

BEHIND THE WHEELS

FEBRUARY 2026





Dear Friends,
This year, Meals on Wheels North Central Texas marks a meaningful milestone—FIFTY years of serving seniors with care, dignity, and compassion. As we reflect on this anniversary during the month of February, we are reminded that love is not just something we feel; it is something we show through consistent, dependable action.

For five decades, our mission has been made possible by generous supporters who believe seniors deserve reliable care and connection. Today, that belief is strengthened through **Champions of Care**, our monthly giving community. These sustaining gifts provide the steady foundation that allows us to plan ahead, respond to growing needs, and ensure seniors can count on nutritious meals and caring visits—every day of the year.

Volunteers remain at the heart of our work, turning a meal delivery into a moment of reassurance and human connection. Their impact is made possible by donors who ensure the meals are prepared, routes are covered, and no senior is overlooked.

As we look ahead to our next 50 years, we invite you to show your love in action—by becoming a **Champion of Care** or sharing your time—to help ensure every senior we serve feels supported, valued, and never forgotten.

With gratitude,
Christine Hockin-Boyd
Christine Hockin-Boyd
Executive Director



FOUR PAWS AND A HELPING HAND

Richard doesn't live alone—but it's close. These days, his constant companion is Roxy, a sweet, watchful dog who makes sure he's awake each morning and checks on him when the house goes quiet.

“
She keeps track of me. She just wants to make sure I'm okay.”

After a long, hardworking life that took its toll on his health, Richard's world has grown smaller. Friends have passed on, family lives far away, and pain makes getting around difficult. But Roxy brings comfort, purpose, and a steady rhythm to his days, whether she's nudging him awake or sitting nearby while he rests.



Meals on Wheels adds another layer of care and consistency. Regular, nutritious meals mean Richard doesn't have to worry about cooking on hard days, and familiar volunteer visits provide reassurance and connection. “It's easy, it's healthy, and it helps me stay on track,” he shares.

Together, Roxy and Meals on Wheels help Richard remain safe, nourished, and connected—proof that sometimes, love shows up on four legs, and sometimes it arrives right at your door.

Your support ensures that seniors, like Richard, receive meals, connection, and peace of mind!

CHAMPIONS OF CARE

We're proud to launch Champions of Care — a new monthly giving community for neighbors who believe seniors deserve consistent care.

Through sustaining support, Champions provide reliable meals, wellness checks, and meaningful human connection for older adults across Johnson, Ellis, and Navarro counties. **Hunger and isolation don't take days off, and neither do we.** Monthly gifts give Meals on Wheels North Central Texas the stability to plan ahead, respond quickly, and deliver uninterrupted care, helping seniors remain nourished, safe, and connected at home.

Monthly Champions provide the steady support seniors rely on every single month. As your commitment grows, so does your impact—and your connection to the mission.



Visionary Champions (\$1,000+/month)

You're a visionary — seeing what's possible and making it real for our most vulnerable seniors.



Founding Champions (\$500–\$999/month)

You're a founding visionary — creating transformational, lasting change for our most vulnerable seniors.



Legacy Champions (\$250–\$499/month)

You hold the key to building a lasting legacy of compassion for seniors in our community.

Use the enclosed remit envelope to Sign-Up Today!



Leadership Champions (\$100–\$249/month)

You're a leader in the fight against senior hunger and isolation.



Champion Circle (\$50–\$99/month)

You're part of an elite circle of champions dedicated to senior care.



Champion Partners (\$25–\$49/month)

You're a committed partner in championing seniors who need it most.



Champion Friend (\$10–\$24/month)

You're a friend and champion to seniors in your community.



A MARINE'S STRENGTH, A FAMILY'S DEVOTION

Deborah proudly wears her Woman Veterans Marine Corps hat—and for good reason. Long before it was common for women to serve, Deborah answered the call, joining the United States Marine Corps as a young woman from New Jersey. Like every Marine, she went where she was needed, working long hours in a San Diego mess hall that helped fuel those preparing for service. It was demanding work, but Deborah did what Marines do best: she showed up and got the job done.

It was there that she met her future husband, Thomas, a career Marine who would go on to serve for decades before retiring. Their marriage was built on shared values—discipline, commitment, and love—and took them to many places along the way. “I was lucky,” Deborah says simply. “He looked at me and said, “That’s my girl.”

