

BEHIND *the* WHEELS

August
2025

LOOK INSIDE!



“It’s been a blessing and a half. I can’t say enough good things about everything y’all do!”

- Evelyn

READ EVELYN’S FULL STORY
on page 2

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MEALS on WHEELS
NORTH CENTRAL TEXAS



Dear Friend!

Throughout your life, you've made a difference, by showing up, giving generously, and caring deeply about others. Today, we invite you to consider a powerful way to continue that impact for generations to come.

By including Meals on Wheels North Central Texas in your estate plans, you can leave a legacy of compassion that ensures no senior in our community is ever forgotten, hungry, or alone. Your planned gift—no matter the size, helps us deliver nutritious meals, daily wellness checks, and vital human connection to those who need it most.

It's more than a gift. It's a promise.

- A promise that your values will live on.
- A promise that your legacy will bring comfort, dignity, and hope.
- A promise that you will always be part of something meaningful.

We would be honored to talk with you, confidentially and without obligation, about how your future gift can reflect your life's priorities.

Together, we can build a legacy of love and support that lasts far beyond today.

With gratitude,



Christine Hockin-Boyd
Executive Director
christine@mownct.org



A LIFE FULL OF LOVE, RESILIENCE, AND GRATITUDE

At 84 years old, Evelyn may call herself “just an ordinary Granny,” but her life tells a far richer story—one filled with dedication, adventure, and deep-rooted family values. Born in Fort Worth, Evelyn has called Texas home for nearly her entire life, except for the years that her husband was in the military. During that time she spent two years in Germany when she was a young newlywed.

While overseas, she welcomed both of her children into the world. Today, her family has grown to include four grandchildren and a great-grandchild. Evelyn raised her children in the quiet town of Joshua. Over the years, she balanced career and family working in the printing industry and eventually in hospitals, like JPS and Cooks Children's hospitals.

She was married for 25 years until her husband passed away in 2006. Her commitment to care didn't stop there. She spent many years as a 24/7 caregiver for her husband, her parents, and her aunt. Despite challenges with impaired vision, Evelyn stays independent and hopeful. Special lighting in her home helps her navigate day-to-day tasks, like reading the buttons on her microwave.

Evelyn became a Meals on Wheels North Central Texas client in 2023, and she shares how much the program has impacted her life: “It's been a blessing and a half. I can't say enough good things about everything y'all do. Because it makes a difference... a big difference in how you eat.” Her doctor recently told her that her bloodwork looks great, and she didn't hesitate to credit Meals on Wheels: “I told him it was thanks to Meals on Wheels!”

Evelyn reminds us all that aging comes with its own set of gifts: “There are certain things that age does take away from you, but there are things it gives you, too.” We're proud to serve Evelyn and to be part of her vibrant, inspiring journey. Ordinary? We think not. Extraordinary is more like it.

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

A HEART FOR SERVICE

For the past eight years, Larry has been a faithful and passionate volunteer with Meals on Wheels North Central Texas. Whether he's delivering meals, sharing a smile with a client, or helping guide the organization as Treasurer of the Board of Trustees, Larry brings a deep sense of purpose and love to everything he does.

When asked why he continues to give so much of his time and energy, Larry's answer is simple but powerful: "I just love the people. I love working with the people at Meals on Wheels, and I love the clients that we have."

His enthusiasm is contagious. Larry often invites others to ride along on his delivery routes, using every opportunity to share the mission of Meals on Wheels with his friends and community. "I want to engage them with what we're doing here," he says. "And in fact, several of them have begun delivering since going on routes with me. I try to get more people involved and interested with the organization—because the more people we have, the more we can lift it up."

For Larry, delivering meals is about so much more than food. It's about connection, compassion, and community. "They want the meals. They need the meals," he says, "but they really want to talk to you and share a relationship with you."

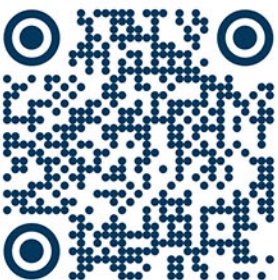
Some of those relationships have grown into true friendships—bonds that go beyond the delivery route. Larry still visits a few clients who no longer receive meals. "I've adopted them," he says with a smile, "and they've adopted me."

