

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
Web: www.lyndhurst-oh.com/mealsonwheels

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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
Grande Pointe Healthcare Community
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