

# Kindness and outreach make Hillcrest home

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**Maria Shine Stewart** *Special to Sun News*

Are you hungry as you read this? Can you reach out for a snack, or can someone in your household give you a hand with that? If we can do either, we are downright fortunate.

But not everyone in our midst has that helping hand — until Hillcrest Meals on Wheels provides it.

Did you know that more than 12,000 meals are delivered by over 100 volunteers annually through the Hillcrest Meals on Wheels program? Meals are prepared by the skilled cooks at University Hospitals Richmond Medical Center. They are offered to clients at a modest cost.

Not long ago, on Mayors' Delivery Day — yes, you read that right, as in some of our cities' mayors — Pat Ward (Lyndhurst), Chuck Brunello Jr. (Highland Heights), Brenda Bodnar (Mayfield Village) and David Roche (Richmond Heights) delivered meals to experience firsthand the Hillcrest Meals on Wheels operation and meet some of those whom the nonprofit program serves — homebound residents in need.

You, too, can choose to volunteer and to help fill the need as the senior population continues to increase. Many residents prefer to "age in place," staying at home. A delivered meal can promote independence. Plus, seeing a friendly face once a day — and having one less "chore" — are among the benefits.

The program fosters healthy living and a way to stay connected to the community. Judy Conkling, program coordinator, is the contact for volunteering, donating or signing up for meals. Call her at 440-449-3551

I remember after a lengthy hospitalization when my mother-in-law on the west side of Cleveland "agreed" to try Meals on Wheels. She was on a special diet, and she had been formerly a whiz of a cook. Getting her Meals on Wheels helped her. The daily visit with a meal she could enjoy reassured those of us in her inner circle that she had that extra pair of hands to keep her strong and getting even stronger.

At the time, my husband was thoroughly impressed with the professionalism of the team and said maybe someday he would be part of a Meals on Wheels effort.

"Many hands make light work," and this can be a very gratifying pursuit for volunteers.



More than 12,000 meals are delivered by over 100 volunteers annually through the Hillcrest Meals on Wheels program. *Sun News file*

*Police Blotter*

## MAYFIELD

### Suspicious activity SOM Center Road

Officers responded to the library at 9:30 p.m. Oct. 3 for a report of a disturbance between a group of people in the parking lot. They learned that an employee of a contracted cleaning crew had been fired and had become confrontational and began throwing things. The manager of the crew was advised to call police in the future if they suspect an employee may become a problem.

### Suspicion *Wilson Mills Road*

Officers responded to the high school parking lot Oct. 8 for a report of two spoons in the drive that appeared to have drug residue on them. One spoon was located and had been run over multiple times. There was no sign of drugs on it.

### General assistance *Wilson Mills Road*

Officers were called to Center Elementary School around dismissal time Oct. 4 to help with a disgruntled parent. Nothing further was reported.

### Animals *Wilson Mills Road*

A woman said Oct. 2 that she walks regularly near Hanover Woods, and often two bull-mastiff dogs chase after her and her dog. She said she is afraid to walk in that area. Nothing further was reported.

### Fraud *Wilson Mills Road*

The owner of Jersey Mike's Subs reported Oct. 2 that a customer had passed a counterfeit \$100 bill a couple of days earlier. An employee believed it to be real, but the bank said otherwise. Police are trying to identify the customer.

### Disturbance *Beta Drive*

Officers responded to the Holiday Inn Oct. 2 for a report of a drunken man attempting to enter a room. The man had entered the room before their arrival, and it was confirmed that everything was OK and he was a guest in that room.