



Winter 2025

NEWSLETTER



1 (906) 483-1155



Order Valentine's Sweets to support Meals on Wheels!

Copper Shores Meals on Wheels is making Valentine's Day a little sweeter in 2025. Between now and Feb. 10 at noon, people can order a box of homemade, handcrafted treats for someone special, or the whole family. Boxes are \$25 each and can be ordered online at coppershores.org/mealsonwheels or by calling 1 (906) 483-1155.

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ORDER BY NOON

MONDAY, FEBRUARY 10

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Spots available at Keweenaw Pines Meet & Eat in Mohawk!

Tell your friends that spots are available in Mohawk! We provide freshly cooked, homemade family style meals every day of the week at our Meet & Eat sites, including Keweenaw Pines in Mohawk. Robyn Matthews, the new Meet & Eat site coordinator in Mohawk, is eager to feed more people and provide seniors fellowship.

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.



GivingTuesday hits new highs

Thank you to everyone who donated to Meals on Wheels during GivingTuesday last year. Your generosity helps ensure the longevity and quality of this program. In 2024, the program received a record \$30,762.62 in donations! Thank you, all!

Keweenaw Co-operation

We have been selected as a recipient of Keweenaw Co-op's Bring-a-Bag program. For every bag saved at the Co-op, our program receives funds, January through June!



Meals on Wheels was chosen by our owners because of its dedication to providing nutritious meals and support to those in need. This program aligns with our values of fostering a healthier, more connected community. We're thrilled to have Meals on Wheels as our Bring-a-Bag recipient for the first half of 2025.

- Ariele Pizzo, Keweenaw Co-op Marketing & Outreach Coordinator



Simpson begins role as new Bridges Program Coordinator



Copper Shores Bridges is entering a new phase with Rich Simpson accepting the role of program coordinator. Simpson had been with Meals on Wheels since June of 2021. We'll miss him around our office every day, but know he'll do incredible things with Bridges!

Meghan's Message

Including protein-rich meals is a vital part of health, especially as we age. Consider adding:

- Lean meats (chicken, fish, pork, beef)
- Eggs
- Cheese & greek yogurt
- Beans & lentils
- Nuts
- Protein powders

46%

of people 51 and older do not meet their daily protein recommendations. (2015 study)



Meghan Jaszczak, RD,
Community Health Educator