



"Name that Neighborhood" See Page 2 for the answer.

612-277-2529

April 2017

eastsidemeals.org

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



From our Board President: Eastside Meals on Wheels –
Mission: Nutrition

Having spent almost my entire career in the food business, nutrition is sort of a big deal for me. Combine that with a number of years being involved in the preschool business (my wife is a preschool director) in Minneapolis and North-

east Minneapolis and hearing too many stories about the first things teachers ask their kids each day – “are you hungry, did you get enough for breakfast” – and perhaps you can figure out my passion for making sure folks have not only enough food but nutritious food.

At Eastside Meals on Wheels (we serve the community in the 55413, 55414 and 55418 zip codes) our goal is to help our seniors avoid any sort of “food insecurity” and the health impacts that go along with that. Most people are not aware of how at risk people over 60 are for food insecurity.

The USDA **defines food insecurity** as a state in which “consistent access to adequate **food** is limited by a lack of money and other resources at times during the year.” Good shorthand terms for **food insecurity** are “struggling to avoid hunger,” “hungry, or at risk of hunger,” and “hungry, or faced by the threat of hunger.”

According to Senior Hunger Facts, 9% of people over 60 experience some form of food insecurity and a Minnesota based report from 2015 indicates that our numbers are at the same level as the national average. What does that mean for the community served by Eastside Meals on Wheels? Let’s take a look!

Total Population for Target Zip Codes:	72,119
Total Population Over Age 60:	8,950
Estimated Over 60 w/Food Insecurity:	806
People Currently Served by EMOW:	91

This means that there are over 700 people who likely are not getting either enough to eat or the proper nutrition. Our goal is to find those 700+ people,

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Holiday Schedule

EMOW will be closed on Monday, May 29, 2017, for Memorial Day. Your meals will be delivered on Friday, May 26, 2017 2017.

EMOW will be closed on Tuesday, July 4, 2017, for Independence Day. Your meal will be delivered on Monday, July 3, 2017.

EMOW is registered as a nonprofit with AmazonSmile. Go to www.smile.amazon.com. Sign-in using your Amazon ID and password, choose EMOW as your organization and start shopping! Every time you or a friend orders from Amazon in our name, Amazon donates .5% to EMOW.



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find their children, care givers or other advocates and find a way to improve their lives with our services. But, you ask – are you just about food? No – we are about much more than that. Food and food delivery are the outcomes of our service. At EMOW we have a mission that can be summarized in three words:

Caring. Healthy. Community.

We want to connect our entire community to our mission – by linking families, schools, churches, businesses and other groups to the mission of bringing our caring approach, our healthy, nutritious meals and our ability to be your connection to the community. We have a goal this year of doubling the number of clients we serve – and we need your help.

Why are people sometimes unwilling to admit there is a problem? Several reasons that we have identified: Embarrassment – no one likes to admit they might need help; missing the signs – busy lifestyles can sometime lead to not recognizing the signs of “food insecurity”; weight loss; weight gain; loss of energy; mental impairment; cost – there is sometimes a misunderstanding about how much meals cost; eligibility – Meals on Wheels is not just for people on “programs” but is available to anyone who might want to get a nutritious meal or two each week and some outside contact.

How can you help? If you have aging relatives (parents, aunts, uncles, etc.) that live in our zip codes, we want to get to know you. We can help identify needs, warning signs and make sure that you get an extra set of eyes checking in on your loved ones. So, come get to know us at www.eastsidemeals.org to learn more.

We are on a mission: ***Mission: Nutrition***

Come visit us on Facebook: [EMOW Facebook Page](#)

Upcoming Events

Indeed We Can Fundraising event will be held on Wednesday, May 24th. Indeed Brewery will be donating all 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 20th. 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 23rd-29th. 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 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!**



Reduce your risk of falling with a Free Home Health & Safety Assessment Did you know that 1/4 of people over the age of 65 fall each year? Part of the reason for this is your physical environment - your home. Senior Community Services' HOME Program can help reduce your fall risks and allow you to remain independent in your own home for longer by doing a free Home Health & Safety Assessment. At the end of the assessment, you will receive a report detailing practical steps you can take to reduce fall risks and make your home safer. Our handypersons are available to work with you to make any desired repairs and safety improvements.

For more information on our HOME program or to schedule a FREE Home Health & Safety Assessment call 952-746-4046 or visit www.seniorcommunity.org.

ANSWER: Name that Neighborhood: This great community garden is located at the bustling intersection of Lowry and Central Avenues where three NE Neighborhoods meet - Audubon Park, Holland and Windom Park. Check it out.