

# FRIENDS AT THE DOOR

*You help provide seniors like Wilma with nourishing meals and friendly visits this holiday season — and all year long.*



**DELIVERING COMFORT AND CARE**  
YOU HELP BRING THE WARMTH OF THE SEASON  
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# LETTER FROM THE EXECUTIVE DIRECTOR

**CHRISTINE HOCKIN-BOYD**  
**EXECUTIVE DIRECTOR**

Dear Friend,

With the holidays coming up, our thoughts start to turn toward the excitement of the season. Gift giving, warm meals, delicious desserts, and making memories with the people we love — many of us have so much to look forward to. But the warmth of the holiday season is not felt by everyone in our community.

For some of our older neighbors across Johnson, Ellis, and Navarro counties, the holiday season brings feelings of sadness and isolation.

The memories of family gatherings and holiday meals feel so far gone, because most of their days are now spent alone. And with the cost of groceries being so high, it's hard enough for them to afford daily meals, let alone holiday extras like pumpkin pie.

But thanks to friends like you, the holidays regain their magic for seniors across North Central Texas.

When they hear that volunteer at their door, their spirits are lifted. They know they are about to receive a nourishing meal and a friendly check-in from someone who cares. And at this time of year, it helps put the feelings of the holidays back in their hearts.

Because of support from generous friends like you, our elderly neighbors are not forgotten in the hustle and bustle of the holiday season.

Please continue your support with another gift today and help ensure our senior neighbors are remembered this holiday season — and all year long.

Sincerely,

A handwritten signature in blue ink that reads "Christine Hockin-Boyd". The signature is written in a cursive style and is located below the typed name.

Christine Hockin-Boyd  
Executive Director





*Wilma loves her meals and visits from Meals on Wheels!*



## HOME FOR THE HOLIDAYS

### WILMA SPENDS THE HOLIDAYS ALONE, BUT SHE DOESN'T FEEL LONELY

**W**ilma is a sentimental person, and her home is filled with treasures and memories. Though she loves her family, she does not get to spend as much time with them as she used to.

Her nieces and nephews visit as much as they can, and always invite her to family get-togethers. Those trips to visit family are too difficult for her to make now, so she spends the holidays by herself.

Thankfully, Wilma can count on Meals on Wheels to provide her with nourishing meals and friendly visits during the holidays and all year long.

“I don’t cook much. I still buy some groceries, but Meals on Wheels brings me my only big meal of the day. It helps me out a whole lot,” she says.

Wilma says her Meals on Wheels volunteer brought her a special Christmas gift in 2015 — two bears that still sit in her living room today! In fact, she keeps every letter and gift she receives from Meals on Wheels — including the thank-you notes she receives for making voluntary donations.

“Sometimes, little kids write me notes and cards for the holidays,” Wilma says. “It’s so sweet.

I keep all of them.”

Wilma appreciates the support she receives from Meals on Wheels, and she always tries to donate when she can. She wants to make sure everyone who needs help from Meals on Wheels can receive it — just like she does.

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**“I LOVE MY MEALS ON WHEELS. THEY’RE REALLY NICE.” — WILMA**

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Even though the holidays look different for Wilma these days, she can count on the generous support of friends like you to make sure Meals on Wheels can bring the comforts of the season — meals and companionship — right to her doorstep.

“It’s such a blessing. God spreads this gift through Meals on Wheels,” Wilma says.

***Thank YOU for being there for Wilma during the holiday season and all year long!***

# DELIVERING MEALS, VISITS, AND SO MUCH MORE!



**M**eals on Wheels is known for providing nourishing meals and friendly check-ins for our older neighbors throughout the year. But during the holiday season, we try to provide a little more.

Our Holiday Gift Bags make the holidays feel worth celebrating for local seniors, who may otherwise spend these days feeling lonely and isolated.

“During the holidays, Meals on Wheels puts all of this nice stuff in a pretty bag and gives it to me. It’s so nice,” says Wilma, a Meals on Wheels recipient.

Your support not only provides meals for seniors — but also helps bring them the warmth of the holiday season.

