagement campaign provides mileage reimbursement for volunteers who use their own vehicles. This initiative is designed to reduce barriers to volunteering.

Through our Medical Transportation Program, LBFE arranges rides to and from medical appointments for our elderly friends free of charge to ensure they can keep their essential appointments.

They rely on us because they are unable to drive themselves. They

may not be able to afford public transportation or taxi service, they require standby assist through our door-through-door service, or they require a wheelchair accessible vehicle.

Volunteers provide knowledgeable and compassionate service who give reassurance, friendship, and assistance.

LBFE is grateful to the Blue Cross Blue Shield Foundation, Copper Shores Community Health Foundation, Superior Health Foundation, and small family foundations for funding this important initiative.



**VOLUNTEER DRIVERS**

**NEEDED**

Mileage reimbursement available when you use your own vehicle.



# VOLUNTEERS MAKE IT POSSIBLE

Each year, over 1,000 volunteers put in more than 11,000 hours in service to the elderly through our seven core programs.

Volunteer impact is what makes LBFE successful in relieving isolation and loneliness among the elderly.

To recognize volunteer impact, LBFE introduced a change in our award structure. In lieu of recognizing volunteers for their years of service, we have begun to recognize volunteers for their contributions, no matter how short or long they have been with the organization.

In addition to honoring the

volunteer of the year and the ambassador of goodwill – we honored four volunteers this summer for their service in the following categories:

**Leadership** – takes charge

**Above and Beyond** – goes the extra mile

**Count on Me** – dependable and available when needed

**Spirit** – brings joy to every assignment

We will continue to review our volunteer recognition and plan to introduce more categories next year.

## AMBASSADOR OF GOODWILL

Joyce Koski

## ABOVE AND BEYOND

Travis Andrus

## COUNT ON ME

Lou Helman

## LEADERSHIP

Steve Carlson

## SPIRIT AWARD

Judy Sellers

## VOLUNTEER OF THE YEAR Helen LaFayette



Les Bek, Marquette Program Manager and Helen LaFayette, Volunteer of the Year, at the annual volunteer and elder appreciation picnic in Marquette.

When we talk about LBFE in Marquette County, we can't tell the story without including a main character, volunteer Helen Lafayette.

Helen began volunteering at our very first holiday dinner in 2013. We served close to 100 dinners each holiday for several years, moving sites as the numbers grew. Helen pitched in anywhere and everywhere.

Our numbers have topped 200, and we can't imagine coordinating and serving our holiday dinners without Helen's leadership. She is committed to quality and her every action is fueled by compassionate friendship.

**Helen is the first person to turn on the kitchen light and last person to turn it off.**

Helen has grown in her volunteer role to include additional programs. She visits a Forever Friend as a visiting volunteer. At social gatherings throughout the year, she can be found in the kitchen or chatting with an elder.

Thank you, Helen.

By Leslie Bek

# HEALTHY AGING AT HOME

Home safety and egress is vital to living independently. LBFE Forever Friend, Marlene, has lived in the house her grandparents built for her entire life. Living on a fixed income, she has struggled to keep up with repairs that keep it safe.

Medical issues compounded by use of a wheelchair made it difficult for her to leave the house. While she has a wheelchair accessible ramp, her dilapidated porch made it difficult and unsafe to leave the house.

The Johnson Needs Fund has enabled LBFE to rebuild her porch that provides her with independence and allows her to continue living in her home.

Volunteers and contributions are needed to help implement more vital projects like this. Please call us at 906-482-6944 for more information.



## STAY UP-TO-DATE ON LBFE NEWS

*Like and follow us on social media.*

Never miss out on LBFE News.

LBFE has launched a new website with a fresh look. Find us at **lbfemichigan.org**.

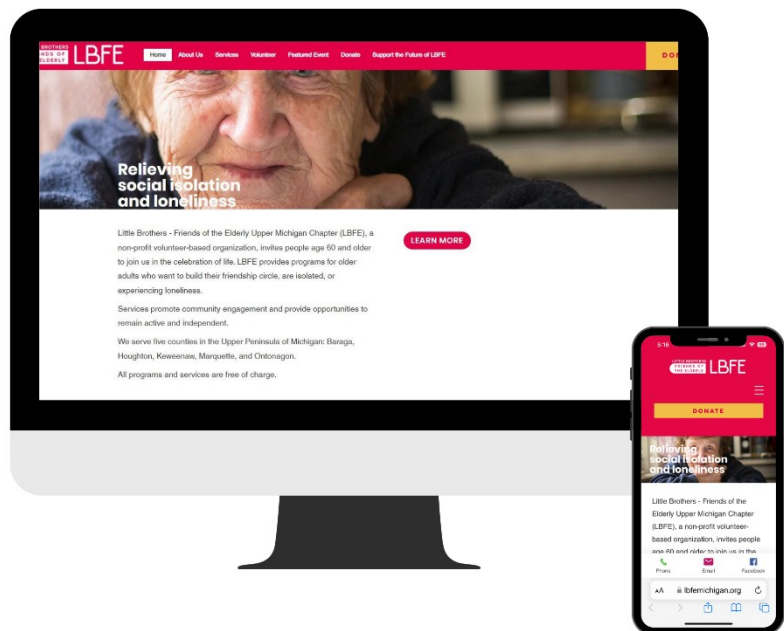
Here you will find lots of information about our programs and services as well as links to the National Network and International Federation.

