

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

612-277-2529

August 2017

eastsidemeals.org

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



"Meet Jennifer"

Jennifer Pyper-Muno began attending the Northeast Farmers' Market with the idea of securing clients for her then fledgling massage therapy business.

But she ended up securing more.

At the Farmers' Market Pyper-Muno met officials from Eastside Meals on Wheels (EMOW). If the representatives made a successful pitch to Pyper-Muno to volunteer, it may not have taken that much. The Columbia Heights resident has a history of community involvement — she, like her mother, served in the PTA, and

as a therapist has hefted her massage chair to local charity events. Beyond this, Pyper-Muno is a volunteer masseuse at an area hospice.

"You do what you can do," she said of giving back.

As far as EMOW, it has been a lot.

For almost a decade Pyper-Muno has been delivering meals. Initially making two runs a week, Pyper-Muno jumps into the car and crosses into the Northeast Minneapolis to keep her weekly rendezvous with awaiting customers.

Delivering wholesome meals to her half dozen customers takes 45 minutes to an hour, depending on the amount of visiting.

"He really values the time," she said of chitchatting with Joe, one of her customers.

Visits can be more than an exchange of pleasantries. "You see them every week and you know when something is wrong," Pyper-Muno said of the well being of customers.

Pyper-Muno recalled one stop where she discovered that one of her customers, a woman whose birthdays were counted in three digits, had hurt her back.

Pyper-Muno helped ease the elderly woman into a chair. She then contacted the woman's family to let them know their loved one was in need of assistance.

"I've never had to call an ambulance," Pyper-Muno said.

But she has contacted family members and caregivers when the person answering the door seemed to be struggling.

That's a lot more than simply dropping off something to eat.

Pyper-Muno, whose business, Hart Lake Massage, is now established, views the benefits of volunteering as multifold. Yes, you're helping others, she noted. But there's also the personal satisfaction found in giving back, she explained.

"You do what you can do," she succinctly said.

In her spare time Pyper-Muno enjoys the outdoors, friends and family, exercising with a great group of women three times a week.

Her children are now adults.

"My goal is to make you feel good in your own body," she says of being a massage therapist.



PRESSING/EMERGING NEEDS

Eastside Meals on Wheels • \$1,000 • MINNEAPOLIS

Eastside Meals on Wheels has been a vital service for elderly and homebound individuals for more than 42 years. Eastside delivers essential nutrition and needed social connection to isolated clients every day. The Foundation awarded them a \$1,000 Opportunity Fund grant that will provide nearly 240 meals for clients.



Eastside provides a necessary service to the Minneapolis community. I'm proud to work for an organization that values giving back and helps support the communities in which we live, work and play.

DERRICK SHATAVA • Project Architect,
Opus AE Group, L.L.C.

Do you have concerns about falling?



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

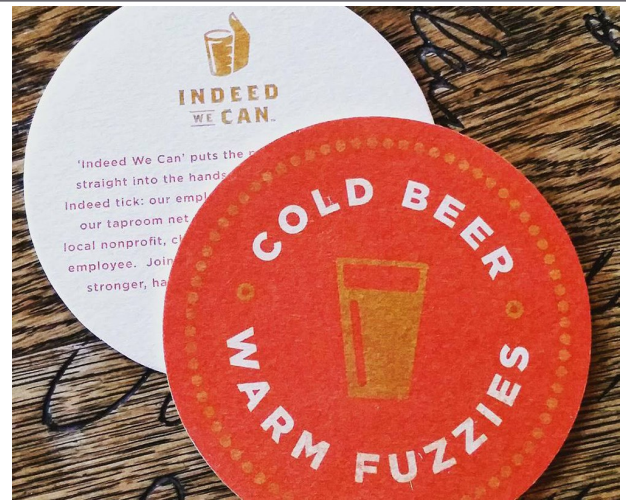
Many older adults experience concerns about falling and restrict their activities. A MATTER

OF BALANCE is an award-winning program designed to manage falls and increase activity levels. The program is sponsored by Metropolitan Area Agency on Aging and emphasizes practical strategies to manage falls. You should attend if you are concerned about falling, if you are interested in improving balance, flexibility and strength or if you have fallen in the past. Classes are held Mondays from 9:30 – 11:30 from July 24 through September 18.

Call Lauren Kvasnicka for more information (612) 870-4255



Eastside Meals on Wheels had a beautiful evening to "strut our stuff" at the annual NE Minneapolis Parade down Central Avenue. It's hard to miss our contingent waving signs and wearing our gorgeous green t-shirts.



On May 24th, EMOW teamed up with Indeed Brewing Company for their "Indeed We Can" charitable initiative. The Indeed taproom was open and the net proceeds were donated to EMOW. Thanks to everyone who attended! Indeed Brewery donated just over \$1,800. What a great event!

Board Member Needed!

Are you interested in helping shape the future Eastside Meals on Wheels program? We are looking for individuals who can serve on the EMOW Board of Directors. Much of our board work consists of short and long term projects as well as the normal "business" functions - finance, legal, public relations, human resources, fund raising, etc. Individuals and teams work alone or together to get the jobs done. We meet every other month (6 times per year) on Wednesday evenings. If you have great ideas and a passion for helping the NE community, please contact us right away, we would love to talk to you about the opportunity to serve on the EMOW board. Please call (612) 277-2529 for more information

Holiday Schedule

EMOW will be closed on Monday, September 4th, 2017. Your meals will be delivered on Friday, September 1st, 2017.

**HAPPY
LABOR
DAY**

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



The Walk to End Hunger - The Walk to End Hunger is a family-friendly 5K fun walk, held on Thanksgiving morning 7:00am-10:00am, in the Mall of America, is a great way to start your holiday off right - giving back before you give thanks!

Give to the Max Day - EMOW is seeking a volunteer who can help promote this event during the day on Thursday, November 6th. Promotions will be done via Facebook.

Cub Foods Bagging - On Friday, September 1st, 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 23rd**. 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:

This intersection looking SW at 37th Ave NE shows Wilshire Park Elementary School which explains our lack of clients there! The location is the extreme NE corner of our service area.