COMMUNITY MEALS, INC.

The Digest

Fall 2023

Falling in to Autumn Street Fairs
Fun in Ho-Ho-Kus and Midland Park

CMI embraces the opportunity to engage in Community Outreach! In September we had tables at both Ho-Ho-Kus Day and Midland Park Community Day! Thanks to all who stopped by to say hello.

If you or someone you know could benefit from our service, or are interested in volunteering, please give us a call at 201-447-8295.

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

CMI News

Client Interview - Caroline Herburger

By: Jonah Rogoff, CMI Intern

Always young at heart, senior citizen **Caroline Herburger** has lived in Waldwick for just over twenty-three years. She enjoys walking around town and dining locally with friends and family– some of her favorite restaurants include Nellie's, Red Bowl, Limoncello, and she can't wait for El Azteca to open. Caroline always has something to look forward to.

When Caroline developed a vision disability, she knew she needed some assistance with meals. Luckily her neighbors were already volunteers at Community Meals and told her about the support she could receive. Currently, Caroline has three

hot meals delivered a week; sometimes she digs in right away after the midday delivery, and sometimes she saves them for dinner. She says it's an "ideal situation" - tasty, nutritious food that comes right to your front door– no need to add anything or make any side dishes. "And have you ever tasted that pot roast with gravy or turkey with stuffing?" she asked. "It's really fantastic."

Community Meals Client
CAROLINE HERBURGER

CMI offers cozy, delicious and nutritious hot comfort food for Fall. See our **Menu!**

To **DONATE** to CMI:
www.communitymealsonwheels.org/donate

Mary Flynn's Memory Honored by Generosity to Community Meals

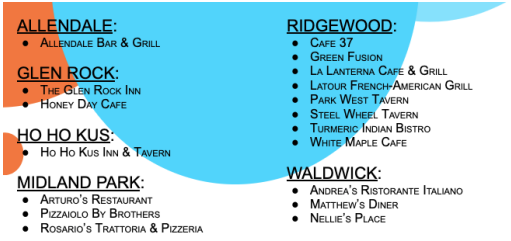
Mary Flynn and husband Charlie

Donations have been coming in to Community Meals in loving memory of longtime volunteer, **Mary Flynn,** who recently passed away. Mary delivered meals to our clients for many years along with her husband of 62 years and previous CMI president, Charlie Flynn. Remembered as a cheerful, friendly and intelligent woman with a dry wit who volunteered for many local organizations, Mary continues to give to Community Meals even now. She was a lifelong resident of Ridgewood and Glen Rock. In addition to her devoted Charlie, she leaves behind children Claire Jones and husband Russel, Thomas Flynn and wife Elizabeth, and Michael Flynn and wife Heather, and sister Patricia Burton and brother James Sheridan and eight grandchildren. She was predeceased by her daughter Maggie Flynn. Mary will always be remembered here at CMI with love and gratitude.

Link to Mary Flynn's Obituary

CMI Fall Fundraiser
October 22 - 28, 2023
Dine & Donate

THANK YOU to all the local restaurants who are participating in our Dine & Donate Fundraiser!



Our **Dine & Donate** Fundraiser is scheduled for Sunday October 22, 2023 - Saturday, October 28, 2023.

Community Meals, Inc. (CMI) invites you to participate in our annual partnership with local restaurants
to raise money to feed our elderly and disabled neighbors.

Allendale Bar & Grill
The Glen Rock Inn
Honey Day Cafe
Arturo's
Pizzaolo By Brothers
Rosario's Trattoria & Pizzeria
Cafe 37
Green Fusion
La Lanterna Cafe & Grill
LaTour French-American Restaurant
Park West Tavern
Steel Wheel
Tumeric Indian Bistro
White Maple Cafe
Andrea's Ristorante Italiano
Matthew's Diner
Nellie's Place

A special shout out to Board member Peggy Vandervoort for coordinating this effort and to our Publicity Committee for helping get the word out!

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

Support the Community Thrift Shop and Support CMI #winwin

Fall Cleaning? Don't throw away, donate! The Community Thrift Shop located at 85 Godwin Avenue in Midland Park accepts donations on behalf of Community Meals. Simply mark #87 on your donations and the proceeds of the sale will go to CMI.

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

Did You Know?

Community Meals relies on donations and private grants to fund the delivery of meals to homebound and disabled adults living in our community who cannot afford to otherwise pay. We receive ZERO dollars in government or state funding.

With your tax deductible donation, we can continue to ensure that no senior in need of a meal delivered to their door in our community is ever turned away.

Donate Today!

Getting the Word Out

If you know of upcoming events that CMI could participate in, for example
~ Street Fairs, Town Celebration Days, Senior Events ~
please let us know!

And if you or someone you know could benefit from our meals,
please contact us. Call us anytime at **201-447-8295**

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

What We Do

For more than 50 years, **Community Meals, Inc.,** has been delivering food to seniors and disabled adults who are unable to prepare or otherwise obtain meals for themselves.

Our volunteers pack and deliver meals to individuals living in Ridgewood, Glen Rock, Ho-Ho-Kus, Midland Park, Waldwick, Allendale and Saddle River. Our Menu

More than one-third of our clients are unable to afford the nominal daily cost for a meal. For these clients, we offer financial aid so they can have

two meals each day at no cost. These meals are subsidized by our generous donors. For more information, check out our website communitymealsonwheels.org.

In addition to weekly meals, we periodically deliver shelf stable food to our clients.

If you are interested in our service, or are a caregiver of someone who would benefit from CMI's meal delivery, please call the Community Meals office at **201-447-8295.** We can take all registration information over the phone. There is no need for a formal referral for our service. Area residents who are unable to shop or cook for themselves due to age or disability can qualify for our service.

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

Help Seniors in our Community Your Donation Matters!

Donate at our website via PayPal

Community Meals, Inc
@CommunityMealsOnWheels

venmo

We have **VENMO** to make donating even easier. Venmo to **@CommunityMealsOnWheels**

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

Community Meals is so grateful for the continued support of our donors. As a privately funded charity, we receive absolutely no government support. Every donation, from $5 to $5000, makes a difference and enables us to continue to serve our clients. Donors are an integral part of the "community" of Community Meals and we thank everyone who has helped make the past 52 years a success.

A Special ***"Thank You"*** to our generous 2023 Q3 Donors ($100+)

Old Paramus Reformed Church - Missions Committee
Ray Accettura
Roy & Patricia Burton
Community Thrift Shop
James Sheridan
Warren Levy
Thomas & Dolores Floyd
Robert & Nancy Croland
Ascendia Bank
Provident Bank
Glen Rock High School Key Club
Benjamin Meschio
Ann & Robert Boyle
Stop & Shop Blooming 4 Good

To **DONATE** to CMI: www.communitymealsonwheels.org/donate

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