

# BEHIND *the* WHEELS

MAY 2025

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





Dear Friends,

I want to take a moment to express my deepest gratitude for all the time, energy, and compassion our wonderful volunteers give. From lending a helping hand to brightening someone's day, their efforts bring hope, joy, and support to people who need it most. Their dedication has not only helped to enrich the lives of those we serve, but it has also inspired all of us here to work harder and do more for our community's homebound seniors.

I would like each of you to know that you are valued beyond measure, and your hard work does not go unnoticed. On behalf of everyone here at Meals on Wheels North Central Texas, thank you for being a part of this incredible journey. Your support makes our mission possible, and we are so fortunate to have you as a part of our team.

If you have not joined this fantastic team of volunteers, we would love to have you. There is always room at the table! Please consider volunteering or donating today!

With heartfelt gratitude,



Christine Hockin-Boyd  
Executive Director



## THE JOY OF A WELL-FED SOUL

Barbara, at 79, has lived a life full of care and compassion as a devoted caregiver for 15 years. Now, due to limited mobility and poor eyesight, she faces new challenges that make independent living more difficult. But even in the face of these struggles, Barbara remains determined to live on her own terms, and Meals on Wheels plays an essential role in making that possible. With each meal delivered, Barbara is reminded that she can continue to live independently and with dignity.

Reading has always been one of Barbara's great loves, and she even authored a book, a testament to her curiosity and passion for learning. She believes that curiosity is a divine spark — a gift from God that resides in all of us, constantly pushing us to explore, grow, and discover.

Throughout her life, Barbara has lived in many places, both in the U.S. and abroad, experiencing a wide variety of cultures. Her children now live far away, and while their distance is difficult, Barbara finds comfort in speaking with one of her sons nearly every day. These daily conversations are a lifeline for her.

Currently, Barbara resides in a small, studio apartment in a remote area. While it is comfortable and cozy, it lacks basic amenities like a stove, oven, or laundry facilities, making daily tasks more challenging. Unable to drive, she depends on public transportation to get to the store, doctor's appointments, and even the laundromat.

Having experienced many different cultures and diverse foods, Barbara has developed a deep appreciation for the vegetarian meals provided by Meals on Wheels. She often expresses her gratitude for the kindness of the volunteers who deliver these meals. She is thankful for their passion and dedication that allows her to live her life with independence, peace, and the joy of a well-fed soul.



**You can make a difference!  
Donate Today!**





## 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 WHEELS



# WE OUR V



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  
family  
Celebrate  
THANKS  
love  
NUTRITION  
SERVICE  
Thank You  
connections  
independence  
COMMUNITY  
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!**



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



# 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.

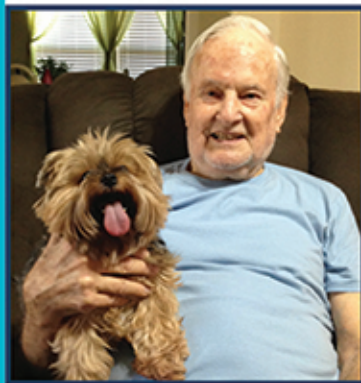
Mark still remembers the day he fell two years ago, and how the officers helped him. "They scraped me off of the ground and got me to the hospital," he says. "It's a double pleasantry when they come. I get my food and I get to talk to them!" He is grateful to all those that help him and the nutrition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

