

MAY 2020

# FRIENDS AT THE DOOR



Tammy is grateful her mother has the care she needs. Thank you!



## YOU GIVE FAMILIES PEACE OF MIND

Because of you, seniors and their families don't have to worry

Tammy's mother, Cecilia, started receiving Meals on Wheels in 2018 after a long hospital and rehab stay. Tammy works 12-hour shifts, and she was worried about Cecilia being home by herself while she worked.

"I actually had a panic attack at work because I was worried about how she would eat during the day, among other things," Tammy says.

Thankfully, Tammy can count on Meals on Wheels North Central Texas and friends like you to make sure Cecilia gets a hot, healthy meal every day and a friendly visit. The volunteers even help take care of Cecilia and Tammy's dog, Buddy!

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*"I am so very thankful."*

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"It gives me peace of mind knowing that she is fed and that someone is checking in on her and making sure she has everything she needs," Tammy says.

**Thanks to you, people like Tammy have peace of mind knowing their elderly parents aren't alone when they can't be there.**

LOOK  
INSIDE!

*Honor Your Parents' Legacy*  
Page 2

*A Lifetime of Volunteering*  
Page 3

*Seniors Helping Seniors*  
Page 4

# LETTER FROM THE EXECUTIVE DIRECTOR



**CHRISTINE HOCKIN-BOYD**  
EXECUTIVE DIRECTOR

Dear Friend,

Seniors are among the most vulnerable when it comes to fighting off illness. With the new coronavirus (COVID-19) causing concern and fear across the country, they're being hit the hardest. Even those who aren't exposed to the virus are at risk — of isolation, loneliness, and hunger.

No senior should have to worry about being hungry and alone, especially at this difficult time.

With so much uncertainty surrounding this virus, we need your help now to ensure seniors in our community have the nutritious food they need to maintain their health. Please give now during this difficult time. Thank you!

Sincerely,

A handwritten signature in black ink that reads "Christine Hockin-Boyd".

Christine Hockin-Boyd  
Executive Director



*Help seniors and honor your parents' legacy this Mother's Day or Father's Day by setting up a planned gift. Thank you!*

## HONOR YOUR MOM OR DAD'S LEGACY WITH A PLANNED GIFT

**W**ith Mother's Day and Father's Day coming up, now is the perfect time to honor your parents' legacy with a planned gift to Meals on Wheels North Central Texas.

A planned gift provides an opportunity for you to help shape and sustain the future of our program, and it gives you the opportunity to become a philanthropist now and forever. Take a look at the different ways you can leave a legacy:

- **Bequest** — Bequests cost nothing during your lifetime. It just takes a simple designation in your will or trust and can easily be revocable if your situation changes.
- **Living Trust** — All you have to do is name Meals on Wheels North Central Texas as a beneficiary. Probate is not needed.
- **Donor Advised Funds** — Retain control and family influence over your charitable dollars! Through Donor Advised funds, you can claim tax deductions now and decide later when your gift is made to us.
- **Retirement Assets** — Retirement funds paid to your family at your passing can cost significant estate taxes. However, gifted retirement funds are tax-free to 501(c)(3) charities — such as Meals on Wheels North Central Texas.

Please contact 888-8MY-MEAL to begin the process of leaving a planned gift that will help seniors for years to come in honor of your mother or father. Thank you for your generosity.

**DID YOU KNOW:**

**DURING LAST FISCAL YEAR, OUR VOLUNTEERS DELIVERED MONTHLY PET FOOD TO OVER 175 ANIMEALS HOUSEHOLDS**

# VOLUNTEER SPOTLIGHT

## A WORTHWHILE LIFETIME OF VOLUNTEERING

Arlyce has always given back to whatever community she has lived in by volunteering at the local Meals on Wheels. And now, Meals on Wheels North Central Texas is the fifth Meals on Wheels organization with which she has volunteered.

“Volunteering for Meals on Wheels is so worthwhile,” Arlyce says. “We can see the good that we’re doing when the client opens the door.”

