



EASTSIDE



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

612-277-2529

October 2016

eastsidemeals.org

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

"Meet Gladys ~ a long time client"

Eastside Meals on Wheels' (EMOW) customer Gladys D. likes the sound of the doorbell. "I look forward to opening my door because the (EMOW delivery) people are so nice," she said.

Gladys, 88, is a longtime EMOW customer. She and her late husband raised a family on Johnson Street in North-east Minneapolis, not far from the Hollywood Theater. A light stroke and other considerations had Gladys moving several years ago to an apartment in a nearby community.

EMOW services followed her, continuing delivery five days a week to the Green Bay Packers' fan.

"It's just me alone now," Gladys said. She really doesn't cook for herself any more so she considers Meals on Wheels a good alternative to having groceries delivered. The meals are good, and her dietary requirements — such as no broccoli — are considered in meal preparation.

And then there's the EMOW delivery people themselves. Gladys speaks with obvious fondness for the volunteers. She mentions one who delivers her meals on Thursdays, a former Wisconsinite like herself, who will announce over the intercom when arriving, "It's the Green Bay Packers!" or they might indicate that Green Bay star quarterback Aaron Rogers is paying a call. "They are so cheerful," Gladys said of EMOW volunteers.

Her Thursday delivery guy sometimes will have grandchildren in tow, she said. Gladys explained that she likes all of the delivery people, young and old, who faithfully deliver her meals. Even though they don't stay very long as they have other meals to deliver, Gladys and her children living nearby, indicated there is still a certain reassurance with having EMOW that goes beyond getting something to eat.

"They do a pretty good job," she said.



RAKE THE LEAVES! Fall Yard Clean-Up

Leaves do fall. Improve your health while helping a senior citizen remain independent in their home! You choose the date & time to rake/clean up the yard. Perfect for individuals, groups, and families. Starting mid-October (depending upon the weather) until the snow stays. This is a one-time fun unpaid activity available weekdays & weekends. Feel free to

sign up multiple times! Exact location TBD in Minneapolis or Suburban Hennepin County, depends upon where the senior citizen resides. Please contact the Household & Outside Maintenance for Elderly (HOME) Program's Volunteer Coordinator at scsvolunteer@seniorcommunity.org or call 952-767-7894 for more information.

The HOME Program number is 952-746-4046 or home@seniorcommunity.org, if a senior age 60+ needs raking or other services in Hennepin County. Senior Community Services is a nonprofit organization with five programs serving elders and caregivers statewide. For more information please visit www.seniorcommunity.org or call 952-541-1019. Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their area. Thank you!

Holiday Schedule

EMOW will be closed on Thursday, November 24th and Friday, November 25th. Your meals will be delivered on Wednesday, November 23rd.

EMOW will be closed on Friday, December 23rd and Monday, December 26th. Your meals will be delivered on Thursday, December 22nd.

EMOW will be closed on Friday, December 30th and Monday, January 2, 2017. Your meals will be delivered on Thursday, December 29th.





This study, funded by AARP Foundation and conducted by researchers at Brown University, implemented a groundbreaking approach to investigating the impact of meal service delivery on homebound seniors receiving Meals on Wheels. **The study's findings validate what we've all known for decades anecdotally through firsthand experience: that Meals on Wheels does, in fact, deliver so much more than just a meal.**

A senior who receives or requests Meals on Wheels Services is significantly more vulnerable than the average American senior. However, a senior who receives daily-delivered meals experiences the greatest improvements in health and quality of life including improvement in mental health, reduction of falls, less feelings of isolation and loneliness and reduction in worrying about being able to remain at home.

When compared with a senior who receives just frozen meals only once a week, a senior who receives daily-delivered meals is more likely to:

- ◆ Feel safer;
- ◆ Eat healthier; and
- ◆ Feel less loneliness

For more information, visit www.mealsonwheelsamerica.org/MTAM

"A senior who lives alone and receives daily-delivered meals is less likely to worry about being able to remain at home and to have feelings of isolation and loneliness."

CLIENT CORNER — Eastside Meals on Wheels currently serves on average 100 customers each day. We get referrals from Social Workers, family, friends and local churches. 76% of our clients say their experience is excellent and the other 24% say it is really good! We are always looking for more clients and would love to receive a referral from you. If you know of anyone who could use a good meal, please contact Eastside Meals on Wheels @ 612-277-2529.

NEED HELP RAKING YOUR YARD BEFORE THE SNAOW COMES THIS YEAR? UCare volunteers want to help!

We will have volunteers ready to rake yards the morning of Saturday, November 5th.

Space is limited so don't delay! Sign-up deadline is Friday, October 21st. To register, call Chris Erlenbusch at 612-676-3441.

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 – On Wednesday, November 23rd and Friday, December 23rd, EMOW will be participating in a fundraising activity with Cub Food (Quarry location). We will be assisting customers by bagging their groceries. You can help in two ways – shop for your holiday groceries on this day or by volunteering to be a 'bagger'. We appreciate all your support. If you have questions, please contact the office @ 612-277-2529.



We will be participating in the **Walk to End Hunger** fundraising event again this year on Thanksgiving morning, **Thursday, November 24th**. This is an opportunity to raise awareness about hunger issues facing seniors and people with disabilities in our communities. It is also an opportunity for **EMOW** to raise money for our program. You can participate by walking with our team or making a donation to our team. For more information, contact Mary Mennenga at 763-242-2471.

<http://www.walktoendhunger.org/goto/EastSideMOW>

ANSWER: Name that Neighborhood:

The Northrup King Building that once shipped seeds across the country is now home to 100 artists as well as small business and non-profit organizations. Built in 1917 the building is a vital part of the NE Arts District located on 15th Ave NE just west of Central.