

FEBRUARY 2023

# FRIENDS AT THE DOOR

**"WE LOVE  
MEALS ON WHEELS!"**

How you're brightening  
the days for this  
struggling couple | *Page 3*



*Leslie and James  
are grateful for  
friends like  
you!*

**LOOK  
INSIDE!**

**THE HOMESTRETCH**  
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**"WE'RE A FAMILY HERE"**  
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**"IT'S EASY TO MAKE A DIFFERENCE"**  
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**CHRISTINE HOCKIN-BOYD**  
**EXECUTIVE DIRECTOR**

# LETTER FROM THE EXECUTIVE DIRECTOR

Dear Friend,

We've got a lot going on at Meals on Wheels North Central Texas! I'm going to call it a "growth spurt," because that's exactly what's happening on several fronts:

- 1) We recently **expanded our service area** to include Somervell and Hood counties, so we're now delivering in five counties — Johnson, Ellis, Navarro, Somervell, and Hood. According to U.S. Census data, Hood has a population of about 64,000 people; 25.3% are age 65 and up. And Somervell has a population of about 9,400; 19.8% are 65 and up. So, many more seniors to serve!
- 2) **Building With Love** is our ongoing Capital Campaign for our expanding facilities. We've long since outgrown our current space, and construction on a much-needed larger place is well underway. Read all about it on Page 4, and if you haven't already, please consider supporting this vital campaign.
- 3) Our new board chairman, Ken Finch (pictured to the right), is excited about all this growth. "This is a huge opportunity time for leadership," he says. "I want to make a difference, and I like to be a part of making things grow and expand. I am excited about expanding into more counties and look forward to being a part of the future of the organization."

Thank you for your role in all this growth, and for helping us serve the underserved. It can't happen without your support!

Sincerely,

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

Christine Hockin-Boyd  
Executive Director



***Ken Finch, our new board chairman, wants to make a difference and "be a part of making things grow and expand."***



# "MORE THAN JUST FOOD"

## WHEN A KNOCK ON THE DOOR MEANS SO MUCH MORE

James worked hard for decades, including 37 years at the same company. He's retired now, but is in the early stages of dementia ... and he's only 69.

Leslie, his wife, is a retired nurse. She's only 64, and yet says she's "grateful to be alive" after a 2011 stroke resulted in partial paralysis of her vocal cords.

This lovely couple doesn't get around as much as they used to, and when their kids and grandkids aren't around, life is a little slow.

"Sometimes I get bored," says James. His day brightens when volunteers from Meals on Wheels — including Lois, pictured below — arrive. "They always come with a smile."

"Lois is his buddy," Leslie says. "She's always making sure we're here. James socializes with all

the volunteers. Everybody loves James."

Meals on Wheels went the extra mile for James recently when a case manager got him connected with a Life Alert system — putting Leslie's mind at ease.

"We love Meals on Wheels," Leslie says. "They help with so much stuff."

Leslie knows, because she was once one of those helpers. In the 1980s, while working with the Committee on Aging, she helped deliver Meals on Wheels. Now it's her turn.

"We just love this service," Leslie says. "You do so much more than just bring us food."

***Because of you, senior couples like James and Leslie get the help they need. ❤️***



***Lois, a volunteer, always manages to brighten James' day.***



*Shovels in hand, these key players kicked off the project.*

(L-R): Jeffrey King (Tarrant Construction), Tim Scott (Tarrant Construction), Megan Rhoades (2022 Board Chair), Christine Hockin-Boyd (Executive Director), Jerry Luce (Major Donor), Matt McGowen (Schwarz-Hanson Architects), and Lisa Carson (Schwarz-Hanson Architects).

## THE HOMESTRETCH

### OUR BUILDING WITH LOVE CAMPAIGN NEEDS YOUR HELP!

It was a beautiful day in the neighborhood when we broke ground on our much-needed expansion project.

The event served as a reminder that we're in the homestretch of our **Building with Love** Capital Campaign ... and we're asking you to join your fellow supporters in carrying us across the finish line. Our goal is to raise \$4.3 million.

*Why do we need the expansion, and why now?*

At 46 years old, Meals on Wheels North Central Texas has outgrown our current facilities.

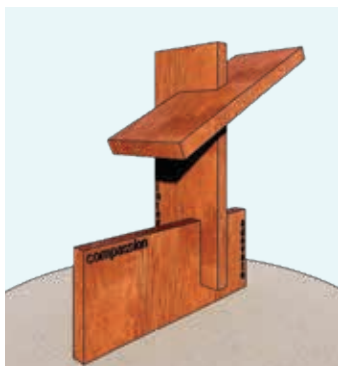
We're serving many more people in a much larger area. Our service area has expanded from one county to five in just the last two decades, so

our home base needs to grow accordingly.

Personnel currently share office space, hindering privacy needs for conversations with seniors, donors, family members, and caregivers. The new 7,715-square-foot facility will provide additional office space for existing and much-needed new personnel, as well as a multipurpose room for trainings, workspace for volunteer groups, and the creation of a senior pantry.

We're also installing a 1,600-square-foot freezer, allowing space for all meals needed to serve Johnson, Ellis, Navarro, Somervell, and Hood counties ... while leaving room to grow.

***To learn more and to make a donation, go to [mownct.org/building-love-capital-project](https://mownct.org/building-love-capital-project). ❤️***



### A SYMBOL OF SERVICE

This sculpture, by Mike Tabor, will be in front of the new building. Tabor hopes it will “serve as a symbol of spirit-lifting to all who visit, and that it will create a feeling of comfort for those who are served and pride for those who serve.” Inscribed on the sculpture are words reflecting the core values of Meals on Wheels: compassion, integrity, dignity, service, and advocate.

