

FRIENDS AT THE DOOR

Thank you for making sure seniors like Mr. Thacker can rely on warm, healthy meals.



LIVING LIFE TO THE FULLEST

Mr. Thacker is thankful for friends like you

An accomplished swing musician and Army veteran, Mr. Thacker has always had a fulfilling, active life — and that hasn't changed as he's gotten older.

At the age of 18, Mr. Thacker moved to California, where he worked at the University of California, Berkeley. In the evenings, he enjoyed playing piano at local establishments.

"I just loved playing music, and at times, I wished the evening wouldn't end so I could keep playing," he says.

"I really am glad for Meals on Wheels."

That love of music eventually led to him playing in a number of bands, as well as for some well-known western swing and country artists. But first, he spent time serving in the Army.

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EXCITING NEWS FROM THE EXECUTIVE DIRECTOR



CHRISTINE HOCKIN-BOYD
EXECUTIVE DIRECTOR

Dear Friend,

I'd like to take a moment to thank you for all the incredible work you've made possible this past year.

We have some big news to share with you — and it wouldn't have been possible without the support of friends like you!

Because of you, we're excited to announce we've been able to grow our service area to now include Navarro County — allowing us to reach even more seniors who need our help and enable them to live with dignity and independence.

That means we have some major changes in store — most importantly, our name! To better represent our newly expanded service area, our new name is **Meals on Wheels North Central Texas**.

As we go through this exciting transition, we're so grateful we can continue to count on friends like you who care about helping seniors in our community. With the increased number of seniors we'll be serving, your support is even more important.

Please take a moment to read through this issue of *Friends at the Door* and see all the good you're doing for seniors in need.

I hope it inspires you to continue helping your older neighbors with another generous gift today. Thank you!

Sincerely,

Christine Hockin-Boyd
Executive Director

2019 ANNUAL REPORT

SEE YOUR SUPPORT AT WORK

WHO ARE THE SENIORS YOU'RE HELPING?

44%
Are veterans or spouses of veterans

64%
Live at or below the poverty line

47%
Live alone

42%
Are aged 80 or above

1 IN 5
Seniors report being lonely



IN 2019, YOU HELPED ...

- Deliver a total of 164,736 meals
- Meals Delivered to Seniors' Homes: 157,929 meals
- Meals Delivered to Congregate Sites (such as Senior Centers): 6,807 meals
- Hundreds of volunteers drive more than 230,000 miles to make deliveries
- Deliver monthly AniMeals pet food packages to more than 175 households



WHAT YOUR SUPPORT MEANS TO SENIORS

In a recent survey, the seniors you're serving reported that:

91% feel Meals on Wheels meals help them eat healthier

94% feel the program helps their overall health

95% feel the program helps them stay in their home



BREAKING DOWN COSTS

Meals on Wheels can serve a senior for an entire year for about the same cost as 20 days in a nursing home or 1 day in the hospital.

- Cost of One Meal: \$8
- Cost of One Day in a Nursing Home: \$158
- Cost of One Day in the Hospital: \$2,520

THE SENIOR POPULATION IN OUR AREA



- In Ellis County, there are more than 20,000 individuals aged 65 and older. That's 12% of the population.
- In Johnson County, there are 22,000 individuals aged 65 or older. 13% of the population.
- The senior population in Texas is projected to grow another 262% by 2050.
- Ellis County is in the top 10 fastest growing county populations in Texas, with the senior population growing more rapidly than seen in recent history.
- 18% of seniors in Johnson and Ellis counties are threatened by hunger, and 11% are at risk.



SAVE THE DATE



March for Meals

March 1 – 31

Join us for this month-long, nationwide celebration of Meals on Wheels and our senior neighbors. Learn more about this march against senior hunger by visiting our website at MOWNCT.org/March-Meals.

IT'S ALL THANKS TO YOU

"If it weren't for Meals on Wheels, I don't know how I would eat. I'm alone and don't always have help to go to the grocery store or cook. Thank you!"

"Everyone who brings my food are very sweet and concerned. I love and appreciate them all."

"The meals are good, and I am thankful for them. I really look forward to the volunteer so I can see somebody."

"It is excellent, and I'm sure the nutritional value is excellent. It's so kind of you and your volunteers to do this! Thank you."

"Thank you, Meals on Wheels. It is a blessing to get a hot meal and just to see the smile on the faces of the people delivering the meal."

Continued from the cover

MR. THACKER CONTINUES TO LIVE LIFE TO THE FULLEST



Thanks to the warm meals and friendly visits you provide, Mr. Thacker can continue doing the things he loves.



Drafted at 20 years old, he served at Fort Ord on Monterey Bay and was selected for the Officer Candidate School before being sent to Korea. He was then stationed in San Antonio before returning to civilian life.

Marriage, three children, and a successful career of 33 years followed. Through it all, Mr. Thacker's love of music thrived. In 1994, he was inducted into the Western Swing Society Hall of Fame in California and later, in 2010, the Western Swing Music Society of the Southwest Hall of Fame.

Now at 89, Mr. Thacker still hasn't let anything slow him down. He even still enjoys playing piano several times a week at a local senior facility — and it's thanks in part to friends like you!

With the death of his wife in 2018, Mr. Thacker began receiving meals. He now looks forward to the warm, healthy meals and friendly visits from the volunteers.

"If I didn't have Meals on Wheels, I probably wouldn't have hot meals because I'm alone, and I don't cook," he says. "I really am glad for Meals on Wheels. They help a lot of people who wouldn't have anything healthy to eat otherwise."

Thank you for giving seniors like Mr. Thacker the nutritious meals and friendly visits they need to continue living their lives to the fullest!

MY GIFT TO HELP SENIORS IN MY COMMUNITY!



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

\$ _____

My check payable to MOWNCT is enclosed.

FROM: NAME: _____
 STREET: _____
 CITY/STATE/ZIP: _____
 MY EMAIL: _____

I would like to donate \$ _____ automatically each month using the credit card above.

Please charge my credit card.



Amount \$ _____
 Phone Number: _____ - _____ - _____
 Credit Card Number: _____
 Exp. Date: ____/____/____ CVV: _____
 Signature: _____