

DIRECTOR'S REPORT | *Kristin Schurrer*

VOLUNTEER OPPORTUNITIES

Dedicated LSS Meals volunteers of all ages are instrumental in keeping services alive in their local communities. Their hearts guide their hands through daily service as they take reservations for meals, plan special events, assist in the kitchen, package and deliver Meals on Wheels and assist with the hidden 'behind-the-scenes' tasks.

LSS Bistro community dining staff are grateful to work side-by-side with volunteers who give of their hearts to deliver food and friendship to the thousands of older adults served across the state. Their investment of time and talent is evidence of their commitment to providing their neighbors with high quality service.

New volunteers are always needed. Please contact your local LSS Meals site or log on to our website and click on 'Volunteers' to find out how you can help.

We would love to have you!



CONTACT US TODAY

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LSS Meals offers many delicious meal options so that older adults can live healthy and abundant lives. We offer hot homestyle meals at LSS Bistro community dining sites and LSS Meals on Wheels, and a new frozen shipment service called LSS Meals to Go. In 2019 we provided meals in 39 Minnesota counties and 163 communities.

Partnerships in 2019 created new successes. We continued our work with Medica to offer meals to individuals following hospital discharge to decrease their risk of readmission.

LSS Meals to Go, our new frozen shipped meal service, launched in January and reached more than 3,000 Minnesotans. It offers 35 nutritionally balanced meals that are prepared and packaged at the Hilltop Regional Kitchen in Eagle Bend. Because of strong demand, we plan to open a second LSS Meals to Go production kitchen in Waterville in the spring of 2020. This year we also made this service available to people who access Minnesota's waived services program. We reached 700 new individuals in 2019 through waiver funding alone.

LSS Meals helps keep older adults healthy and reduce medical costs. With our nutritional support, 53 Minnesotans over 100 years old still live in their homes. This is a win for the older adults and a huge savings because one year of meals costs less than one day in a hospital or nursing home.

While we nurture existing partnerships and look for new collaborators, our need and appreciation for volunteers remains constant. In 2019, we received support from 5,161 volunteers who contributed more than 69,000 hours of service! These are caring retirees, paramedics, church members, high school students and others who prepare and deliver meals to neighbors.

We are grateful to the dedicated employees, partners, financial supporters and volunteers who inspire us to meet new challenges in 2020.

A handwritten signature in black ink that reads "Kristin Schurrer".

Kristin Schurrer

Senior Director – LSS Meals

Lutheran Social Service of Minnesota

2019 FUNDING SOURCES

25 % ■ Donations
22 % ■ Federal
19 % ■ State Waivered
15 % ■ In-Kind
8 % ■ State
7 % ■ NSIP
4 % ■ Site Sponsorship



LSS Meals is funded in part with federal funds through the Older Americans Act, which is administered through the Minnesota Board on Aging and Area Agency on Aging. LSS complies with the Civil Rights Act of 1964.

MEAL GIFT CERTIFICATES

can now be purchased online!

As family and friends age, they tend to want fewer material gifts. An LSS meal gift certificate is a welcome alternative for any occasion. Older adults can enjoy the tasty and nutritious food, interaction with neighbors and others in their community, and appreciate not having to cook or clean-up!

For an older adult with health issues or who may not be eating well, a thoughtful meal certificate may be the perfect gift that combines convenience, healthy eating and social interaction.

Meal gift certificates may be used at any of the 168 LSS Community Dining or Diners Club locations and older adults who are home-bound may use the gift certificates for home-delivered meals.

To place an order for these thoughtful gift certificates go to:
www.lssmn.org/nutrition

Senior Linkage Line: 800.333.2433
MinnesotaHelp.info

MN Relay 711: Dial 711 from anywhere in the country and you will be connected to the relay service in the state where you are located.

TAKING RETIREMENT LIGHTLY



If you sit home every day, you're going to get old," Neva Clausen said. After 36 years working for LSS Meals as a site coordinator in Luverne, Minnesota, Neva retired in 2015 at the age of 87. She takes the idea of retirement lightly, continuing as an LSS Meals volunteer. She provides training to new employees and substitutes for staff as needed.

Now 92, Neva also enjoys sitting on the other side of the table, as a guest

at the LSS Bistro community dining site in Luverne. She raves about LSS Meals' great cooks and wonderful dishes, but she explains that it is not only about the food.

"When some people start coming here, they're lonely and don't have many friends," Neva said. "They soon make friends, and once they get acquainted, they'll come every day."

The people are the best part of LSS Meals, according to Neva. "Being able to get out every day and be with people — it's fun to visit with everyone," Neva said. "It's a good reason to get up and get going in the morning when you have this commitment."

Her commitment inspires others who come to the LSS Bistro. Gary Madison, who started going there in early 2019, said, "She's very active and very dedicated to the community."

"When I turned 80, I thought, 'I'm 80!' I couldn't believe it!" Gary said. "And she's a lot older than that. Sometimes I look out my window and see her on her daily walk. I think if she can do it, so can I."

Neva continues to look to the future while connecting with Luverne's residents. She helps make it possible for LSS Meals to meet two crucial needs of older Minnesotans: providing nutritious, balanced meals and making connections possible by creating community.

ACTIVE.
◆ HEALTHY.
INDEPENDENT.

LSS Older Adult Services

With the right community supports, older Minnesotans are *Abundantly Aging*: staying healthy, choosing to live at home longer, giving back as volunteers and remaining as independent as possible.

LSS Meals is a service of Lutheran Social Service of Minnesota, which serves **all people** regardless of race, color, creed, religion, national origin, sex, sexual orientation, disability or age.