

# FRIENDS AT THE DOOR

## Give Love Year-Round



**Staffers like Belinda keep the love coming all year long.**

**A**t Valentine's Day, our thoughts always turn to love. But at Meals on Wheels North Central Texas, it's not about a date on the calendar. For us, it's all about love, all year long.

One of the greatest acts of love we can think of is delivering a meal to someone in need — to someone who might otherwise go hungry without it ... to someone who might struggle with loneliness if it weren't for a kind face regularly showing up at the front door.

Your faithful support shows that you're all about love too. Your gifts make it clear that you're a person who likes to put your love into action. For you, love is more than just a warm feeling, but something more tangible and real and life-giving ... like a meal and a visit to a person in need of both.

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***"Being a part of Meals on Wheels has blessed my life. Not only in meeting clients as we safely deliver meals, but in the friendships built as we call multiple times a week to check in and see how they are doing."***  
**— Belinda, Meals on Wheels Staff Member**

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Thanks to you, love never stopped showing up at the door.

**Because of your generosity, the love will just keep coming. Thank you!**

**LOOK  
INSIDE!**

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# LETTER FROM THE EXECUTIVE DIRECTOR



**CHRISTINE HOCKIN-BOYD**  
EXECUTIVE DIRECTOR

Dear Friend,

When we were kids, we traded Valentines with every other student in class — still pretty clueless what love really meant. When we got older, we made a big deal out of Valentine's Day for a spouse or significant other — with a better understanding of the meaning of love.

But for everyone, there comes a time to embrace the height and depth of selfless love — the kind of love that feels empathy and compassion, that is far more invested in the well-being of others than in ourselves.

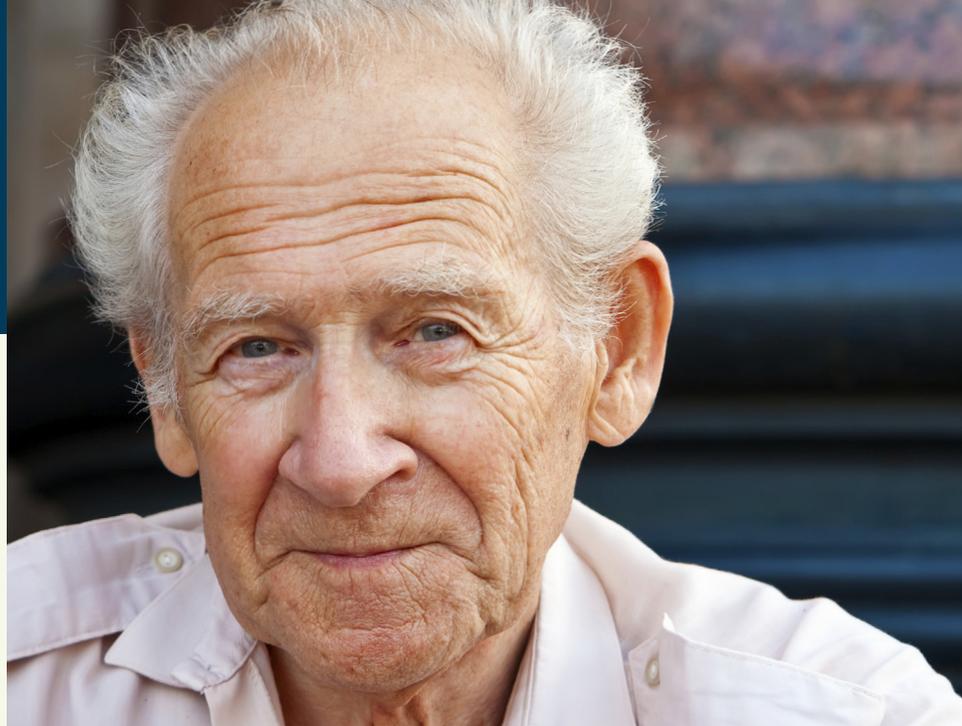
That's what we're about at Meals on Wheels North Central Texas — regularly showing up on front porches with love in our hands (in the form of meals) and in our hearts (in the form of compassion).

**Thank you for making that happen ... all year long!**

Sincerely,

A handwritten signature in cursive that reads "Christina Hockin-Boyd".

