



“Name that Neighborhood” - See page 2 for the answer!

612-277-2529

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eastsidemeals.org

Serving meals and smiles to our neighbors in NE and SE Minneapolis and St. Anthony Village

“Meet Marilyn ~ a long time client”

Sometimes former occupations play a role in whether a Eastside Meals on Wheels (EMOW) delivery person knocks on the door.

This could be the case with Marilyn Preisinger. A longtime EMOW client, the hard working mother held a number of out-side jobs in addition to raising her daughters. Preisinger worked as a rental agent, but perhaps the most physically demanding job was that of house cleaner.

"It's very hard work," Preisinger, a former Fridley resident, said.

Preisinger's clientele numbered as many as a dozen. This had her sometimes cleaning two homes a day, a rigorous task which exacted a toll on the hands and knees. Indeed, it's the difficulty she now has in movement — difficulty in preparing her own meals — that has an EMOW delivery person stopping at her Northeast apartment once a week.

In general, Preisinger likes what she receives. Occasionally, there's a meal she likes less, but that's to be expected, she indicated.

While Preisinger's children have left home, she's not alone.

"I couldn't believe I found her there (in the Coon Rapids' animal shelter), " Preisinger said of Gracie, her Siamese cat.

EMOW delivery people, dropping off meals, do not throw Gracie into a tizzy, as they might with other cats.

"She's more like a dog," Preisinger said, laughingly. Volunteers can actually hold Gracie, she said.

Preisinger is just one of the many people EMOW serves.

The nearly 300 EMOW's volunteers deliver some 28,000 meals a year in the Eastside.

Board Member Needed!

Are you interested in helping shape the future Eastside Meals on Wheels program? We are looking for individuals who can serve on the EMOW Board of Directors. We meet every other month (6 times per year) on Wednesday evenings. If you have great ideas and a passion for helping the NE community, please contact us right away, we would love to talk to you about the opportunity to serve on the EMOW board. [612-277-2529](tel:612-277-2529)

Veterinarian does house calls!

Caravan Vet is the Twin Cities' only full-service veterinary house call practice. Their mobile clinic delivers state-of-the-art veterinary care to your doorstep because patient comfort and client satisfaction are their highest priority. They can be reached via email info@caravanvet.com or call them directly at 612-3685-7663.

Holiday Schedule

EMOW will be closed on Tuesday, July 4th, Your meals will be delivered on Monday, July 3rd.



Do you shop on Amazon?

Every time you or a friend orders from Amazon in our name, EMOW is given 0.5% of the purchase price!

Go to www.smile.amazon.com



HOME Program helps Seniors Stay Safe at Home

Speaking of HOME, here are some fun facts that you may not know about our HOME program:

- **Did you know HOME stands for Household & Outside Maintenance for Elderly?**
- **Did you know one-third of people over the age of 65 fall every year?** Part of the reason is your physical environment — your home.
- **Did you know they offer Home Health & Safety Assessment with a written report of the practical steps you can take to reduce falls and make your home safer?** Their team of handypersons can work with you to complete needed repairs and safety improvements.
- **Did you know they provide senior homemaking services?** - vacuuming, dusting, sweeping/mopping floors, cleaning bathrooms, cleaning kitchens, and changing bed linens and more. This can also be a great relief to family members who find themselves balancing time to keep their own home comfortable.
- **Did you know they have handymen available to provide assistance around the home?** They can help with changing light bulbs, installing grab bars, fixing leaky faucets, repairing running toilets, installing new faucet and light fixtures, checking carbon monoxide and smoke detectors, changing furnace filters, and hanging wall decorations and mirrors.

For more information on HOME or to schedule a Home Health & Safety Assessment call 952-746-4046 or visit www.seniorcommunity.org. Service Area: Hennepin County

Don't Fall into Financial Crisis. Let Senior Partners Care help.

An increasing number of Minnesota's low to moderate income individuals are at risk of sliding down the slippery slope toward financial crisis. The problem is becoming critical for thousands of older or disabled Minnesotans whose income is between 100% and 200% of the Federal Poverty Index. These are people who are on Medicare, do not qualify for Medicaid, and are frequently unable to pay the balance of their health costs after Medicare has paid.

Fortunately, there is help for these Minnesotans, who meet eligibility requirements, with the Senior Partners Care program. **The Senior Partners Care** program helps Medicare beneficiaries bridge the financial gap between what they owe on medical bills and what is covered by Medicare. Senior Partners Care is not insurance. However, thanks to partnerships with hundreds of hospitals, clinics and providers statewide, seniors and disabled may have all or part of their healthcare debt waived by participating providers.

To qualify, seniors and disabled must have Medicare A and B, no supplemental insurance, meet income and asset thresholds, seek care from participating medical providers and submit an application with a modest annual fee, for approval. For an application or to receive more information on Senior Partners Care call 952-767-0665 or toll free at 1-888-541-5488 or visit them at www.seniorcommunity.org/programs/senior-partners-care/

You Gave, Now Save: A Guide to Benefits for Seniors

A new national campaign led by the National Council on Aging, **You Gave, Now Save**, can connect seniors to resources and benefits to help increase their monthly budgets. To help assist seniors, check out tools, education materials, and resources at

<https://www.ncoa.org/economic-security/money-management/budgeting/you-gave-now-save->

ANSWER: Name that Neighborhood:

This unusual Northeast "neighborhood" is the Heron Rookery - a two island residence for Herons on the Mississippi between 27th and 29th Avenues. The rookery was severely damaged in the 2011 tornado but has since recovered. Marshal Terrace Park is in the background.