*Thank you for all that you do!*



## HOLIDAY GIFT BAGS

Millions of seniors across the country are struggling with hunger, isolation and the ability to pay for their basic needs. Meals on Wheels North Central Texas is a local non-profit dedicated to providing seniors with the support that enables them to remain living in their own homes, where they want to be. This support is typically a nutritious meal, a friendly visit and a quick safety check.

During the holiday, Meals on Wheels recipients are given a special gift to show that someone cares about them. Your family, your classroom or your service club can show you care by making these packages for the special occasion.

**GIFT DROP OFF DATES:** Monday, November 27 – Monday, December 11

**GUIDELINES:** Bring only new items — refer to the suggested Gift Selection Categories guide to the right to help balance your gift.

**WRAPPING:** Bring gifts in a large, reusable holiday bag with handles (approx. 13”x16”). Please do not wrap individual items, the staff at Meals on Wheels checks the content of packages before they are delivered.

**DROP OFF LOCATIONS:** **Administration Office** 203 Kimberly Dr., Cleburne, TX 76031  
**Distribution Facility** 205 Kimberly Dr., Cleburne, TX 76031  
**Satellite Office** 2631 W 7th Ave., Corsicana, TX 75110  
**Waxahachie Senior Activity Center** 122 Park Hills Dr., Waxahachie, TX 75165

**ORDER ONLINE:**



Walmart



Amazon





## GIFT SELECTION CATEGORIES

Select one or two items from each of the following categories:

### UTILITY CATEGORY

- Large print puzzle books
- Small note pads
- Adult coloring books
- Big piece puzzle (500 piece or less)
- Colored markers/pencils

### COMFORT CATEGORY

- Small throw blanket (lap robes)
- Non-slip socks (all sizes)
- Handkerchiefs

### PERSONAL CARE & HYGIENE

- Lip balm
- Plastic pump bottles:
  - Lotion
  - Body wash
  - Shampoo/Conditioner
  - Hand sanitizer
- Toothbrush (soft)
- Toothpaste (regular)
- Mouthwash (alcohol-free)
- Nail clippers/files
- Toilet paper (4-pack)

### HOME & KITCHEN

- Hand towels
- Washcloths
- Dish towels
- Towel sets
- Dish soap
- Laundry detergent pods
- EZ open jar opener
- Jar gripper pads
- Can opener (soft grip)
- Disinfecting wipes (flat pack)
- Placemat/coasters

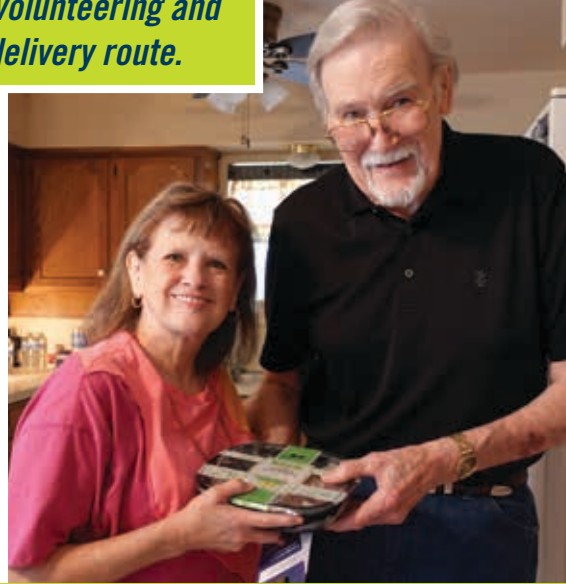
**NOTE:** General holiday themed items are welcome, but please refrain from highlighting specific religious beliefs.

**DON'T FORGET TO INCLUDE A CARD!**





*Libby has a heart for volunteering and touches lives on her delivery route.*



## GOING ABOVE AND BEYOND

### LIBBY IS A DEDICATED VOLUNTEER, DELIVERING MEALS AND JOY

Libby is a second-generation volunteer for Meals on Wheels, and she is passionate about the work she does with us. She typically delivers three to four routes every week, and she truly enjoys getting out and serving her senior neighbors.

“I like to visit with everyone. They know we care, and I want them to know that someone is here who cares,” Libby says.