Christine Hockin-Boyd  
Executive Director



## WHAT YOUR SUPPORT MEANS TO SENIORS

HERE'S WHAT THE SENIORS YOU'RE SERVING HAVE TO SAY:

**95%**

Feel the program helps them stay in their home

**94%**

Feel Meals on Wheels meals help them eat healthier

**97%**

Feel the program helps their overall health

## SPECIAL DELIVERY: MEALS & LOVE!

Christie, a former staffer with Meals on Wheels, had built so many relationships in the community that she decided to continue with us as a volunteer.

She especially loves visiting Mr. Milan, shown above greeting Christie with a big smile. And even though she's wearing a mask, Christie's smile is crystal clear too. You can see it in her eyes.



*Mr. Milan's face lights up when Christie brings a meal.*

We're grateful to Christie and all volunteers. And to you for making it happen!

# VOLUNTEER SPOTLIGHT

## “A TRUE BLESSING TO MEALS ON WHEELS”

The COVID-19 pandemic forced us all to significantly change the way we go about life — and that certainly includes Meals on Wheels North Central Texas.

Not only have we practiced social distancing, wearing masks, and other recommended precautions, we’ve also had to make special provisions for volunteers in our ongoing commitment to their health and safety.

Fortunately, we have the best volunteers we could ask for, more than willing to be flexible and adapt to new needs and demands ... people like Janel.

“I remember the day Janel filled out an application to volunteer with us,” says Natasha McCord, our Volunteer Services Director. “I knew right away that she was going to be a true blessing to Meals on Wheels, and she has been just that.”

Janel stepped up when she wasn’t able to deliver



her normal route during COVID-19. She took on many tasks helping in our office, such as calling our clients for a daily wellness check, picking up extra calls, as well as recruiting new volunteers.

And one more thing: Every Friday, Janel comes to our offices with a big smile, walking down the halls, carrying a box of goodies, and yelling out, “Donut Friday!”

Just one more reason to love this remarkable volunteer!

## WITH GRATITUDE

If these three seniors could meet you, they’d all gush with gratitude for all the good you’ve done. Consider yourself thanked from (left to right) Carmen, John, and Anthony.



# DONOR SPOTLIGHT



Geraldine's sweet smile says it all.

## GIVING BACK ... TO A LIFELONG GIVER

### TALK ABOUT A HEART OF GOLD!

Geraldine, who will soon turn 90, has always invested in the lives of others — starting with her four children. She then spent decades working in nursing homes, caring for the elderly.

In her late 70s, Geraldine began volunteering with Meals on Wheels, continuing her service to seniors. In just three years, she became a Certified Dietary Manager, and was an integral part of our work.

Unfortunately, she had a serious car accident at age 80 and was forced to retire. So for the last decade, we've had the honor of giving back — Geraldine is a grateful recipient of our service, with meals delivered once a week. She understands everything that goes into delivering those meals, and she knows how important it is for seniors isolated at home.

Geraldine loves Meals on Wheels ... and the feeling is mutual. We love her too!

Thank you for spreading the love and making it possible to serve seniors like Geraldine!

## GET INVOLVED ... THROUGH MARCH FOR MEALS

The national March for Meals campaign is an annual month-long event designed to generate public awareness about senior hunger and isolation ... and to celebrate the invaluable services provided by senior nutrition programs.

March for Meals also showcases the successes of the Older Americans Act, signed in 1965 to call attention to a lack of community social services for older persons. March for Meals is also an opportunity to recruit new volunteers from our community and to increase fundraising from local businesses and supporters.

And you can help! We rely on friends like you to help raise awareness for the growing number of seniors facing hunger and isolation. Join us in our fight to end senior hunger by visiting [www.mownct.org/march-meals](http://www.mownct.org/march-meals).



## MY GIFT TO SPREAD LOVE TO LOCAL SENIORS!



**Yes!** I want to help feed seniors in Johnson, Ellis, and Navarro counties. *Enclosed is my gift of:*

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

- My check payable to MOWNCT is enclosed.
- Please charge my credit card.



Amount \$ \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Credit Card Number: \_\_\_\_\_  
Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_  
Signature: \_\_\_\_\_

#### 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.)*