



## Metro Meals On Wheels 2010 Annual Report

### Stories from the Road



### Steve Sarrazin and Kaposia Retirement Services Team

Habits and routine are the cornerstone for the delivery volunteers from Kaposia Retirement Services. Steve Sarrazin is a Community Specialist for Kaposia, and has coordinated nearly 9 years of meal delivery volunteering for Merrick Community Services' home-delivered meals program.

Kaposia Retirement Services promotes an active community for people with developmental disabilities who have retired from full-time employment but still want to give back. For Steve's team, every Wednesday represents an opportunity for each of them to take an important role in Meals on Wheels. From checking the meal bags, ringing each door bell, and crossing off the route sheet, these men are dedicated to their volunteer service. Their day begins at Merrick by decorating meal bags for Meals on Wheels recipients, and ends with smiles and positive interactions from each person on their route.

It's through special community partnerships like this, that non-profits in the Twin Cities can make an impact even more substantial than expected. For Steve, it's become an opportunity for his team to improve life skills while helping others, and he expects to continue their Wednesday tradition for as long as possible.

*Our thanks to Steve Sarrazin and Kaposia Retirement Services for letting us share their story.*