



Activities Behind the Names

The people of Munro & Associates bring a wide and varied set of skills and experience to this organization. Although we are spread out from Tokyo to London and points all across the United States, this group of men and women share an additional common vision, which is to make our communities a better place.

Volunteering for Meals on Wheels

Dave Oberholtzer has been a volunteer for Meals on Wheels for the past two years.

Alyssa Hawkins of the Auburn Hills Meals on Wheels calls two or three times a month to schedule deliveries or to confirm upcoming scheduled deliveries. Dave picks up the meals at the Older Persons Commission in Rochester along with the list of names and addresses matched with the types of meals to be delivered. It takes about an hour to make the deliveries (varies with the number of meals and length of the route). The whole process from pickup to return of the empty containers takes about two hours.

Auburn Hills Meals on Wheels makes and delivers about 50 meals a day – seven days a week. Deliveries are divided among five routes. Routes can have anywhere from two to fifteen stops. Half the deliveries are to individual homes and half to managed senior apartment complexes. Some routes have a few scattered individual homes and some deliver to several residents of a senior apartment complex. The recipients are always happy to receive the meals.



The Auburn Hills Meals on Wheels organization manages 400 volunteers. It takes three people to pack the meals each day and five to deliver meals. Each volunteer must fill out an application and be screened prior to being accepted into the program. Dave says it is very rewarding and feels lucky to be able to help.

Anyone interested in volunteering for Auburn Hills Meals on Wheels should call Alyssa at 248-370-9353. For online information, please visit www.auburnhills.org.

Neighboring Auburn Hills is the city of Rochester, which also has a Meals on Wheels program. More info can be found at: www.mealcall.org/meals-on-wheels/mi/rochester.htm.

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