

**EASTSIDE**

"Name that Neighborhood" This is not the normal "neighborhood" of tree-lined bungalows but Eastside Meals on Wheels delivers meals to residents in apartments near this bustling Central-Hennepin intersection. **See page 2 for the answer!**

612-277-2529**December 2016****eastsidemeals.org**

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



"Meet Ellen Stein"

Ellen Stein has a giving spirit and is an exceptional Eastside Meals on Wheels volunteer. Her loyalty to the mission goes back more than two decades. Perhaps her ability to see herself and others on both ends of the program lends itself to her faithfulness.

Ellen first became involved in Meals on Wheels as an employee at Xcel Energy's Riverside Plant on Marshall. Like the other volunteers, Stein had a demanding schedule, with family and work, but still sought a way to give back to the community. Meals on Wheels fit the bill. Ellen was able to slip away from work over lunch time, make her meal deliveries, get back to work and finish her day.

"It doesn't take very long," Stein said of making a handful of deliveries.

In time, Stein was organizing Meals on Wheels volunteers at Riverside. Even when her job took her to other work sites, her commitment to Meals on Wheels never waived.

Ellen's relationships with customers goes beyond handing off meals and hurrying to the next stop. She became friends with the folks coming to the door. Indeed, Ellen even attended the wakes of some of her EMOW customers who passed away.

Ellen believes that Meals on Wheels helps keep seniors in their homes. That's one thing she would tell people who are considering volunteering for EMOW. She may even throw in a little reminder that "perhaps some day you could be the one waiting for the knock on the door."

Ellen is retired and resides in Northeast Minneapolis.

Holiday Schedule

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.

EMOW will be closed on Monday, February 20, 2017, for President's Day. Your meals will be delivered on Friday, February 17, 2017.

You can watch KARE 11 or WCCO for the announcements when EMOW will be closed due to inclement weather.



Get Help
With Your
Utility Bills



If you or someone you know is in need of additional assistance paying for heating and energy bills, the Energy Assistance Program may be available. This program, offered through the MN Dept. of Commerce, will help pay home heating costs and furnace repairs for income-qualified households. For more information and to apply, call 1-800-657-3710 or go online <http://mn.gov/commerce/energy/consumers/consumer-assistance/energy-assistance/>

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.

Guidance from CMS on Medicaid Coordination of Benefits

In a new handbook from the Centers for Medicare & Medicaid Services entitled "Coordination of Benefits and Third Party Liability (COB/TPL) in Medicaid" guidance is provided that services provided under the Older Americans Act are an exception to the "Medicaid is payer of last resort" rule.

Under the OAA [Older Americans Act], there is a source of funding to cover some services that are also covered by Medicaid. Individuals, however, are not legally entitled to receive services through OAA, and thus the OAA program has no legal obligation to cover those services. Since the OAA program is not legally liable for the service, the OAA does not fall within the definition of 'third party.' Accordingly, Medicaid will pay for a service even if the OAA program would also pay for the service. For more information or questions contact Greg Link at Greg.Link@acl.hhs.gov

<https://www.medicaid.gov/medicaid/eligibility/downloads/tpl-cob/training-and-handbook.pdf>

ANSWER: Name that Neighborhood: This is a view of the Marcy Holmes neighborhood just east of Central Avenue.

Snow Shoveling: Please keep your sidewalks clear of snow and ice for our volunteer delivery drivers!

If you need help shoveling your walkway, please contact Northeast Senior Services at 612-781-5096.

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. Sign-in using your Amazon ID and password, choose EMOW as your organization and start shopping! Amazon takes care of the rest. The next time you log in, it will automatically ask you if you want to go to AmazonSmile!



Fall Proofing your Home

The National Council on Aging is continuing their education and outreach regarding falls prevention amongst seniors. The vast majority of falls take place inside seniors' homes and a new resource provides some simple solutions to help minimize risks and accidents.

More than 75% of falls take place inside or in close proximity to the home, but your home doesn't have to be an obstacle course of potential falls. Some simple and quick changes will easily help reduce your risk of falling. Review the steps below to get started today.

Front Door Area - check front steps for broken or uneven surface; check lighting; install grab bar.

Kitchen Area - move commonly-used items within reach; use rubber backed rugs; clean up spills immediately.

Stairs - keep clutter free; add strips of contrasting color; lighting at top and bottom; second handrail.

Hallway - check lighting; do not change light bulbs yourself.

Bedroom - place lamp and phone within easy reach; keep path to bathroom clear; install bed rail.

Bathroom - use non-slip rubber mat, shower chair and hand-held shower head; add grab bars by toilet and tub.

Conclusion: Use good lighting, declutter your home and have easy access to things you use most. For more detailed information, visit their website at <https://www.ncoa.org>.