

Doing good holds the power to transform us on the inside, and then ripple out in ever-expanding circles that positively impact the world at large.

Shari Arison



this issue

Thank You P.1

2023 Meals on Wheels P.2

Voices of Impact P.3

2022 Top Sponsors



Thank you Volunteers, Donors, Staff, & Well Wishers

We want to express our sincere gratitude for your support and dedication to Impact Services. You are helping to bring much needed nutrition, independence, and joy to seniors and people with disabilities in our community! Your acts of kindness will always be appreciated.

We have served over 100,000 meals this year and are adding 10-15 new clients every week. The need for Meals on Wheels has never been greater.

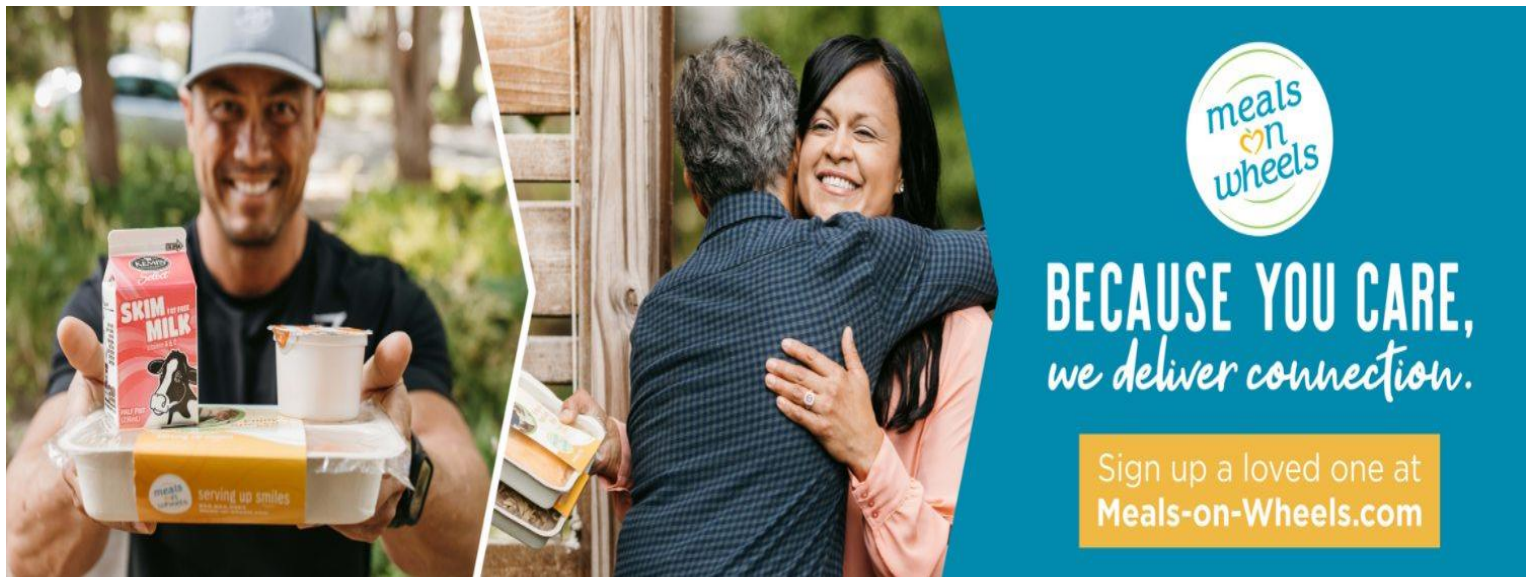
Our client, John, called yesterday to cancel meals for him and his wife due to costs. John had a stroke and Kathy has early onset alzheimers. Neither can cook and money is tight. Our new donor program allows us to provide meals and a wellness check at no charge to our clients in desperate need. Can you imagine the relief he felt? We receive 3+ calls a month from neighbors in similar situations. So many of our neighbors are experiencing financial difficulties and YOU are making an Impact on their lives by providing a hot & nutritious meal, a wellness check, and joy.

You should see the gratefulness and joy on the faces of our neighbors when volunteers stop by with a friendly hello and hot meal. For some, we are the only face they see during the day and the only hot meal they get to enjoy. We have now added the Joy Project to bring letters, cards, and gifts for an added smile and to minimize the loneliness our neighbors experience.

Your generous support makes our organization possible to exist and makes the community a great place to live. Thank you again for your support.

Donna J Hemmer  
Executive Director





**We Now Offer convenient weekly frozen meal deliveries to all of Anoka County & Champlin.**

To begin weekly frozen meals: call [612-623-3363](tel:612-623-3363)

Meals are planned with heart-healthy and diabetic-friendly diets in mind. We can accommodate most medical diets, including renal, mechanical soft and puréed. Kosher, Latin, and Halal meals are also available in most of our service area. Call us today to get started!

