

EASTSIDE

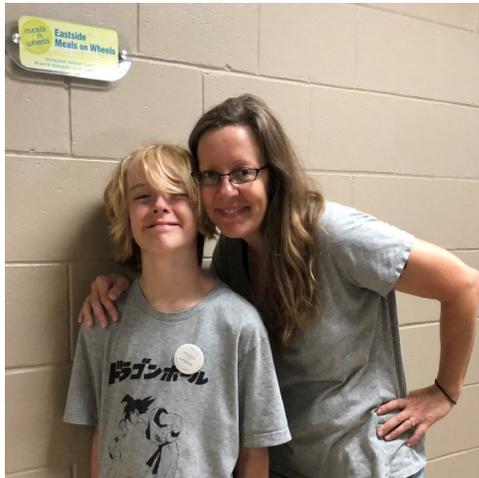


Neighbors providing warm, nutritious meals to residents of Northeast, Southeast & St. Anthony Village

612.277.2529 | eastsidemeals.org

October 2018

Meet Felix!



It was less an accounting error than a revelation.

Ten-year-old Felix Knoke's first donation to Eastside Meals on Wheels (EMOW) occurred as a preschooler. He convinced his mother to let him shove some money into a EMOW's donation box in a Johnson St. business in northeast Minneapolis. "I asked my mom for a dollar," Felix said. "He got excited about it," his mother, Maggie Knoke, recalled. Felix has kept the donations coming.

Honoring the family's philosophy of contributing a slice of their income to good works, Felix has dutifully donated about \$160 to Meals on Wheels. Donations will continue, he indicated. Indeed, when he gets a little older, he envisions himself making (EMOW) deliveries.

"Definitely," he said. Felix is not giving away someone else's money. It's his. He earns it by

doing household chores, such as the laundry and sorting the garbage for recycling.

His generosity might have gone unnoticed hadn't the family, in sorting out charitable tax information with EMOW, explained who was making the donations and suggested Felix get credit for his generosity. EMOW staff were delighted.

The Knoke's were invited to tour the EMOW facility in August, Volunteer Appreciation Month. "We got to see the kitchen," Felix said. That day the meal happened to be Felix's favorite: hot dog, baked beans, homemade cookie — the works. Fortified with ice cream, Felix rode away on his bicycle with his savory token of appreciation.

A giving spirit fills Felix and his family. And they act on it. Even things like children's birthday parties serve to generate money for good works. Charity begins at home, it is said. For Felix, the giving spirit was already tugging at his heart when he still counted birthdays on one hand.

Thank you, Felix!

Upcoming Events

The Walk to End Hunger The Walk to End Hunger is a family-friendly 5K fun walk held on Thanksgiving morning 7:00 am-10:00 am, in the Mall of America, is a great way to start your holiday off right - giving back before you give thanks! If you have questions, please contact the office @ (612) 277-2529 or visit http://www.walktoendhunger.org/site/TR/Events/General?fr_id=1110&pg=entry

Give to the Max Day EMOW is seeking a volunteer who can help promote this event during the day on Thursday, November 15th. Promotions will be done via Facebook. If you have questions, please contact the office @ (612) 277-2529

Cub Foods Bagging EMOW will be participating in a fundraising activity with Cub Food (Quarry location) in November. 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.



Fall is Here!

Leaves do fall. Improve your health while helping a senior citizen remain independent in their home! You choose the date & time to rake/clean up the yard. Perfect for individuals, groups, and families. Starting mid-October (depending upon the weather) until the snow stays. This is a one-time, fun, and unpaid activity available weekdays & weekends. Feel free to sign up multiple times! Exact location TBD in Minneapolis or Suburban Hennepin County, depends upon where the senior citizen resides. Please contact the Household & Outside Maintenance for Elderly (HOME) Program's Volunteer Coordinator at scsvolunteer@seniorcommunity.org or call 952-767-7894 for more information. The HOME Program number is 952-746-4046 or home@seniorcommunity.org, if a senior age 60+ needs raking or other services in Hennepin County. Senior Community Services is a nonprofit organization with five programs serving elders and caregivers statewide. For more information please visit www.seniorcommunity.org or call 952-541-1019. Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their area. Thank you!

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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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!

EMOW will be closed on Thursday and Friday, November 22nd & 23rd 2018 for Thanksgiving. Your meals will be delivered on Wednesday, Nov 21st

EMOW will be closed on Monday & Tuesday, Dec. 24th & 25th 2018 for Christmas. Your meals will be delivered on Friday, Dec 21st