

The Herb Cashvan Memorial Special Volunteer Award

Harriet Seckel



December 2024-
January 2025

Harriet Seckel was born in New York. She and her husband, Al, have two children and one grandchild. Harriet was a social worker for forty years, which is how she connected to Meals on Wheels.

Meals on Wheels has been run every January by Harriet for seven years. Harriet depends upon the kindness of Beth Israel's congregants to drive to local residents' homes to deliver prepared dinners one day a week. This mitzvah takes only one hour of your time, and locals are so very grateful that they receive hot meals. Please see page 6 for more information.

We thank Harriet Seckel for her service to the community. Please enjoy your designated parking spot!