

MAY 2025

BEHIND *the* WHEELS

LOOK INSIDE!



It's been a blessing
to have at least one hot
meal a day!
-Scarlot

READ SCARLOT & RACHEL'S FULL STORY
on page 6

888.8MY.MEAL
www.mownct.org



MEALS on WHEELS
NORTH CENTRAL TEXAS



We would like to express **OUR HEARTFELT THANKS**

to all of our supporters who helped make March an incredible month. With the **MARCH FOR MEALS** campaign and the 5th Annual **TAKING AIM AT SENIOR HUNGER** Clay Shoot in full swing, your donations, volunteer hours, and sponsorships truly showcased the love you have for our community's homebound seniors. Your kindness and generosity have truly touched us! We are deeply grateful for **EACH AND EVERY ONE OF YOU!**



What a Blessing!
The people that come
deliver are so friendly, and
so loving, and caring!
-Sandra, *MOWNCT Client*

Thank You!

MARCH
FOR
MEALS
WITH
MEALS ON WHEELS

WE OUR VOLUNTEERS

Meals on Wheels North Central Texas has the **BEST** volunteers! They truly are the **heart** of our mission. Oliver and Dana are shining examples of the compassion and dedication our volunteers bring every day. Their **kindness** goes far beyond delivering meals – they're also lending helping hands behind the scenes, whether it's preparing mailings or supporting office tasks with a **smile**. Like so many of our amazing volunteers, they give their time generously, selflessly, and always with love.

Margaret is yet another beautiful example of the unwavering love and **commitment** our volunteers bring to Meals on Wheels North Central Texas. Every week, she faithfully delivers meals to the seniors on her route – but she delivers much more than just food. With every visit, Margaret offers a warm smile, a caring check-in, and a genuine concern for the health and well-being of her senior neighbors. Her **dedication** doesn't stop there. Margaret also lends her time and energy to our office and special projects, like the Libby's Vegetable Project, pictured here to the left – bringing **hope**, and helping hands wherever they're needed.

Misty (left) and Loraine (right) are true pillars of kindness and generosity in our community. Their commitment to Meals on Wheels North Central Texas shines through in everything they do – from serving on our Board of Trustees to showing up with full hearts at every fundraising event, and much more behind the scenes. Their dedication to supporting our homebound senior

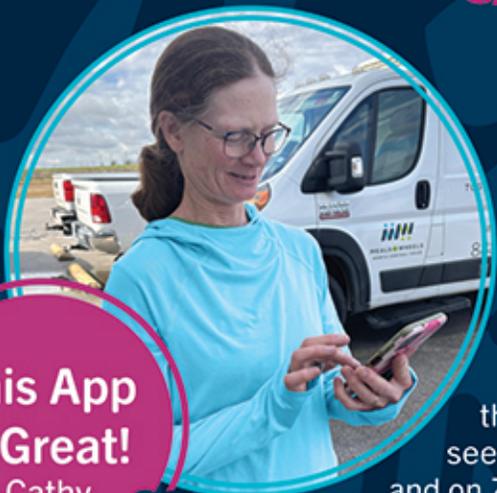
adults goes far beyond what words can express. They give their **time, energy, and love** without hesitation, and the impact they make is felt deeply by all of us.

Our volunteers are the backbone of our organization. Whether it's daily meal deliveries, one-of-a-kind projects, or vital fundraising events, we depend on their generosity to care for our community's most vulnerable. We are endlessly grateful for the service of **all of our volunteers**, their compassion, and the joy they bring to each and everyone they touch. Meals on Wheels North Central Texas could not serve the seniors in our community without the generosity of so many kind hearts and loving hands to help. **Thank you from the bottom of our hearts**. Because of people like YOU, we're able to reach more seniors, nourish more hearts, and continue our mission:

**Ending hunger and isolation.
Delivering dignity and independence.®**

VOLUNTEERS!

CARING
SENIORS
happiness *gratitude* **HEART** *Celebrate* **THANKS**
family **love**
VOLUNTEERS
NUTRITION **Thank You** *SERVICE*
connections **COMMUNITY** *independence*
safety **WELLNESS**
KINDNESS
HOPE
Joy



**This App
is Great!**

-Cathy

We are grateful for the patience and dedication of all of our volunteers as we have rolled out the new ServTracker Mobile Meals App. The participation in the trainings was very exciting as we got to see new faces and old friends face-to-face and on Zoom. We truly appreciate each and every volunteer that gives tirelessly of themselves to help our senior neighbors in our community!

*Scan Here
to Join Our
Volunteer Team!*



888.8MY.MEAL
www.mownct.org

SCARLOT & RACHEL

A Mother's Day Story

Scarlot has been a cherished member of the Johnson County community for many years. She graduated from Cleburne High School in 1964, and throughout her life, she has dedicated herself to caring for others, always putting her family first.

With four living children, eleven grandchildren, and now great-grandchildren, Scarlot's life has been filled with love and joy. Despite the heartbreaking loss of her son to cancer last year after a ten-year battle, her family remains her greatest source of pride and happiness. For years, Scarlot lovingly cared for and watched over each generation of her family, always there to support them. There's a special sparkle in her eyes when she talks about them!

For over twenty years, Scarlot worked as a teacher's assistant for children with special needs in the Cleburne Independent School District. She found pure joy in playing with the children, whether climbing on the jungle gym or spinning on the merry-go-round. "I enjoyed it with the little ones," she says, with a heart-warming smile.

In recent years, Scarlot has faced the challenges of memory care issues, and now lives with her daughter Rachel and her husband. As their roles have reversed, Rachel is grateful knowing that her mother is receiving at least one hot meal each day.

