

FEBRUARY 2025

FRIENDS AT THE DOOR

VERNAL AND MARIA
ARE GRATEFUL FOR
EACH OTHER, AND
FOR SUPPORTERS
LIKE YOU.

BETTER TOGETHER

Vernal and Maria are perfect for each other,
and Meals on Wheels is perfect for both of them! | **PAGE 2**

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LETTER FROM THE EXECUTIVE DIRECTOR



CHRISTINE HOCKIN-BOYD
EXECUTIVE DIRECTOR

Dear Friend,

It's the season of love! Valentine's Day is almost here, and at Meals on Wheels North Central Texas, we're full of love for our volunteers, love for our senior neighbors, and love for our valued supporters *like you*.

You show your love with every gift you give to help older neighbors in your community. We want to return a little of that love by sharing stories of some of the people your gifts help and the wonderful volunteers who deliver nourishing meals and care.

Please take a moment to read this special edition of *Friends at the Door*. You'll see the impact you made in 2024, meet a couple with a fairytale love story, and read about a wonderful volunteer who delivers compassion and care for her neighbors in need.

I hope these tales of love inspire you to give another gift today. We're so grateful for your support.

Sincerely,

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

Christine Hockin-Boyd
Executive Director

BETTER TOGETHER

VERNAL AND MARIA ARE PERFECT FOR EACH OTHER, AND MEALS ON WHEELS IS PERFECT FOR BOTH OF THEM!

After 30 years of marriage, Vernal and Maria's love story is one for the ages. Born and raised in Louisiana, Vernal worked as a cross-country truck driver before settling in Corsicana, where he met the "most beautiful woman" he'd ever seen — his wife, Maria.

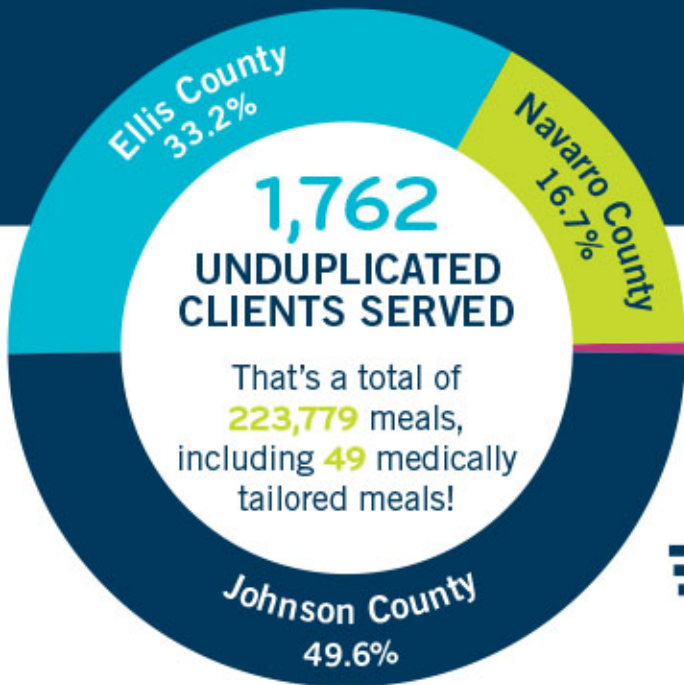
Now that they're both retired and their son is grown and gone, Vernal and Maria rely on Meals on Wheels to help care for Vernal's health needs. He has weekly appointments to take care of his liver, and it makes it harder to find time to make meals.

As a certified nurse's aide, Maria knows how to properly care for her husband, but cooking has become a challenge. "Cooking is hard now, and we can't buy much. So having things like Meals on Wheels to supplement really helps," she explains.

The couple looks forward to their Meals on Wheels deliveries, especially the fish meals they both enjoy. "We're sometimes like kids, and we fight over the fish. We both really like the fish," Maria says with a laugh, "but we enjoy all of the meals!"

Your support ensures Meals on Wheels can continue delivering delicious, nutritious meals to cherished neighbors like Vernal and Maria. Thank you!





2024 **IMPACT** REPORT

You helped make an incredible difference for your neighbors last year — just take a look!

TOP THREE REFERRAL SOURCES

- 24.4% referred by family
- 24.2% self-referred
- 12.1% referred by Home Health



During fiscal year 2024, **672** volunteers managed **17,067** routes, providing meals, wellness checks, and more to our older neighbors.



- 36%** Are age 80 or older
- 51%** Live at or below poverty level



- 42.4%** Live alone
- 35%** Are widowed



- 60%** Female
- 43.9%** Female head of household



- 15.9%** Veteran
- 18.3%** Veteran spouse

OUR MISSION

Ending hunger and isolation.
Delivering dignity and independence.

MEALS ON WHEELS IS MUCH MORE THAN A MEAL

- **OVER 900** Moon Pies and solar-eclipse glasses
- **OVER 900** Pocket Hugs
- **3,500** 4-packs of microwavable cups of Libby's Vegetables
- **53** incontinence-care packages
- On **CHICKEN EXPRESS DAY**, Chicken Express donated a meal to every senior we serve in all three counties.
- **OVER 900** holiday gift bags
- **OVER 850** We Care Packages, thanks to the generosity of Bloomerang and the Alton and Faye Talbert Memorial Fund
- **9,291 POUNDS** of pet food provided to **475** older adults for their companion pets through our AniMeals program
- **BEAT THE HEAT** provided tower fans and window units



VOLUNTEER SPOTLIGHT: SUSAN



Meals on Wheels volunteer Susan brings so much more than food with her when she visits her neighbors.

Meet Susan, a Meals on Wheels volunteer who embodies the spirit of service and compassion. After retiring from a career in the medical field, she was looking for ways to help her community. That's when she saw a commercial about Meals on Wheels and thought, "I can do that!"

Susan initially signed up to deliver meals once a week, but she soon increased her commitment to two days a week. She has formed deep connections with the seniors on her route and goes far above and beyond to make sure they get what they need.

In fact, when Susan learned that one of her clients, Paula, needed additional in-home care, she applied and began working as Paula's part-time home health aide. For the past year and a half, Susan has not only delivered Meals on

Wheels to Paula twice a week but has also visited her five days a week to provide personal care and companionship. "She's a wonderful lady," Paula says gratefully about her friend and helper, Susan. "Words don't express how wonderful she is. I can't do without her," Paula adds.

Susan has also developed a close relationship with another client, Robert, who relies on her to pick up his medications when needed. He isn't able to get out much, so Susan's visits bring him so much joy: "She does wonderful things for us," he says. "She's just wonderful."

Volunteers like Susan are the heart and soul of Meals on Wheels. With your support, we can continue to recruit and empower more volunteers to make a profound difference in the lives of our senior community. Thank you!