Today, Deborah's Marine strength still shines through. After facing serious health challenges, she now receives Meals on Wheels, providing dependable nourishment and support at home. For Deborah, it's another reminder that service doesn't end—it simply comes full circle, with a grateful community now serving one of its own. Thank you for your service, Deborah. And, now it is our honor to serve you!

FY2025 IMPACT REPORT

1,381 UNDUPLICATED CLIENTS SERVED



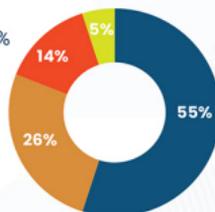
REFERRAL PATHWAYS (GROUPED)

Self & Family Networks — 55%
Self, family members, friends, faith communities, and existing clients

Healthcare & Care Continuum — 26%
Doctors, hospitals, home health, hospice, rehab, nursing facilities, managed care, Veteran Affairs

Public & Social Services — 14%
Health & Human Services,
Adult Protective Services,
Family Protective Services

Other / Unknown — 5%



CLIENT SURVEY RESULTS



94% report improved overall health



56% report increased physical activity



58% report improved memory



90% say Meals on Wheels helps them remain in their homes

PREVENTING HOSPITALIZATIONS & CRISES



103,956 wellness check performed by volunteers and staff



38% reduction in hospitalizations

28% reduction in ER visits



28% reduction in nursing home placements (30-day outcomes)

Research shows every \$1 invested in Meals on Wheels generates \$50 in healthcare cost savings.

AVERAGE COST OF:

One meal & wellness check: **\$12.00**

One day in hospital: **\$2,883**

One month in nursing home: **\$8,821**

One ER visit: **\$2,200**

TRIO CENTRAL KITCHEN

July 2025

The TRIO Central Kitchen opened, marking a major investment in quality, nutrition, and care by bringing all meal production in-house.



January 2026

Building on that momentum, hot, daily vegetarian meals returned—broadening menu options and honoring seniors' health needs and personal preferences.

Ongoing Impact

Built with our senior neighbors in mind, the TRIO Central Kitchen helps ensure every meal delivers nourishment, dignity, and moments of joy, because food is more than fuel; it is medicine.



SERVING THE CHILDREN OF YESTERDAY®



33% Age 80 or above



53% Live at or below poverty level



42% Live alone
34% Widowed



15% Veteran
17% Veteran Spouse

FIGHTING LONELINESS: THE SOCIAL MEDICINE EFFECT

This year, **659 volunteers** delivered **15,855 routes**, providing meals, wellness checks, and more to our older neighbors.



MORE THAN A MEAL

Nutrition is medicine, but whole-person care goes even further. By meeting critical needs beyond the plate, we help seniors remain safe at home, manage daily challenges, and avoid emergency situations. These “more than a meal” services extend the healing power of our mission.



201 Incontinence Care Packages

8 Tower Fans

9 Window Units

8,331 lbs. Pet Food

730 Christmas Gift Bags

3,000+ Packages of Fresh Produce

A WARM RETURN TO WHAT MATTERS MOST



When daily hot vegetarian meals returned to Meals on Wheels North Central Texas, Elaine felt the impact right away.

Elaine, 86, has been receiving Meals on Wheels since 2023. After a recent fall left her with a broken arm that hasn't fully healed, even reheating meals became difficult—and sometimes impossible. “Cooking is very hard now,” she shared. “And your body gets used to eating at a certain time.” Knowing a hot meal will arrive each day brings comfort and relief.

Prepared fresh daily in our TRIO Central Kitchen, these vegetarian meals offer more than nourishment. They provide consistency, balance, and peace of mind. Elaine says the meals help her eat healthier—something that's hard to manage alone. “Otherwise, you just pick and don't take the time to make a whole meal,” she explained.

For Elaine, the return of daily hot meals means dignity, routine, and the reassurance that someone cares, delivered right to her door.

Become a Champion of Care because caring for seniors, like Elaine, means showing up - everyday, without exception.

LOVE, TIME, AND TRUST

In JJ and Margie's home, time is everywhere. It ticks softly from every room—grandfather clocks, cuckoo clocks, and carefully restored treasures collected over decades. For JJ, clocks are a passion and a calling. He can tell you how each one works, what went wrong when it stopped, and how patiently bringing it back to life feels a little like caring for an old friend.



Margie knows this love well. She's watched the collection grow alongside their life together, through long days of antiquing, shared laughter, and seasons that required resilience. Their home tells their story: a relationship shaped by curiosity, humor, and a deep respect for one another's passions.

