

# *Celebrating Success*

## **Meals on Wheels Supports Independence and Safety for Seniors** *Benefits of Community Support Connections' program much more than a hot meal!*



*Erwin J. Heimpel, and Meals on Wheels volunteer Shirley Hambly.*

Hot, fresh, and from the oven to your door in 90 minutes or less. The Community Support Connections Meals on Wheels program delivers 200 meals to seniors each and every weekday.

Even more impressive, is the fact that the meals are delivered by volunteers. The meals, prepared by Bingemans, are individually labeled and carefully prepared according to dietary needs and restrictions. They are then packed into heating bags and picked up by cheerful and dedicated volunteers. The volunteers arrive for their scheduled routes promptly and after a quick cup of coffee and a few jokes with each other, quickly run out to meet their delivery timelines.

For seniors like Erwin Heimpel, who just celebrated his 101<sup>st</sup> birthday, the meal service means looking forward to a fresh and hot meal, three days a week, in the comfort of his own home. Living alone has its challenges, but with the help of his son, Jerry and community support services such as Meals on Wheels, Erwin is able to live independently at home.

Erwin's living room is filled with instruments from his days playing in a band. His backyard is a birdhouse haven.

"Last year, I made birdhouses in time for Christmas for all of my grandchildren," he shared. "I really like getting the meals. I have been receiving three meals a week for a couple of years now. It really helps me with my time and workload. I still do my own laundry and my son helps with grocery shopping."

For volunteer Shirley Hambly, delivering the meals is an opportunity to do something good for seniors. "They are always so happy to see me. It makes me feel good. It's also a good opportunity to do a check in and make sure they're doing alright. You get to know each person and if we notice something strange, we can report it right away," she said.

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