

## Hillcrest *Meals on Wheels*



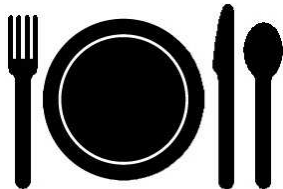
**Hillcrest Meals on Wheels** is a service designed to meet the nutritional needs of homebound, handicapped, and frail elderly residents, who are unable to shop or prepare meals.

Meals are delivered Monday through Friday at noon by volunteers. **Hillcrest Meals on Wheels** offers the client a choice of a hot meal plan or a hot meal and lighter meal plan for a minimal fee.

These nutritional meals are prepared under the professional supervision of Hillcrest Hospital. The following diets are available: Regular, Mild Diabetic, Low Sodium, Low Sodium/Low Cholesterol, and Diabetic/low sodium.

**Dorothy C. Goldstein**  
*Program Coordinator*

**Office Telephone**  
440-449-3551  
9:00 am - 1:00 pm  
Monday - Friday



E-mail: [MealsOnWheels@Lyndhurst-oh.com](mailto:MealsOnWheels@Lyndhurst-oh.com)  
Web: [www.lyndhurst-oh.com/mealsonwheels](http://www.lyndhurst-oh.com/mealsonwheels)

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06/08/2010

*Hillcrest*



## *Meals on Wheels*

**P.O. Box 24103**  
**Cleveland, Ohio 44124**  
**440-449-3551**

***A Private, Non-Profit  
Volunteer-Based Organization***

**Serving**  
**South Euclid, Lyndhurst,**  
**Highland Heights, Mayfield**  
**Heights, Mayfield Village, and**  
**Richmond Heights**

## Supporting Us With Pride

### Among our Corporate and Civic Friends

AARP Eastern Suburban Chapter 371  
City of Highland Heights  
City of Lyndhurst  
City of Mayfield Heights  
City of Richmond Heights  
City of South Euclid  
Executive Caterers of Landerhaven  
Grande Pointe Healthcare Community  
Highland Heights Garden Club  
Hillcrest Hospital/AVI FoodService  
Hillcrest Rotary  
Hillcrest Women's Club GFWC  
Lee Jewelers  
Legacy Village/Legacy Foundation  
South Euclid Women's Club  
University Hospitals Richmond Heights  
Village of Mayfield Village  
Wal-Mart of Mayfield Heights



## Adopt-A-Route Partners

Hillcrest Kiwanis  
Hillcrest Rotary  
Hillcrest Women's Club GFWC  
Great Lakes Billing  
Skoda Minotti  
Aurum Wealth Management Group

## The Joy of Volunteering



Established in 1983, *Hillcrest Meals on Wheels* currently delivers more than 22,000 meals a year in the Hillcrest communities. Volunteers take a special interest in our clients' welfare. They say delivering meals requires so little time and gives so much comfort to those who depend on this service.

*"One of the greatest gifts I can give my kids is by setting an example of giving to benefit others. The only personal gain is the satisfaction of helping a stranger in need. Meals on Wheels accomplishes this and also teaches them to respect the elderly. It is also important to be exposed regularly to those in need, as a constant reminder of how lucky we are. My kids are now 12, 16, and 17½ years old. I have been a Meals on Wheels volunteer since 2000."* — Joanie McTernon

*"I enjoy meeting new friends and helping people"* — Nancy Kubancik

*"It's the most rewarding thing I've ever done. Because of the one-on-one contact with clients, I know I'm making a difference in their lives."* — Josephine Yahraus

## Adopt-A-Route Partners

*Adopt-A-Route* was created for Hillcrest area corporations, churches and civic organizations because of an expressed interest in serving their communities.

As the population of clients needing our service increases, our need for volunteers continues to grow. Help us keep this vital community service working in your neighborhood and become an *Adopt-A-Route* partner.

When you agree to *Adopt-A-Route*, your group, corporation, or business commits two people one day a week, for approximately one hour, to deliver meals to our clients in the Hillcrest area.

## Adopt-A-Route Welcome!

- Provides your organization an opportunity to serve your community
- Gives your organization visibility in the community
- Establishes a year-round spirit of giving for those who lend a hand to help deliver meals
- Gives members a sense of pride for their organization's commitment to community service projects