She enjoys getting to know the people she serves and appreciates the trust they have in volunteers like her to deliver their meals. She knows she may be the only human interaction that these seniors have on that particular day, and she doesn’t take that lightly.



*Just like you, Arlyce is dedicated to helping seniors in need. Thank you!*

Dedicated volunteers like Arlyce and supporters like you are behind everything we do at Meals on Wheels North Central Texas. Thank you for all you do to help seniors facing hunger and loneliness throughout our community.

## BUILDING WITH LOVE

MADE WITH LOVE • HANDLED WITH LOVE • DELIVERED WITH LOVE

Meals on Wheels North Central Texas is growing to meet the growing needs of seniors in our community — and you’re a big part of our plans. That’s why we wanted to give you this special update on our \$2.2 million *Building With Love* capital project.

We launched this multi-phased strategy to find an efficient solution to meet the ever-increasing needs of our community now and into the future. Here’s a look at our plans:

### PHASE I — COMPLETE

We’re so grateful to the community and our partnership with GA Foods to have completed our new facility — the first of its kind.

- **MADE WITH LOVE:** SimpleCook™ Kitchen, an innovative kitchen concept, ensuring a fresh-from-the-oven taste, using a sensory analysis technique allowing meals to have maximum flavor, presentation, and satisfaction
- **HANDLED WITH LOVE:** Up-to-date integrated pick-up, delivery, and distribution system
- **DELIVERED WITH LOVE:** Higher quality of meals, delivered by caring volunteers, with additional menu options

### BUILDING WITH LOVE PHASE II AND PHASE IV

We’ll need support from this generous community — people like you — to complete these next phases, adding office space and staff to continue to grow and expand. Your support will enable us to:

- Replicate the distribution facility in Ellis County and Navarro County using the sustainable model in Johnson County with the addition of office space for staff
- Ensure the same level of quality and delivery throughout our service area

### PHASE III

Our new distribution facility in Johnson County will require a new office building to provide space for our growing staff. Community support is critical for this phase.

The outpouring of support from this community is humbling, but we have a long way to go to meet our goal for this project. You can make a difference!

**To learn more about how you can get involved, contact Executive Director Christine Hockin-Boyd today!**



# SAVE THE DATE

Some important dates are coming up soon. Don't forget to mark your calendar!

## MAY 10

Mother's Day

## JUNE 21

Father's Day

## JULY 11

National Cheer Up the Lonely Day

## AUGUST 21

National Senior Citizens Day

## OCTOBER 8

33rd Annual Golf Benefit

For those who have time off during the summer, please consider using that time to do something good for seniors in need in your community. Contact us at [volunteer@mownct.org](mailto:volunteer@mownct.org) or call 888-8MY-MEAL to learn more about volunteering for Meals on Wheels North Central Texas. Thank you!

# DONOR SPOTLIGHT



## SENIORS HELPING SENIORS

**D**ianne lives in a senior apartment community, where she has been delivering meals to her neighbors by volunteering through Meals on Wheels North Central Texas since early 2016. Recently, she has gotten even more involved by becoming one of our newest donors!

**"It's in my heart. You see the clients, they become your friends, and I want to make a difference. That's why I deliver, recruit others to volunteer, and donate to Meals on Wheels. I'm making a difference,"** Dianne says.

Like Dianne, you're also making a difference for seniors in our community. Thank you!

# MY GIFT TO HELP SENIORS IN MY COMMUNITY!



**MEALS on WHEELS**  
NORTH CENTRAL TEXAS

**Yes!** I want to help seniors who are experiencing hunger and loneliness. Enclosed is my gift of:

\$ \_\_\_\_\_

### FROM:

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

MY EMAIL: \_\_\_\_\_

I would like to donate \$ \_\_\_\_\_ automatically each month using my credit card.

I would like to have my monthly contribution of \$ \_\_\_\_\_ deducted from my checking account. (Please include a voided check.)

My check payable to MOWNCT is enclosed.

Please charge my credit card.



Amount \$ \_\_\_\_\_

Phone Number: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ / \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_