We will continue to add and update content with featured events and current volunteer and giving opportunities.

You can also find us on Facebook and Instagram for frequent updates and stories. We will also begin introducing you to staff and volunteers on social media.

For specific questions, send us an email.

**lbfemichigan.org**  
**facebook.com/LittleBrothersUP**  
**instagram.com/lbfe\_upper\_michigan**  
**michigan@littlebrothers.org**



# SCAMS KNOW NO BOUNDARIES by Leslie Bek



Scamming of elderly people knows no boundaries. With the connectivity of our

world today your physical location is no longer a protective factor. At times we fall victim to assumptions of certain levels of safety in our communities and the 'not in my backyard' mentality.

The harsh reality is many bad things are here, just not as visible until they appear in your email inbox or ring up your phone.

If you suspect a scam, there are a few important steps you should take right away. Do not share your personal or financial information and contact your local police or sheriff's office to report the scam.

*"Scams may vary in the details, but they usually contain the same ingredients. If it's an urgent or secret request, contains a personal connection to you somehow or asks for money in an unusual payment type like a gift card, trust your gut and assume whoever is contacting you is trying to take advantage."*  
**Michigan Attorney General, Dana Nessel**

## In Memoriam

**Jean Simila**

11/6/1931 - 3/10/2024

**Visited by Romy Kulke**

**Barbara Gariepy**

7/14/1938 - 3/27/2024

**Visited by Romy Kulke**

**Jean "Sally" McGuire**

8/29/1930 - 4/11/2024

**Visited by Lars Eschweiler**

**Roberta Lambert**

9/10/1942 - 4/14/2024

**Visited by Ella Grabinger**

**Norman Makela**

6/14/1939 - 4/16/2024

**Visited by Jeremy Brunner**

**Betzabe "Betsy" Praeger**

4/14/1934 - 4/17/2024

**Visited by Romy Kulke**

**Gordon Stack**

12/3/1942 - 7/5/2024

**Visited by Leslie Bek**

**Janice Herstrom**

3/14/1942 - 9/13/2024

**Visited by Danielle Berg**

**Eleanor Bertolli**

8/3/1920 - 9/23/2024

**Visited by Jeremy Brunner**

## ADDRESSING COMMUNITY NEED

The LBFE Vision Committee began an assessment of our Ontonagon County service area this summer.

Ontonagon County has a significantly higher population of older adults aged 65 and older (38.7%) than Michigan (19.2%) and national (17.7%) averages. The needs of an aging population in a rural area, coupled with lack of senior services and transportation were compounded by the abrupt closure of the only hospital in the county in April 2024.

We began by assessing current LBFE programming, community need, and potential growth of LBFE programs based on need and community resources.

We are having conversations with community leaders, agencies, and other key stakeholders in Ontonagon County.

A questionnaire of LBFE elderly friends and volunteers residing in Ontonagon has given us their perspective of this community.

Initial feedback identifies medical transportation as a primary need for older adults in Ontonagon County. While LBFE has a robust medical transportation program in Houghton and Keweenaw

Counties, we are a volunteer-based organization dependent on volunteers in our service areas for sustainable program delivery.

While the project is not complete, we have made significant progress to assess the community needs and the potential impact and growth of LBFE in the community.

Next steps include compiling and analyzing all data that has been collected and outlining our goals and objectives based on our findings that align with community need and the LBFE mission.

Initial consideration includes focusing our Drive to Care Volunteer Engagement campaign in Ontonagon to recruit volunteer medical transportation drivers.

We are also considering a potential new program to foster telehealth options for older adults.

If you live or work in Ontonagon and would like to help LBFE address this vital public health need, please call Carol to share your feedback or volunteer. 906-482-6944.



527 Hancock Street  
Hancock, MI 49930

Address Service Requested

FALL 2024

# THE ROSE

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

## WARMING HEARTS AND HOMES



This summer, volunteers completed the building of a second woodshed to store cut and split firewood.

This completes the development of the woodlot since it's acquisition in 2016.

LBFE is grateful to everyone who helped with building the shed this year. Volunteers and staff put in over 200 hours into the project.

Each year the Firewood Program relies on donations

of logs from local mills. This year, J.M. Longyear and Northern Hardwoods donated 75 cords.

Many individual volunteers help with chainsaw maintenance, cutting logs, splitting, deliveries, and stacking.

Volunteer groups split the wood, including over a dozen MTU student groups, fraternities, and sororities.

The success of the program

to warm the hearts and homes is only made possible by the contributions of many.

Last fiscal year, LBFE delivered 138 truckloads of firewood to 76 elderly friends who use firewood as a primary or back-up source of heat who otherwise could not afford to purchase it themselves.

*Thank You*