

MEALS ON HEELS



A Saturday Lunch Program for Yorkville Neighborhood Residents
A Social Ministry Program of

Immanuel Lutheran Church

122 East 88 Street (& Lexington Ave.) New York, NY 10128

www.immanuelnyc.org

www.facebook.com/ImmanuelLutheranChurchNYC

212-289-8128

June 2021

What is “Meals on Heels”?

“Meals on Heels” is a Saturday lunch program for the elderly. It was established about thirty years ago to supplement the city “Meals on Wheels” program. We had to suspend it for the pandemic, but now we are delivering our home-cooked meals again.

Many of the people we serve are referred to us by “Search and Care,” which is a local social service organization reaching out to the elderly in the Yorkville area of Manhattan’s Upper East Side.

Who receives the meals?

The program serves the elderly and the very sick, without regard to religious faith.

How can I get involved?

We need two sets of volunteers: cooks and people to deliver the meals to the recipients. The cooks work in their own kitchens. We supply trays, bread, and dessert. Volunteers do not need to be gourmet cooks, but we do look for people who prepare appetizing and healthy meals. Many of the people we serve live off City Meals, and we very much want for them to have something at least as nice on the weekend, like pot roast, chicken breast, green beans, rice, etc.

Nowadays we especially need cooks. Let Program Director Barbara Chomko know (bchomko@nyc.rr.com) if you can help. You do not need to prepare meals for the entire roster of people receiving meals. If you could do even six meals on a Saturday, that would be a big help. Aim to deliver the meals to our church office by 10:30 a.m. on Saturdays.

Our church office is located at 122 East 88th Street, between Park and Lexington Avenues. It is two doors to the right of our church steps.

We also need volunteers to deliver the meals. The food is picked up on Saturday morning at our church office between 11 a.m. and 11:15 a.m. and delivered within the Yorkville Community. The more walkers, the less time it takes. Some of the people to whom we deliver are eager for company and a few minutes conversation. With others, all that is required is the food.

Whom should I contact to get involved?

If you would like to cook or deliver meals we would be very grateful. Please contact Barbara Chomko. She is the leader of our program. Her email address is bchomko@nyc.rr.com.

What about money contributions?

Gifts of money, whether large or small, are of course welcome and very helpful. We support Meals on Heels from our church budget, and so anything you could give to our church would help. If you should like to contribute, please make your check payable to "Immanuel Lutheran Church" and mail it to the church at 122 East 88 Street, New York, NY 10128. Your contribution will be tax deductible to the degree permitted by law. Thank you for considering such a charitable contribution.

(End)