

EASTSIDE



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

612.277.2529 | eastsidemeals.org

February 2018

From the Desk of....

Craig Espelien, Eastside Meals on Wheels Board President



Wow – it is only a couple of weeks since the holidays came to an end (one of the coldest on record if my research is correct) and my guess is that most families enjoyed some time together. After the holidays, diet, fitness and lifestyle changes seem to become the norm (although dieting has lost some of the luster of past years based on several articles in the Star/Trib and other publications).

For those facing food insecurity (as a reminder, for folks 60+, almost 10% of this population suffers from some form of food insecurity), the post-holiday period can be especially challenging. Regular food insecurity is now exacerbated by family fatigue – that feeling that we spent a lot of time with our

family and now we can check the “done” box on that.

At Eastside Meals on Wheels, we encourage everyone to stay in touch with their loved ones (family, friends, neighbors, etc.) that may be feeling trapped by the cold, the snow or the general letdown that the post-holiday time frame can bring on. Our wonderful drivers will be doing ongoing wellness checks with our clients as they deliver our healthy and nutritious meals throughout the Winter. What can you do to help make sure your loved ones are safe?

- Reach out to our team at [\(612\) 277-2529](tel:6122772529) to create a connection with someone you feel may need our assistance
- Volunteer – we always need folks to help out for various events (or perhaps you want to help deliver meals??)
- Donate – this time of year is typically a low point for monetary donations based on the extreme focus on paying down any debt accumulated over the holidays
- Stay in touch – reach out to anyone in your circle that may need to hear a friendly voice a bit more often

Our goal at Eastside Meals on Wheels is to live up to our goal: Healthy.Caring.Community.

You can become part of the solution in helping our community avoid any sort of food insecurity. As always, thanks to everyone for their support – we appreciate each and every one of our volunteers and financial supporters.

Fundraising

March for Meals will be held on Thursday March 22nd. Visit Ginger Hop Restaurant at 201 East Hennepin Ave. or Culver's of St Anthony at 4004 Silver Lake Rd. on that day and they will donate a portion of their proceeds to our program.

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 4:00-11:00pm. Please join us for a pint, or two!

If you have any questions feel free to give us a call at (612) 277-2529



My name is Ryan Davenport and I couldn't be more excited to join *Eastside Meals on Wheels*' Board of Directors. As an east-coast transplant recently relocated to Minneapolis to serve as the Minnesota Timberwolves & Lynx Senior Director of Sales, I immediately felt a desire to help contribute to my community far beyond my professional obligations. In researching local non-profits, I was immediately drawn to *EMOW*'s mission and motives, and having been fortunate enough to spend some time with Board President, Craig Espelien, and the other great members of the Board, it was evident this was where I wanted to focus my time & efforts. I'm hopeful my experiences within the world of sales & marketing might help our group to "serve more smiles" and I'm looking forward to working with the many volunteers & recipients, while doing everything I can to help those with food insecurities or those in need of a good helping hand or meal.

New Catering Company

We are excited to announce that our program has contracted with a new catering company called The Kitchen of Opportunity located in South Minneapolis. The meal delivery service will not be interrupted at all. The first day of food from The Kitchen of Opportunity will be delivered on Thursday February 1, 2018. This caterer already serves other Meals on Wheels Programs in the area and they send out over 1250 meals each day to smaller local programs like ours. The small programs like ours then heat up the meals, and pack them in insulated bags for their volunteers to pick up and deliver in their neighborhood. The delicious meals will be prepared fresh daily by the nutrition crew at The Kitchen of Opportunity and delivered to our program each day, and their menu is varied.



You can watch KARE 11 or WCCO 4 for the announcements when EMOW will be closed due to inclement weather.

Also please keep your sidewalks clear of snow and ice for our volunteer delivery drivers!

Need Tax Help?



If you, or someone you know, needs help with your taxes, contact Eastside Neighborhood Services at [612-781-6011](tel:612-781-6011). They take walk-ins or you can schedule an appointment.



EMOW will be closed on Monday February 19th 2018 for Presidents Day.

Your meals will be delivered on February 16th.

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You shop. Amazon gives.

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 EastsideMOW!