"We're often in and out, it's a blessing to know that she has a good meal coming for her," Rachel says. "Meals on Wheels is helping her eat healthier. She eats a lot more vegetables than she would have, and that's always a good thing."

Your donations ensure that more seniors like Scarlot eat nutritious meals allowing them to live healthier lives!



RESILIENCE & GRATITUDE

Nancy, age 89, has lived quite a life. "You name it, I've been there," she says, reflecting on her many experiences. She worked from age 18 until she was 72. But, her two sons and grandchildren are the sunshine of her life. She has always had a love of all animals. And, when she was able she loved cooking and working in the garden and flowerbeds.

In 2018, Nancy tragically lost both of her adult sons. It was a devastating blow. Since then, her health has been on a decline, including a breathing problem that emerged after a surgery. Yet, despite these challenges, Nancy remains resilient and strong. She continues to push forward, determined to do as much as she can for herself.

"They are always wonderful, the way they help me!"

For four years, Nancy has been a client of Meals on Wheels, and she deeply appreciates the kindness and care of the delivery staff. "They are always wonderful, the way they help me," she says with gratitude. She eagerly looks forward to her meals, especially her "goody cookies" — she has a soft spot for chocolate, after all!

Your donation can help seniors like Nancy that rely on the support of Meals on Wheels! Please consider contributing today!



EXCITING NEW WAYS YOU CAN PARTNER WITH US!

To learn more about each of the squares below, scan the QR code to go to the interactive web page with information about each of our programs! **We cannot do it without YOU!**



<p>NORTH TEXAS GIVING DAY COMMUNITIES FOUNDATION OF TEXAS amazon</p>	<p>DONATE YOUR TIME</p>	<p>DIAMOND PLATTER</p>	<p>NIGHT AT LA MODERNA FIELD</p>	<p>ROUND UP AT WALMART ONLINE</p>
<p>DONATE CRYPTO</p>	<p>TAKE A SWING AT SENIOR HUNGER</p>	<p>QUARTERLY NEWSLETTER</p>	<p>ANIMEALS HELPING THE HOMEBOUND CARE FOR THEIR PETS</p>	<p>ADOPT-A-MEAL ROUTE</p>
<p>SUMMER/WINTER CARE PACKAGES</p>	<p>VEHICLE DONATIONS</p>	<p>CFC Combined Federal Campaign CHARITY CODE: 46764</p>	<p>THIRD PARTY EVENTS</p>	<p>CHRISTMAS TREE EVENT</p>
<p>MONTHLY CLIENT GIFTS</p>	<p>FUN DAYS</p>	<p>ADOPT-A-SENIOR ALL YEAR</p>	<p>REAL ESTATE DONATIONS</p>	<p>TAKING AIM AT SENIOR HUNGER</p>
<p>SHARE THE LOVE EVENT</p>	<p>TASTE & TELL</p>	<p>DONATE A SET OF TIRES FOR A DELIVERY VEHICLE</p>	<p>MARCH FOR MEALS WITH MEALS ON WHEELS</p>	<p>WINTER EMERGENCY MEAL</p>
<p>IN-HOME SAFETY ITEMS</p>	<p>"WE CARE" PACKAGES</p>	<p>FRIENDLY VISITORS</p>	<p>BEAT THE HEAT</p>	<p>JOY FOR ALL</p>

JOY FOR ALL®

In isolating times, Robo-pets provide comfort

We're excited to launch our new program, Joy for All®, aimed at reducing loneliness and isolation among senior adults. Through this initiative, we're providing life-like animatronic cats, dogs, or birds to our seniors, offering the comforting companionship of animals. These pets bring love, joy, and emotional support, improving the well-being and happiness of those who need it most. Join us in spreading joy and making a lasting impact on the lives of seniors in our community!



GIVING ABOVE AND BEYOND!

*Scan Here to
Learn More!*



BEAT THE HEAT

So many seniors are facing the relentless heat in the coming months, with little to no way of keeping cool. Take Mark, for example. At 76 years old, he lives in a small town in Navarro County, struggling with mobility issues that make it a challenge. Thankfully, his devoted caregiver, Joyce, and her husband, Ronnie, are there to lend a hand whenever they can. Right now, Ronnie is working to install a new window unit, donated by the Beat the Heat program at Meals on Wheels.

Every week, Mark receives meals from Meals on Wheels, and what he looks forward to most are the friendly faces of the local police officers who volunteer to deliver food.

Mark still remembers the day he fell two years ago, and how the officers helped him. "They scraped me off of the ground and got me to the hospital," he says. "It's a double pleasantry when they come. I get my food and I get to talk to them!" He is grateful to all those that help him and the nutrition that Meals on Wheels provides!

Seniors like Mark need your help to survive this summer.

THEY CAN'T DO IT ALONE!
Donate today, and help keep our elderly community cool and safe.



ANIMEALS



Earl and his beloved pup, Zoe, share a special bond that brings them both so much joy. They absolutely cherish the volunteers who visit through AniMeals, brightening their days with love and companionship. For seniors like Earl, pets are more than just animals

—they're a source of comfort, a lifeline to fight loneliness, and a shield against depression.

But for many senior adults, their pets are their only companions, and providing them with the care they deserve can be difficult due to limited resources. That's where your support can make all the difference. By helping fund essential veterinary services—like vaccinations, spaying/neutering, flea treatments, dental care, and more. You're ensuring that seniors like Earl and Zoe can stay together, healthy and happy, and continue to share their beautiful, irreplaceable bond.

Please consider helping today — because when you support seniors and their pets, you're making their world a much brighter place. Scan the QR code to learn how!

