



COPPER SHORES
MEALS ON WHEELS

Summer 2024

NEWSLETTER



1 (906) 483-1155



Water Street Property Acquisition

Thanks to a generous donation by UP Health System - Portage, we now own the Water Street building that's been home of the Copper Shores Meals on Wheels kitchen for many years now.

"It's incredibly exciting to know that necessary upgrades to this space are coming. By making physical changes to the building, we can improve our efficiency, cut down on other expenditures, and focus more on having local and healthful food options for our seniors." - Meals on Wheels Program Director Kathleen Harter

Reminder: Please remember to call our office at 1 (906) 483-1155 if you anticipate missing a meal delivery. If we don't hear from you, we'll contact your emergency contact to ensure you're okay. Your safety and well-being are our priority.

821 Water Street | Hancock, MI 49930

Learn more at coppershores.org/mealsonwheels

Copper Shores Meals on Wheels is a program of Copper Shores Community Health Foundation. Copper Shores Community Health Foundation is a 501(c)(3) that complies with Title VI of the Civil Rights Act of 1964, which prohibits discrimination based upon race, color, and national origin.

(Re)Introducing: Meet & Eat

Moving forward the congregate meal sites will be known as Meet & Eat sites. Not only is it important for seniors to get proper nutrition, but to socialize with peers and activate the parts of the brain that regulate mental health. Meals on Wheels Meet & Eat sites offer a place to achieve both of these and have become a staple in many seniors' routines. As a part of a naming contest by the people who support the program, we chose Meet & Eat to reflect both the physical and cognitive benefits to joining!



If interested in attending, call Copper Shores Meals on Wheels at 1 (906) 483-1155 at least one day in advanced to reserve a spot and allow us to send the correct amount of food to each site. Suggested donation of \$8.00 for those over 60 and a cost of \$13.00 for those under 60. See a full schedule at coppershores.org/meet-and-eat.



The Local-motion

Local ingredients are coming into the kitchen from all directions and we are working hard to process it quickly for you! Food is picked locally at its peak and in people's trays in a day or two! Nearly every single meal in July features local food, and we expect the same to be true the next few months!

Zane Freeman starts a new role

Meals on Wheels employee, Zane Freeman, is moving to a new role at Copper Shores. He just started as the new Community Support Specialist, where he is helping Copper Shores Bridges participants connect to community resources.



New faces on your doorstep

You may have noticed some new faces during meal deliveries. Jeff and Bailey are our newest float employees. They fill in wherever necessary, including on delivery routes, so make sure to say hi if you see them!