

NOVEMBER 2021

FRIENDS AT THE DOOR



MEALS AND FRIENDLY
VISITS MEAN MORE
SENIORS CAN STAY
IN THEIR HOMES.
THANK YOU!

YOU'RE GIVING SALVADOR AND MARIA MORE GOOD MEMORIES

It was 1970 when Salvador and Maria decided to elope in Matamoros, Mexico. Since then, the couple has spent the last 50 years making memories and building a life together.

That included riding Charro dancing horses across Texas and Mexico with their family. It's a beloved family tradition that they've passed on to their children and grandchildren. And now, they enjoy spending their days together looking at photographs and remembering the good old days. They have great memories of Salvador riding, Maria taking care of their cherished dancers, and even of their granddaughter on a horse.

But then Salvador fell in January 2021. A fall can be devastating for older adults, and at 90 years old, it was not something Salvador took lightly.



So when Salvador and Maria learned about Meals on Wheels North Central Texas not long after, they didn't hesitate to sign up.

Since April 2021, the couple has been receiving nutritious meals and friendly visits from their local Meals on Wheels volunteers — and they love it! Thanks to kind friends like you who support Meals on Wheels North Central Texas and the volunteers who check in on Salvador and Maria, they're able to stay in the comfort of their own home and continue making memories with their family.

Thank you for giving seniors in your community meals, friendly visits, and most importantly, peace of mind.

LOOK
INSIDE!

YOU'RE "SUCH A BLESSING"
FOR SENIORS
Page 2

"LIFE'S AN ADVENTURE"
Page 3

GIVING LOVE AND PEACE
OF MIND YEAR-ROUND
Page 4

LETTER FROM THE EXECUTIVE DIRECTOR



**CHRISTINE HOCKIN-BOYD
EXECUTIVE DIRECTOR**

Dear Friend,

The holiday season is upon us once again! It's such a special time of year, and I know so many of us are grateful to be able to spend it surrounded by loved ones this year.

As we prepare for the holidays and go back to our normal traditions, I hope you'll take a moment to remember the older adults who won't be celebrating this year. You see, for too many homebound seniors right here in our community, "normal" means isolation and loneliness.

I know you care about seniors as much as I do. And I know you'll do everything within your power to help them this holiday season. That's why I'm so grateful friends like you are by our side.

Please continue your support to help brighten a senior's holiday. Thank you!

Sincerely,

Christine Hockin-Boyd

Christine Hockin-Boyd
Executive Director

YOUR SUPPORT IS "SUCH A BLESSING" FOR SENIORS

Most of us have returned to our normal lives and will be spending this holiday season with loved ones. But for so many seniors in our community — like Ms. Bettie — normal life isn't too different from quarantine life.

Her kids live out of town and her husband is in a nursing home. Most days, she's all alone.



Thank you for lifting seniors' spirits this holiday season.

That's why Ms. Bettie is so grateful for the Meals on Wheels volunteers who bring her meals and take the time to chat with her.

"It's such a blessing to have y'all bring me food and check on me throughout the week," she says.

The meals and friendly visits you provide are so important and mean the world to seniors in your community — especially now during the holidays. Thank you for making sure your older neighbors don't have to live in isolation.

ATTENTION: \$9.25 NOW PROVIDES A MEAL AND CARE

We do everything within our power to be as cost-efficient and impactful as possible. Unfortunately, transportation, gas, and other costs have been on the rise for a while now, and we've been informed that our food vendor will also be raising prices — which means our cost per meal will go up, too. Thank you for all you do for seniors in need in our community as we navigate the challenges of this price increase.



"LIFE IS AN ADVENTURE"

It doesn't matter how old or young you are; there's always time to help your neighbors. Just ask Ms. Gean!

At 96 years old, Ms. Gean loves life and says that "life is an adventure." She's the last of 12 children and has enjoyed a fulfilling life — but she still has a lot more life left to live.

She still cooks for herself and cleans her own home, and while she's taking precautions now, she's ready to go back to participating in her church and community as soon as it's safe for her to do so.

In the meantime, she's ensuring other seniors in her community can also enjoy their lives by donating to Meals on Wheels North Central Texas.

"I worry about our senior citizens, and I want to make sure they have food to eat," she says.

Like you, Ms. Gean knows how important it is for seniors to have regular access to nutritious meals and how uplifting a friendly visit can be for a senior who is otherwise alone.

Thank you for all you do to help seniors in our community!



Ms. Gean loves life, so she's making sure other seniors do as well.

YOUR SUPPORT MEANS THE WORLD TO SENIORS

When you give to Meals on Wheels North Central Texas, you're doing more than providing meals and visits to seniors. You're giving homebound seniors a sense of community and letting them know that someone cares about them. Take a look at this grateful message from a senior you help:



This is the incredible difference you make for homebound seniors with your gifts. As you can see, they're so appreciative of your kindness — and we are, too! **Thank you for caring for seniors!**

Thank you for giving seniors a sense of community and compassion.



"I want to thank everyone who works on putting the meals together and those that deliver to me. It's always such a blessing. The food is always good. What a great blessing you all are."

I love each and every one of you. The Wednesday couple that brings my lunch has been a real blessing to me. All the others are too, but they always take the extra time to stop and visit with me. The folks all seem so genuine, I can't help but love them all."

-Sue

You can join Bill and Patsy in helping seniors year-round by giving a monthly gift!



GIVING LOVE AND PEACE OF MIND YEAR-ROUND

Since 2018, donors Bill and Patsy have been part of our Give Love Year-Round monthly giving program. A close relative of theirs was a meal recipient in a different area, and the relief they felt knowing their loved one was being checked in on was enough to make them want to help other seniors.

"It gave us peace of mind," Patsy says. "We knew the meal was important, but the safety check was equally important to us."

Then, during the pandemic last year, Bill and Patsy decided to help even more by increasing their monthly gift!

Friends like Bill and Patsy — and YOU — are why we can be there for seniors when they need us most. **Please consider joining our Give Love Year-Round program with a monthly gift to help even more seniors in our community. Thank you!**

MY GIFT TO HELP SENIORS THIS HOLIDAY!



MEALS ON WHEELS
NORTH CENTRAL TEXAS

YES! I want to help seniors who are lonely and isolated this holiday season. 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: _____