

# TERRIE O'CONNOR

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## REALTORS

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**Heidi Balkema of**  
**Terrie O'Connor Realtors Volunteers**  
**Her Service to "Meals-on-Wheels"**

Heidi Balkema of Terrie O'Connor Realtors, Wyckoff Group, recently volunteered her time helping those who are unable to shop or cook for themselves due to age or disability. Heidi recently made deliveries for Community Meals Inc (CMI), a non-profit meals-on-wheels service. Heidi made sure homebound residents would be able to receive their meals. "I find it very rewarding when I can help people in need," said Heidi. "It's fantastic to meet and interact with people, everyone always has an interesting history."



Since 1971, CMI has been delivering meals weekdays to homebound residents in Allendale, Glen Rock, Ho-Ho-Kus, Midland Park, Ridgewood, Waldwick and surrounding areas. Meals are prepared by The Valley Hospital and delivered to the Christ Church's kitchen. Volunteers package the meals and transfer them to coolers. Volunteer drivers, assigned specific routes, deliver these meals. Anyone interested in volunteering their time or in need of CMI services may call the Community Meals office at (201) 447-8295. Also anyone interested in contacting Heidi for any of their real estate needs can contact her at (201) 891-0100 ext. 211, her cell at (973) 930-0998 or e-mail her at [hbalkema@tocr.com](mailto:hbalkema@tocr.com)