Larry's story is a beautiful reminder that Meals on Wheels is about feeding more than just the body—it's about nourishing the soul. The moments shared, the conversations had, and the friendships formed are just as important as the meals delivered.

To anyone thinking about getting involved, Larry offers heart-felt advice: "I highly recommend it! If you can't volunteer or deliver, engage with the fundraisers or other events. It's one of the most rewarding things I've ever done."



*Scan Here to Register
to become part of the
Volunteer Family!*



MEALS on WHEELS
NORTH CENTRAL TEXAS



BEFORE

Introducing New Staff

Made with Love! Jessica Phillips's passion for dietetics began in high school, when she discovered how powerfully food impacts both body and mind. She tested different diets on herself, learning firsthand that food isn't just fuel—it's a force that shapes how we think and feel.

Her career started at 16 in a restaurant, eventually leading her to a role as Dietary Manager in a nursing home. "I was raised to always care for our elders, and there's no better way than with nutritious, love-filled food," she says. Later, as a District Manager, she oversaw 12 kitchens serving seniors across multiple communities.

After a break to marry her military husband and start a family, she's back doing what she loves most—caring for seniors through food. Her advice to clients? "Your voice matters. Never stop giving feedback, and send your favorite recipes that you grew up with to me!"

With almost eight years in senior nutrition, Jessica remains dedicated to the belief that food is more than nourishment—it's care, connection, independence and dignity on a plate.

Meet the Mind Behind the Menu! Sarah Hutsler, registered dietitian for TRIO Kitchens, is the creative force behind the menus served across Texas, Oklahoma, and Kansas.

With 16 years of experience in senior nutrition, she combines science and creativity to design meals that are both nutritious and appealing. For her, it's not just a task - it's a joyful challenge.

Sarah's passion began when a family member faced an eating disorder, sparking her interest in how food can heal and nourish. "Menu planning is like a fun puzzle," she says. "I love working with colors, textures, and nutrient standards to build meals seniors will truly enjoy."

With our new kitchen facilities, Sarah is excited about the possibilities. "The doors are wide open to provide delicious meals that seniors are craving," she says. "At the end of the day, we just want to create meals our clients are excited to receive!"

Thanks to Sarah's expertise and dedication, our menus are not only healthy—they're a highlight of the day for the seniors we serve.





We're thrilled to share that our brand-new TRIO Kitchen is now open, and Sunny Spoon can barely contain his excitement (we caught him doing the mashed potato... literally)!

The clients have already noticed and commented that their meals are tasting better than ever, with fresher ingredients, more flavorful sides, and greater variety. And this is just the beginning — even more new dishes are on the way!

This kitchen has been a long time coming, and it was built with our community's seniors in mind. Our mission is to deliver not just meals, but moments of joy — and we hope each bite brings just that!



AFTER



Bob began his career in airline catering but found his true calling in senior nutrition. In 1995 he joined Valley Services (now TRIO Community Meals) as a kitchen manager in Waco, TX. His leadership quickly took him to larger facilities in Memphis, TN and Raleigh, SC before he became TRIO's resource manager in 2008.

For the past 17 years, Bob has traveled across the country—training managers, opening kitchens, and stepping in wherever needed. His passion for senior nutrition has never wavered. "I love the reactions from the clients," he says. "Especially when I get to deliver meals—it puts a smile on their face."

With decades of service, Bob continues to make a difference, one meal at a time.

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“Thank you for all the help! I am 94 and can still stay in my own home!”

-Juanelle, MOWNCT client



A TASTE OF HOME

Every meal delivered by Meals on Wheels carries more than just nourishment, it brings care, comfort, and connection. For Annick, each plate is a reminder that she's not alone.

Originally from France, Annick moved to Fort Worth in 1963 after falling in love with and marrying an American Army soldier. Together, they built a life filled with love and resilience. In 1994, they settled in Johnson County, where she still lives today. After her husband passed away in 2005, Annick continued living independently, cherishing visits from her granddaughters that live in Denton and Godley.