Libby has a way of making people feel special when she knocks at their door. She brings a healthy meal, a friendly visit, and even crafts during the holiday season.

She gathers pinecones, popsicle sticks, and all the other crafting essentials to help each senior get in the festive spirit. Whether it’s a wreath or a turkey, she spends time helping each one craft something fun for the holidays.

Every client we deliver to talks about how great Libby is. They all just adore her, and you can

see it in the way they look at her.

Libby is truly invested in the lives of her older neighbors. She knows their hobbies and what they like to talk about. She discusses carpentry with Dale, piano with Mary, and quilting with Elaine. She’s even formed a special bond with Elaine’s cat, Lizzy, who comes running to see Libby, too.

“I look at this as a half food, half wellness check. Especially when weather is bad,” Libby says. “I always look around and make sure they are physically okay and safe.”

It is easy to see why recipients of Meals on Wheels love Libby’s visits so much. She goes above and beyond for the seniors on her route and makes sure that seniors across Johnson, Ellis, and Navarro counties are remembered — especially during the holidays.

***Like Libby, your passionate support of Meals on Wheels makes a big difference. Thank you!***



# A LIGHT IN THE DARKNESS

## WHEN JOEL LOST ELECTRICITY, LISA KNEW SHE HAD TO HELP

Lisa has been a volunteer with Meals on Wheels for over 30 years, so she has seen what can be accomplished by The Power of a Knock™.

She knows her visit might be the only time an older neighbor visits with another person that day. So she takes her time, providing each senior the attention they need. Seniors like Joel.

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**“I WOULDN’T HAVE MADE IT.  
I NEED MY POWER.”**

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Joel fell victim to a scam. As a result, the 82-year-old was unable to afford his electric bill.

Lisa learned on her delivery route that Joel had been living without power — for 12 days.

“I posted on Facebook, asking if anyone knew where there were resources,” says Lisa. “My

friends just started donating money, and we had his power covered in no time.”

In fact, Joel’s power was restored that same day! And the timing couldn’t have been better. His power was turned back on right before a big ice storm — potentially saving his life.

“I wouldn’t have made it. I need my power. My heat is electric,” Joel explains.

What started as a routine visit quickly became a lifesaving situation. Meals on Wheels is truly a lifeline for local seniors because volunteers like Lisa provide so much more than a nutritious meal.

“Talk about a knock at the door being a blessing, it is for me.” Lisa explains. “I have met the most wonderful people.”

***Thanks to Lisa’s quick action — and support from generous friends like you — seniors like Joel can receive nourishing meals, friendly visits, and sometimes even lifesaving assistance.***

***A routine Meals on Wheels delivery may have saved Joel’s life.***



*Seniors like Terrell and Delores are thankful for the meals they receive.*



## “IT’S REALLY BEEN A LIFESAVER FOR US”

### THIS COUPLE HAS THEIR UNIQUE DIETARY NEEDS MET BY MEALS ON WHEELS

**T**errell and Delores have been married for 51 years and lived a good life raising their kids and working on the farm. Now they’re retired, and they relocated to be closer to their children near Fort Worth.

After making the move, their daughter noticed that they needed a little help since they were no longer able to cook much for themselves. So, she made the call to Meals on Wheels, and they’ve been enjoying nutritious meals delivered to their door for the past two years.

“It’s really been a lifesaver for us,” Terrell explains.

Following a heart attack and bypass surgery many years ago, Terrell had to make adjustments to his diet and became a vegetarian. Delores follows a careful diet as well. Both are pleased that Meals on Wheels offers meals that meet their

unique dietary needs so they can stay healthy.

They have been so happy with their experience receiving meals that they tell everyone in their retirement community how wonderful the Meals on Wheels program is.

“These people who bring it are so fabulous,” Terrell says. “They always ask how we are doing and if we need anything. They’re always willing to help us out. I’d even say we’ve come to be real good friends.”

It takes the pressure off needing to plan and prepare meals every day. They also feel special around the holidays when volunteers bring them nutritious meals, as well as thoughtful gifts.

***Thank you for being there to meet the unique needs of the people we serve, just like Terrell and Delores.***