



“Name that Neighborhood” - See page 2 for the answer!

612-277-2529

June 2016

eastsidemeals.org

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

“Meet our EMOW Board of Directors President—Mary Mennenga”



Mary started her journey with Meals on Wheels 25 years ago. Her mother-in-law (Adele) volunteered five days a week preparing and bagging the meals for the Northside Meals on Wheels Program. When Adele took care of her grandchildren when they were ages 3 and 5, they would all volunteer together. This was a great experience for everyone!

Several years later, when Adele’s health started deteriorating, she became a client of MOW. After Adele passed away, Mary wanted to ‘pay it forward’ and searched for a program that was in need of help. That is when she found out the EMOW program needed board members. Mary joined the board in May 2014. She quickly got involved by becoming the Fundraising Chair and accepted the Board President position January 2015. Mary started delivering meals last fall so she could not only see the reward from driving but also to gain experience so she could help recruit new drivers at neighborhood events.

Mary has worked in the insurance industry for 35+ years working for ReliaStar/ING/Voya, MetLife, Allianz and now Humana. She has been an active volunteer with several organizations such as Kinship of Greater Minneapolis, Minnesota Women of Today, March of Dimes, American Cancer Society and the Heart Association. She spends her spare time with her family (Katie, Nick, Eric and grandbaby Hudson) along with quilting and daily walks with her husband, Brian.

As President of the Board, Mary’s #1 goal is to increase our client base. The Board of Directors, along with Eileen, Executive Director, feel we have a lot of neighbors who could benefit from the EMOW program. We want to reach out to the community and let them know we are here and want to help if we can.

Mary has enjoyed her time with the EMOW program and is looking forward to another great year.

Holiday Schedule

EMOW will be closed on Monday, July 4th for Independence Day. Your meal will be delivered on Friday, July 1st.

EMOW will be closed on Monday, September 5th for Labor Day. Your meals will be delivered on Friday, September 2nd.

You Gave, Now Save: A Guide to Benefits for Seniors

A new national campaign led by the National Council on Aging, You Gave, Now Save, can connect seniors to resources and benefits to help increase their monthly budgets. To help assist seniors, check out tools, education materials, and resources at <https://www.ncoa.org/economic-security/money-management/budgeting/you-gave-now-save-benefits-for-seniors/>

Upcoming Events

Indeed We Can Fundraising - Eastside Meals on Wheels will be the recipient of the non-profit fundraising event at Indeed Brewery. The event will be held on **Wednesday, June 8th**. Indeed Brewery will be donating 100% of their proceeds that night. Smoking Cow Food Truck will also be onsite. Please stop in for a beer or two!

NE Parade - MOW plans to march in the NE Parade on **Tuesday, June 21st**. 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.

Farmer's Market - Eastside Meals on Wheels will be hosting a table at the Farmer's Market on **Saturday, July 9th** from 3:00pm to 11:00pm. Please stop by and say "Hi!"

HOME Program helps Seniors Stay Safe at Home

Speaking of HOME, here are some fun facts that you may not know about our HOME program:

- ◆ **Did you know HOME stands for Household & Outside Maintenance for Elderly?**
- ◆ **Did you know one-third of people over the age of 65 fall every year?** Part of the reason is your physical environment - your home.
- ◆ **Did you know they offer Home Health & Safety Assessment with a written report of the practical steps you can take to reduce falls and make you home safer?** Their team of handypersons can work with you to complete needed repairs and safety improvements.
- ◆ **Did you know they provide senior homemaking services?** - vacuuming, dusting, sweeping/mopping floors, cleaning bathrooms, cleaning kitchens, and changing bed linens and more. This can also be a great relief to family members who find themselves balancing time to keep their own home comfortable.
- ◆ **Did you know they have handymen available to provide assistance around the home?** They can help with changing light bulbs, installing grab bars, fixing leaky faucets, repairing running toilets, installing new faucet and light fixtures, checking carbon monoxide and smoke detectors, changing furnace filters, and hanging wall decorations and mirrors.

For more information on HOME or to schedule a Home Health & Safety Assessment call 952-746-4046 or visit www.seniorcommunity.org. Service area: Hennepin County

Don't Fall into Financial Crisis. Let Senior Partners Care Help.

An increasing number of Minnesota's low to moderate income individuals are at risk of sliding down the slippery slope toward financial crisis. The problem is becoming critical for thousands of older or disabled Minnesotans whose income is between 100% and 200% of the Federal Poverty Index. These are people who are on Medicare, do not qualify for Medicaid, and are frequently unable to pay the balance of their health costs after Medicare has paid.

Fortunately, there is help for these Minnesotans, who meet eligibility requirements, with the Senior Partners Care program. **The Senior Partners Care** program helps Medicare beneficiaries bridge the financial gap between what they owe on medical bills and what is covered by Medicare. Senior Partners Care is not insurance. However, thanks to partnerships with hundreds of hospitals, clinics and providers statewide, seniors and disabled may have all or part of their healthcare debt waived by participating providers.

To qualify, seniors and disabled must have Medicare A and B, no supplemental insurance, meet income and asset thresholds, seek care from participating medical providers and submit an application with a modest annual fee, for approval. For an application or to receive more information on Senior Partners Care call 952-767-0665 or toll free at 1-888-541-5488 or visit them at <http://seniorcommunity.org/programs/senior-partners-care/>

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The Minnesota Energy Assistance Program - Funding Still Available for Low-Income Seniors

The Minnesota Energy Assistance Program (EAP) still has funds available to assist low income households with their energy bills. The application deadline for this program year has been extended to July 1, 2016. However, eligible households are served on a first-come, first-served basis while funds are still available. EAP encourages low income households to apply, especially seniors, people with disabilities and families with children who may be struggling to keep up with past due amounts or pay a current bill. For more information, please contact Community Action Partnership - Feleshia Santiago, Director, at 952-697-1358 or email fsantiago@capsh.org.

ANSWER: Name that Neighborhood: This one was easy but many people don't realize that Eastside Meals on Wheels covers the University area. We started as Northeast Dinner Bell but now we have volunteers and clients in Southeast Minneapolis as well as St. Anthony Village.

Home Depot Volunteer Outreach - In an effort to give back to the Northeast community, management at Home Depot's Quarry location has asked for help identifying seniors and veterans in the community in need of help maintaining their homes. There is no defined size or cost to these projects, with services ranging from snow shoveling, raking and gardening, to painting, carpentry and appliance repairs or replacements.

At this time they are hoping to identify multiple properties, hopefully putting a team of volunteers to work on a monthly or quarterly basis. Large projects costing over \$10,000 may be eligible for funding through the Home Depot fund as well, so please feel to refer anyone you think is worthy of assistance. Referrals can be directed to Forest Brown ([612-790-2189](tel:612-790-2189)), with the homeowner's name, address, contact information and a brief description of the resources or services needed.