Recently, a physical injury made daily tasks more difficult. A kind friend now helps her get to physical therapy, where she's working hard to regain her strength and weight. Through it all, the warm meals she receives from Meals on Wheels have become a lifeline.

“I really enjoy the new meals,” she says with a smile. “It's much better than before — better tastes and better ingredients.” Her favorite dish? The mashed potatoes, without a doubt.

Annick's story is one of quiet strength and enduring grace. And with every meal delivered, we're honored to be part of her journey, reminding her that her community cares.

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

“The meals are helpful. At lunchtime, I am very hungry!”

END THE WAIT

In July, H.R.1 — a sweeping budget reconciliation package became law. This bill includes deep cuts that threaten access to food and health care for older adults, even here in North Central Texas.

Right now, more than 360 local seniors are waiting for the meals, safety checks, and friendly visits they desperately need. We have begun serving a few more each week — an encouraging step, but we are far from meeting the full need.

Federal funding has not kept pace with the growing needs of our aging population — or with rising costs for food, fuel, and labor.



This is where you can make the difference. Local businesses, individuals, and civic groups can help by donating, sponsoring a delivery route, or volunteering time. Together, we can ensure no senior in our community is left hungry or alone.

Let's keep the wheels rolling, because no senior should ever have to wait for a meal, a smile, or the reassurance that someone cares. It's time to End the Wait!

A DAILY VISIT, A DAILY BLESSING

At 70 years old, Patricia lives alone with no nearby family. Her days are quiet, but never empty—thanks to the warm meals and even warmer connections she receives through Meals on Wheels North Central Texas.

Patricia spent 25 hardworking years in a Metroplex warehouse before retiring. Life changed dramatically when her husband passed away in 2003, and over the years, she's grown used to solitude. But two years ago, Patricia became part of our Meals on Wheels family, and everything started to feel a little brighter.

"The meals are good—I really like the variety," she shares with a smile. But for Patricia, it's about more than just the food. "I love my volunteers. They help me with all kinds of stuff," she says. "It's so nice having someone checking in on me every day!"

That daily knock on the door means the world to her. It's a reminder that she's not alone—that someone cares enough to show up, ask how she's doing, and make sure she's okay. For Patricia, and so many like her, Meals on Wheels is more than a delivery. It's a lifeline of compassion, connection, and community.

Thank you to all the volunteers and donors who help make these daily blessings possible!

We want to thank Bill and Laura for donating eighteen window units for our Beat the Heat Program this summer. Your kindness and generosity are greatly appreciated not only by us, but by senior clients that urgently needed them!

"We saw on your website that you needed some window units, and it's getting hot. So, we decided to get some. We bought some more when we found them on sale!"

**BEAT
the HEAT**

MARK THE DATE, MAKE A DIFFERENCE

NORTH TEXAS GIVING DAY

COMMUNITIES FOUNDATION of TEXAS

SPONSORED BY 

Save the Date

THURSDAY, SEPTEMBER 18TH

Join your neighbors during this online day of giving, and do something great for our community! Give Where You Live!



GOLF TOURNAMENT
October 17th

*Scan Here
to Register*



UNDERSTANDING PLANNED GIVING

Leaving a Legacy that Lasts

Planned giving allows you to make a meaningful impact on the causes you care about, often in ways that provide financial and tax benefits for you and your loved ones.

These gifts are typically arranged during your lifetime but take effect later, often as part of your estate planning. Here are some of the most effective and accessible ways to make a planned gift:

DONOR ADVISED FUNDS

Claim your tax deduction now and decide later when your gift is made. You retain control over charitable dollars.

LIVING TRUST

Probate is not needed - just name your charity as a beneficiary.

RETIREMENT ASSETS

Reserves that can be designated to a non-profit as a beneficiary. Retirement assets left to heirs are often taxed; charities receive them tax-free.

QUALIFIED CHARITABLE DISTRIBUTIONS

If you're 70½ or older, you can make a donation up to \$100,000 annually directly from your IRA to charities.

BEQUEST

A gift you leave in your will or trust.
You retain full control during your lifetime.

SCAN HERE
to contact someone
about Planned Giving

