



Name this church - see page 2 for the answer

612-277-2529

April 2016

eastsidemeals.org

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

### "From EMOW Newsletter Articles to a Doctoral Study in Leadership"

As I wind up my year writing newsletter articles for EMOW, I was asked to write an article about myself. Here it goes!

Though I was born in Fridley, Minnesota, my parents moved our family to Washington, DC when I was a year old. I grew up in D.C. and then went to college and grad school in Colorado, California, and Ohio. My motto was, "Go to school - see the country!" I guess I have always had a bit of wanderlust. About nine years ago, I wanted to buy a home of my own. DC has very expensive real estate, so I returned to my roots - the Twin Cities. I'm still getting used to our long winters - however, I love our lakes!

I am a lifelong learner with three degrees - a bachelor's degree, a master's degree, and a law degree. On January 4th of this year, I embarked on a doctoral degree in business administration - a "DBA" degree. Reading journal articles and writing research papers with APA citations are taking a substantial amount of my free time. So it is time to pass the newsletter article torch to new enthusiastic volunteers.

When I wrote newsletter stories, I asked what led the person to volunteering for EMOW? Here's

my back story. I had to make friends from scratch when I moved to the Twin Cities. I tried a lot of strategies - volunteering, meetups, and hosting get-togethers at my home. I found that making close friends in middle age is very different from making friends when one is younger. The research shows three things are very important in making friendships: 1) close proximity; 2) repeated, unplanned interactions; and 3) an environment where one feels comfortable being his/her "real self." For others wanting to forge new social ties in middle age, I developed a website called Plan B Connections ([www.planbconnections.com](http://www.planbconnections.com)) and I delivered a TED talk about my experiences. While I have nice friends now whom I treasure dearly, I believe that one can never have too many "real friends."

Volunteering for EMOW is a great way to support the fight against social isolation and loneliness, which can happen at any age and can be very detrimental to our mental and physical health. I wish EMOW continued success in its wonderful work and mission!

~ Lisa Cook



### Holiday Schedule

EMOW will be closed Monday, May 30th for Memorial Day. Your meal will be delivered on Friday, May 27th.

EMOW will be closed on Monday, July 4th for Independence Day. Your meal will be delivered on Friday, July 1st.



### Free Tax Help for Seniors

If you need help with your taxes, contact Eastside Neighborhood Services at 612-781-6011. They take walk-ins or you can schedule an appointment.

### Board of Directors Update

**1. Board Strategy** - The Board of Directors held their annual strategy meeting on January 23, 2016. We set two primary goals this year - 1) Increase clients by 10% of 2015; and 2) Improve recruiting efforts - volunteers and community connections. We are excited about the upcoming year and hope to report back you next year on our results.

**2. Board Membership** - we are actively recruiting for board members at this time. We are in need of three new board members. If you are interested, or if you know someone who might be interested, please call the office and let us know.

### Volunteer Appreciation

April is volunteer month at EMOW. We invite all of our volunteers to stop by our offices during April to pick up a \$5 gift card to Culver's of St Anthony.



## Senior Partners Care Eliminates Medicare Out of Pocket Costs

Senior Partners Care (SPC) is one of the best kept secrets in Minnesota. If you are currently enrolled in Medicare, or will be starting soon, please keep reading. Senior Partners Care is not insurance. It is a community based program that enables Minnesota Medicare recipients to access the medical care they need. This program bridges the financial gap between their medical bills and their Medicare coverage. SPC has partnered with most of the major metropolitan area hospitals and hundreds of clinics and providers statewide. These healthcare providers (SPC Partners) have agreed to accept Medicare as full payment for Medicare covered expenses. They waive the Medicare deductibles, coinsurance, and copayments.

### Who is Eligible? Program Participants must:

- Have Medicare parts A & B
- Receive care from participating medical providers
- Meet income and asset thresholds
- Submit an application and a \$42.00 annual application fee

### Senior Partners Care 2016 Financial Guidelines

Persons in family/household	Monthly Income (200% FPG)	Annual Income (200% FPG)
1	\$1,980	\$23,760
2	\$2,670	\$32,760

Liquid assets, excluding a house you live in and one car, cannot exceed \$48,600, regardless of household size. Participants are encouraged to purchase a separate Part D drug plan to cover their prescription drug costs because neither Medicare nor Senior Partners Care covers prescription drugs. For program details and applications: <http://seniorcommunity.org/programs/senior-partners-care/> or call 952-767-0665.



**ANSWER: What church is this?** If you guessed Waite Park Church in Northeast Minneapolis, you are right! This photo shows the Commons area in the recently remodeled church where Eastside Meals on Wheels is headquartered.

## Do you shop on Amazon?

This is an extremely easy way to help your favorite non-profit (Eastside Meals on Wheels) with their fundraising. Eastside Meals on Wheels is registered as a nonprofit with **AmazonSmile**. 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](http://www.smile.amazon.com). Sign-in with your Amazon ID and Password., choose our organization and start shopping! Amazon takes care of the rest. The next time you log into Amazon, it will automatically ask you if you want to go to **AmazonSmile**.

### Upcoming Events

**Indeed We Can Fundraising** event will be held on Wednesday, June 8<sup>th</sup>. Indeed Brewery will be donating a portion of their receipts that evening. Please bring your friends and join us for a relaxing evening!! Please contact the office if you have any questions.

**NE Parade** – EMOW plans to march in the NE Parade on Tuesday, June 21<sup>st</sup>. We will be wearing our green t-shirts and promoting our great program. Let us know if you want to march with us – contact Mary M. at 763-242-2471 if you are interested.

**Volunteer Appreciation Week is April 10-16.** We wanted to take a moment to recognize all the hundreds of volunteers that make our program a success! We have numerous drivers that show up each day and deliver the meals... rain, snow or shine. We have volunteers behind the scenes who do our accounting/bookkeeping, organize the fundraising events, write articles for newsletters and give of their time at speaking events to get the word out about our EMOW. Without great volunteers, this program would not be where it is today.

**THANK YOU SO MUCH FOR EVERYTHING YOU DO!**