For many neighbors in our community one of the most valuable aspects to their overall health is having a nutritious meal. Unfortunately, for many, a warm, healthy meal is not part of their day. Impact Services' Meals on Wheels services fill that gap by serving a hot lunch – one of the reasons our neighbors are able to stay in their home.

The meal we provide is just the start of what Meals on Wheels provides for our neighbors at nutritional risk. For many, the wellness check and friendly conversation provided by our volunteers is just as important. For the individual receiving Meals on Wheels, it helps them feel connected to the community. For loved ones, they know the person they care about is all right.

Impact Services provides Meals on Wheels services to twenty-three communities in Anoka and Hennepin County. We serve our neighbors at nutritional risk:

- People unable to cook for themselves
- People unable to grocery shop for food
- People at risk of harm to self, others or structures if they were to cook

People at nutritional risk include senior citizens, people with disabilities, people with mental health concerns, people recovering from a medical procedure, pregnant women on bed rest, and family dealing with an ill loved one. Meals on Wheels can be a long-term resource to help keep people in their homes, or a short-term need to help through a medical crisis.

**Impact Services Serves Meals on Wheels to all of Anoka County & Champlin**

***If you or someone you know needs meals on wheels and a well check but is unable to afford our services; Ask about our donor program!***

***\*frozen meal delivery not included in donor program\****


Registration is **OPEN**

**Golf Fore an Impact 2023**

Four Person Scramble  
**Lunch . Raffles . FUN!**  
 Sponsorships Available  
**Join us Thursday, June 22**

11:30am Shotgun Start      The Refuge Golf Course

Sign up today! [ImpactServicesMN.org/events](http://ImpactServicesMN.org/events)

 **Impact Services**  
 Meals on Wheels and More in Anoka County

763-250-8767



## VOICES of IMPACT “Sing and Be Happy”

**Voices of Impact** is a musical experience for people living with memory loss and their caregiver. This group provides *entertainment, comfort, support, and a feeling of community* for all participants. All are welcome to join regardless of your singing experience, singing ability, or musical background.



### MUSIC is a universal language

and very beneficial to those living with memory loss.

Singing can improve communication between those with memory loss and their caregiver, creating a sense of vitality and positive emotions.

Persons living with memory loss are invited to visit a **VOICES of IMPACT** session **with** their caregiver. Singers will have an opportunity to participate, share stories, support one another, and enjoy a time of fellowship, coffee & cookies.

VOICES of IMPACT meets Mondays from 10:00 -11:30 AM.

#### 2023 Winter / Spring Schedule

January 9,16,23,30

February 6,13,20,27

March 6,13,20,27

April 3,17,24

May 1, 8

Spring Concert is May 6, 2023

Faith Lutheran Church, 11115 Hanson Blvd., Coon Rapids 55433

Voices of Impact; Bruce Phelps, Director, – [brphelps5820@gmail.com](mailto:brphelps5820@gmail.com)  
Joe Grapevine, Assistant, – [jpaugust73@msn.com](mailto:jpaugust73@msn.com)



**VOICES of IMPACT**  
is a program of Impact Services  
763-236-8718  
[www.ImpactServicesMN.org](http://www.ImpactServicesMN.org)



## Volunteers Make an Impact

### Ways to Volunteer

Volunteer Driver for Meals on Wheels Program

Donate stuffed bears, write letters or cards to recipients

Donate gas cards or goody bags to Volunteer Drivers

Make a one-time, or monthly donation

Become a business sponsor or community partner

Attend a fundraising event or donate a silent auction item to one of our events.

Follow us on Social media: Facebook, Instagram, TikTok, LinkedIn, & Twitter

For more information on how you can help:  
[Impactservicesmn.org](http://Impactservicesmn.org)

763-236-8718



Thank you Fridley Lions Club for donating fruit baskets to our Meals on Wheels recipients in Fridley! You make their holiday special every year!!

Did you know SNAP benefits can also be used toward the cost of Meals on Wheels?

Meals On Wheels is one of the best food delivery programs in Minnesota offering hot and healthy meals for any nutritional need.

Call us at (612) 623-3363 or email us at [info@meals-on-wheels.com](mailto:info@meals-on-wheels.com)

with all questions about Meals on Wheels and SNAP eligibility.



## Upcoming Events

- **Saturday - May 6, 2023 - Voices of Impact Choir Concert**  
10:00am Faith Lutheran Church, Coon Rapids
- **Thursday - June 22, 2023 - Annual Golf Fore an Impact Tournament**  
10:45am The Refuge Golf Club, Oak Grove
- **Thursday - October 12, 2023 - Dessert First Annual Gala**  
5:00pm Bunker Hills Event Center
- **Saturday - December 2, 2023 - Voice of Impact Holiday Choir Concert**  
10:00am Faith Lutheran Church Coon Rapids



7590 Lyric Lane NE  
#228  
Fridley, MN 55432  
763-236-8718  
Impactservicesmn.org