*Jason appreciates that Meals on Wheels is checking in on his parents.*



## “WE’RE A FAMILY HERE” HOW MEALS ON WHEELS HELPS SENIORS ... AND THEIR PETS

**M**eals on Wheels might not be able to extend nine lives to 7-year-old Dia, but this is a cat that certainly enjoys our monthly AniMeals deliveries.

Dia lives with Greg and Carolyn, both 75, who also have a 5-year-old cat named Schrodinger. All four of them — both the humans and the felines — benefit from Meals on Wheels, which includes AniMeals, our program that provides food for pets.

“The cat food really makes a difference,” says Greg.

Greg says Meals on Wheels keeps his family from going hungry. He says there have been some weeks where “we wouldn’t have been eating if it wasn’t for Meals on Wheels.”

Greg and Carolyn’s son Jason agrees.

“AniMeals helps my parents be able to keep their cats,” he says.



*Dia perks up when the meals arrive!*

Meals on Wheels believes it’s important to help seniors who have pets because they make good companions.

“We’re a family here,” Jason says. “That’s me and the cats included. I make ends meet, but Meals on Wheels helps make sure my parents and their cats are taken care of when I can’t be here.”

***Thank you for making it possible for lonely seniors to keep their pets! ❤️***



# VOLUNTEER SPOTLIGHT



*Paul gets ready for another delivery run.*

## “IT’S EASY TO MAKE A DIFFERENCE” DOING DOUBLE THE GOOD THROUGH WALMART VOLUNTEER PROGRAM

**P**aul was just doing his job at Walmart one day when a manager’s call changed his world.

“He asked for volunteers,” Paul remembers. “Someone sitting next to me wanted to do it but didn’t have a car. So I said I would do it to help.”

Before long, Paul was delivering Meals on Wheels as part of Walmart’s Volunteerism Always Pays (VAP) program. That was six years ago, and he hasn’t stopped since.

He’s been driving mostly the same route the whole time, usually making his rounds during his lunch break. He says it takes about an hour a week.

Every time he completes 25 hours, Paul turns in some paperwork to Walmart, which then donates \$250 — \$10 for each hour served — to Meals on Wheels.

In fiscal year 2021, Walmart and Sam’s Club associates volunteered more than 278,000 hours through VAP, which translated to more than \$2 million in donations to service organizations.

“It’s a really easy way to make a difference,” Paul says. “I would volunteer anyway, so why not turn in my hours to help in more than one way.”

***It is easy to make a difference! Join our team of volunteers at [mownct.org](https://mownct.org).*** ❤️



*Paul visits one of his clients.*

# "THEY'RE ALL LIKE FAMILY"

## MEET A VOLUNTEER AND TWO OF HER FAVORITE CLIENTS

**J**eannette has been volunteering with Meals on Wheels for about four years.

"I love everyone on my route," she says. "They're all really sweet people who mean a lot to me. They're like family."

Meet two of the seniors Jeannette especially enjoys visiting ...



*Jeannette & Gay*

### Gay

Jeannette says this lovely lady "always opens the door so excited. She comes out and gives me a big hug. It just makes my day." The feeling is mutual: "She's so sweet," Gay says. "I love her to death."



*Jeannette & Pedro*

### Pedro

Jeannette and Pedro often talk about the local NFL team, "because he's a big Cowboys fan," Jeannette says. "I look forward to our conversations." So does he: "I love this lady," he says. "She's always happy and real friendly. She always has something good to talk about. And we always get a good laugh."

## HELP YOUR SENIOR NEIGHBORS FIND YOUR NICHE IN THE ANNUAL MARCH FOR MEALS EVENT

**M**eals on Wheels North Central Texas will participate in the national March for Meals campaign to raise awareness about senior issues like isolation, hunger, and loss of independence.

Throughout March, thousands of Meals on Wheels organizations will work to address these challenges, and we hope you will join us! Last year, our local March for Meals raised more than \$82,000 to help provide meals to neighbors in need. This year, the need is even greater as we now serve five counties — Johnson, Ellis, Navarro, Somervell, and Hood.

Our local celebration will include various activities, including the third annual Taking Aim at Senior Hunger Clay Shoot. Find your role in the celebration at [mownct.org/march-meals](http://mownct.org/march-meals).







"I'M SO USED TO DOING STUFF,  
AND WHEN YOU CAN'T, IT'S  
HARD ... MEALS ON WHEELS  
MAKES IT EASIER."  
— CONSTANCE



"IT'S A BIG ASSIST, BECAUSE  
YOU'RE GETTING THE  
PROPER NUTRITION THAT YOU  
REALLY NEED. I COULDN'T  
AFFORD IT OTHERWISE."  
— HARVEY



## ♥ A NOTE WITH HEART ♥

Ms. Bobbie, one of the many seniors we serve in our five-county area, loves her volunteers ... and her chocolate. So last year for Valentine's Day, she blessed her volunteer with a sweet note of thanks and a nice side dish of chocolates. Our seniors truly appreciate our volunteers!

## MY GIFT TO SPREAD LOVE TO LOCAL SENIORS!



☒ **YES!** I want to help feed seniors in Johnson, Ellis, Navarro, Somervell, and Hood counties. *Enclosed is my gift of:*

\$ \_\_\_\_\_

### FROM:

NAME: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

MY EMAIL: \_\_\_\_\_

☐ I would like to join the **Give Love Year-Round Campaign** by automatically donating \$ \_\_\_\_\_ each month using my credit card.

☐ I would like to have my monthly contribution of \$ \_\_\_\_\_ deducted from my checking account. *(Please include a voided check.)*

☐ My check payable to MOWNCT is enclosed.

☐ Please charge my credit card.



Amount: \$ \_\_\_\_\_

Phone Number: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ / \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_