

EASTSIDE



Neighbors providing warm, nutritious meals to residents of Northeast, Southeast & St. Anthony Village

612.277.2529 | eastsidemeals.org

April 2018

Volunteerism and Meals on Wheels

Craig Espelien, Former Eastside Meals on Wheels Board President



As Winter (however reluctantly) gives way to Spring here in Minneapolis, I am reminded of how much good our volunteers (and staff) do to make sure every single one of our clients gets their meals every day. These volunteers commit time, energy and passion to make sure that others get the most nutritious meals possible.

Some of our volunteers at Eastside Meals on Wheels help us “once in a while”. Some help us weekly and some help us daily – and we appreciate each and every one as they are the ones who interact with the folks we are trying to serve.

So, what does volunteering mean here at EMOW? Several things...

- Drivers – these outstanding people are the backbone of what we do. Without them, Meals on Wheels is simply a kitchen with hot meals and nowhere to put them. Our drivers are tireless in getting these meals out – hot and ready to eat (or frozen to help our clients make it through a cold, snowy weekend)
- Events – as our team expands our community connection, these volunteers help spread the word about what we do. EMOW works many events each month – from tables at different farmers markets and gatherings to grocery bagging at local supermarkets (thank you Cub Foods!!) and we so appreciate everyone who gives of their time
- Materials & Resources – we have volunteers who also provide time and energy to get our message out to others. From web site development to design of marketing materials to countless other small tasks that keep our group running smoothly – thank you!

I am sure I have missed something – but as cold weather moves into Spring and Summer, our volunteers will continue to be the most significant point of contact for much of what we do – and often a friend, confidant, helper and connection to our many clients. Their smiles and their tireless work to help get meals delivered means everything.

Are you able and willing to volunteer? Check out our web site for opportunities – both driving and “other” – where you can become part of the best meal solution in Northeast/Southeast Minneapolis.

Fundraising

Indeed We Can! On May 23rd Indeed Brewery, 711 15th Ave NE, Minneapolis, MN 55413, will be donating all proceeds to Eastside Meals on Wheels between 4:00-11: 00 pm. Please join us for a pint, or two!

The 89th Celebrate Northeast Parade will take place on Tuesday, June 19th. The parade is the largest one-day event in Northeast Minneapolis drawing 8,000 people to Central Avenue. EMOW is looking for people to march. We will be wearing our green t-shirts and promoting our great program! Let us know if you would like to join us. Contact Mary M at (763) 242-2471 if you are interested!

Volunteer Appreciate Week is April 15 -21, 2018. 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 meals...rain, snow or shine. We have volunteers behind the scenes who organized the fundraising events, write articles for newsletters and give their time at speaking events to get the word out about EMOW. Without great volunteers, this program would not be a success. **THANK YOU SO MUCH FOR EVERYTHING YOU DO!**



Meet Our Newest Board Member

Jack Keane a native of Minnesota from Lakeville, Minnesota. He recently joined 3M within their Finance function after receiving his degree in Accounting and Finance from University of Minnesota. He was drawn to Eastside Meals on Wheels because of the mission of serving home bound elders because of experience with his grandparents who had difficulties while aging. He wanted to find a way to give back to others like the kind individuals who helped his grandparents throughout the years. He hopes his involvement with the board will help continue the many past years of success of EMOW but also energize it into the future.

Board Members 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. 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 at (612) 277-2529. We would love to talk to you about the opportunity to serve on the EMOW board.



Help us help others!

Did you know that in addition to delivering meals to seniors and neighbors with disabilities, Eastside Meals on Wheels also delivers to people who are recovering from an illness; isolated people that are unable to prepare their own meals consistently; and people that find it hard to cook or don't want to cook for just one person. If you or someone you know might benefit now or in the future from receiving meals, or if you are interested in volunteering, please contact us at [\(612\) 277-2529](tel:6122772529) or info@eastsidemeals.org

www.eastsidemeals.org Eastside Meals on Wheels - 1510 33rd Ave. NE, Minneapolis, MN 55418

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EMOW will be closed on Monday May 28th, 2018 for Memorial Day.

Your meals will be delivered on