When Meals on Wheels staff first reached out, Margie was cautious—and rightly so. Staying safe matters. It didn't take long, though, for trust to grow. Familiar voices, kind volunteers, and thoughtful communication made all the difference. Today, the presence of Meals on Wheels means dependable meals, peace of mind, and one less thing to worry about.



Sometimes, it sounds like a house full of clocks; steady, reliable, and always right on time.

Become a Champion of Care partner today!
Your gift can support and care for seniors,
just like JJ and Margie, right here in
Johnson, Ellis, and Navarro counties!



A VISIT THAT RESTORED CONNECTION

Finis has never been one to ask for help.

At 98 years old, the World War II veteran still greeted visitors from his doorway, moving carefully with a walker and a quiet sense of pride. Like many from the Greatest Generation, Finis believes in taking care of himself—and asking for help simply isn't something he's inclined to do.

So when Meals on Wheels was suddenly unable to reach him during meal deliveries and routine re-assessments, Finis quietly disappeared from the meal route.

Volunteer Brian noticed.

After 25 years of delivering meals, Brian knows the job is about more than a quick handoff at the door. When he stopped by to check on Finis, he uncovered communication barriers that had unintentionally cut him off from services. Finis is nearly deaf, his emergency contact information was outdated, and letters from the office had gone unanswered—not because he didn't care, but because he couldn't hear or fully understand what was being asked.



In the weeks without meals, Finis did what he had always done: he made do. He “grazed” on small leftovers from his grandchildren, both of whom live with him and have vision challenges that prevent them from cooking.

Brian immediately reached out to Meals on Wheels



staff member Cindy, who stepped in with patience and care. Together, they confirmed Finis's wish to resume meal service, updated his emergency contacts, and began the process of connecting him with a specialized telephone device for individuals with hearing loss through a state assistance program.

Small moments made a big difference. Brian helped turn on closed captions so Finis could follow along with his favorite TV show, Gunsmoke, something he hadn't been able to do in years. Cindy walked Finis through each step of the process, ensuring he understood his choices and felt supported along the way.

“66”

I would have nothing to eat...if it wasn't for Meals on Wheels.

Today, Finis is back on the meal route, with updated safeguards and renewed peace of mind. His story is a powerful reminder that Meals on Wheels is more than a meal—it's connection, advocacy, and the care that begins when someone takes the time to truly see the person behind the door.

“My monthly gift helps make sure seniors, like Finis, don't have to wonder where their next meal is coming from. That kind of reliability is love in action.”

-Champion of Care Donor

MORE WAYS TO PARTNER AND PARTICIPATE!

Nourishing News Partnership!

Exclusive recognition across all MOWNCT newsletters and e-communications for one quarter.

- Logo placement in print and digital newsletters
- Social media amplification
- Ideal for marketing-focused partners

Call us for more information on any of the partnerships
888.869.6325

MEALS IN MOTION Partnership



The Meals in Motion Partner provides a new vehicle that delivers meals, safety checks, and connection every day.

- Permanent logo placement on vehicle
- Recognition across MOWNCT marketing and outreach
- Feature story highlighting your impact
- Ideal for partners seeking a tangible, high-visibility investment

VOLUNTEER WITH US!

Volunteers are the heart of Meals on Wheels. With just an hour of your time, you can deliver more than a meal, you can offer a friendly smile, a wellness check, and a moment of connection to a senior in our community. Whether you deliver meals, help in the office, or support special events, every role matters. Join us and be part of a caring network ensuring our neighbors are nourished, safe, and not alone.

Sign-Up Today!



HEARTS FOR CAREGIVERS: Sharing The Love

February 20 | 11:30 AM – 3:30 PM
203 Kimberly Dr. Cleburne, Texas 76031

We are excited to honor the dedicated caregivers who serve our community at Hearts for Caregivers: Sharing the Love, a special Valentine-themed appreciation and wellness event.

Caregivers are invited to come for a moment of rest, connection, and rejuvenation. The afternoon will feature:

- Relaxation stations with chair massage and guided stretching
- Light refreshments and Valentine treats
- Quick wellness tips and educational resources

This event is made possible thanks to the support of our generous donors and community partners. Your support helps us care for those who care for others.

Want to show your support? You can sponsor a station, donate treats, or send a short note of appreciation to our caregivers.

Contact us at 888-869-6325 to participate.