

"Name that Neighborhood" - See page 2 for the answer!



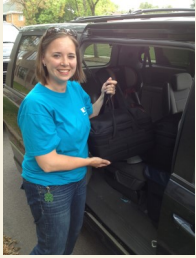
612-277-2529

August 2016

eastsidemeals.org

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

"UCare Volunteers with Eastside Meals on Wheels"



A list of steadfast corporate supporters of Eastside Meals on Wheels must have UCare at the top.

For some nine years — or a string of about 468 Fridays — a core of volunteers at the health plan provider has delivered meals for Meals on Wheels. The company, explained Christine Erlenbusch, Employee Engagement and Events Lead Person for UCare, has a philosophy and mission of giving back to the community.

Fortunately, Eastside Meals on Wheels has been an excellent vehicle for putting that philosophy into action. "This happens to fit us very well," Erlenbusch said of the Eastside Meals on Wheels connection.

The idea of partnering with Meals on Wheels came from employees, Erlenbusch said. Many UCare employees want to volunteer, but the reality is, for those with children, for instance, it isn't always easy to find time. That's one reason assisting Eastside Meals on Wheels works, she said. Employees can slip away over lunchtime on Friday and fit volunteer work into their busy schedules.

"Usually they find a buddy to go with," Erlenbusch said. So typically two UCare employees at end of work week take to the road to make sure isolated, vulnerable people needn't worry about having enough to eat. Volunteers take the task seriously because they're delivering on Friday and they are also taking along meals for Saturday.

Finding volunteers to do the 45-minute Eastside Meals on Wheels run isn't hard. Usually an email is all that's needed, she noted. Not that Erlenbusch's own dedication to Eastside Meals on Wheels centers in her office. She, too, has knocked on doors, meals in hand.

Erlenbusch estimates a UCare volunteer core of about 36 people keeps the long-standing Eastside Meals on Wheels/UCare partnership flourishing.

It isn't surprising that such enduring relationships flow out of UCare. The Star Tribune year after year ranks UCare, with its corporate headquarters in Minneapolis, as one of the best places to work in Minnesota. The company has other long-standing charitable relationships, some even predating Eastside Meals on Wheels, Erlenbusch noted.

UCare has about 570 employees in the region. "UCare is one of the strongest volunteer partnerships we have. We can always count on the UCare volunteer team to be dependable, flexible, agreeable and easy to work with."

Holiday Schedule

EMOW will be closed on Monday, September 5th for Labor Day. Your meal will be delivered on Friday, September 2nd.

Upcoming Events

Northeast Open Streets –
August 7th - EMOW will have a booth outside of Maeve's restaurant. Please stop by and say "Hi"!

Give to the Max Day –
November 17th

Cub Foods Bagging –
November 23rd

Walk for Hunger –
November 24th



What is the HOME program? Here are some fun facts that you may not know about the HOME program in our area:

- ◆ Did you know this 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. They offer a free Home Health & Safety Assessment and a Written Report.
- ◆ 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 change light bulbs, install grab bars, fix leaky faucets, repair running toilets, install faucets and light fixtures, check carbon monoxide and smoke detectors, change furnace filters and hang wall decorations and mirrors.

For more information on the HOME or to schedule a free Home Health & Safety Assessment call their office at 952-746-4046 or visit www.seniorcommunity.org

Senior Partners Care ~ Does the financial burden of the gap left between medical bills and Medicare keep you or a loved one from getting critical medical care needed to stay healthy? Stop worrying, there's a solution! Let Senior Partners Care (SPC) help you. SPC is a statewide program, which began in 1973, that helps low to moderate income Medicare beneficiaries limit their out of pocket medical expenses.

SPC has partnered with many of the major metropolitan area healthcare systems and hundreds of clinics and providers statewide. Some of our key metro providers are Fairview, HCMC, Park Nicollet/Methodist, North Memorial, HealthEast, and Minnesota Oncology. Partners agree to accept Medicare as full payment on Medicare covered services for SPC members.

Senior Partners Care members must be enrolled in Medicare Parts A and B, cannot have a supplemental medical insurance policy (though they can have a Part D Drug only policy), are not on Medical Assistance, and meet our program's financial guidelines: \$1,961.00 in gross income per month for a single person and \$2,655.00 per month for a couple, and liquid assets of under \$48,500 per household regardless of size. This excludes a house you live in and one car. Just look at the impact SPC has had on Jean's life, "I've been retired for 20 years and have a fixed income. SPC has saved me thousands of dollars."

For program details and applications, visit www.seniorcommunity.org/programs or call them at (952) 767-0665.



EMOW is looking for volunteers to help with the following events/projects

Give to the Max Day – EMOW is seeking a volunteer who can help promote this event during the day on Thursday, Nov 17. Promotions will be done via Facebook. Please contact Reanne at 612-581-9294.

Fundraising Committee – MNDE Event – EMOW is seeking volunteers to help distribute promotional material to our Mission Nutrition Dining Edition Restaurants. Materials will be distributed the week of August 29th. Contact Eileen at 612-277-2528.



Keep yourself and your pet safe during days of extreme heat

- Drink more fluids.
- Never leave any person or animals in a closed, parked vehicle.
- Wear lightweight, loose-fitted clothing.
- Check on your neighbors who may be at risk.
- Take an air conditioning break.
- Limit outdoor activity, especially midday when the sun is hottest.
- Don't rely on an electric fan

Protect Your Pets

- Keep your pet inside and out of the direct sun.
- Be sure your pet has enough clean, cool water.
- Never leave your pet unattended in a parked car for any period of time.
- If you see an animal outside or in a car exhibiting signs of heat stress, call call Minneapolis Animal Care & Control (MACC) immediately. Dial 311 (612-673-3000). If you believe the situation to be life-threatening, please call 911.

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.

ANSWER: Name that Neighborhood:

Prospect Park is a thriving community located at the very southeast corner of our delivery area. The "Witches Hat" tower is its famous landmark visible from miles around.