

FRIENDS AT THE DOOR

DECLARATIONS OF INDEPENDENCE

Seniors want to live in their own homes. You make it possible.

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Thanks to Meals on Wheels — and a bit of home health care — Elaine and other seniors are able to keep living at home.



LOOK
INSIDE!

VOLUNTEER WITH US!
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LETTER FROM THE EXECUTIVE DIRECTOR

CHRISTINE HOCKIN-BOYD
EXECUTIVE DIRECTOR

Dear Friend,

Imagine this: You're elderly, and you live alone. Your health isn't great, you don't get out much, and you even have trouble getting around your own home.

You're lonely and a little bit sad. You don't have much going on in your life, but there's *one thing* you look forward to most days:

A Meals on Wheels volunteer ringing your doorbell. It's the highlight of your day. It's *a friend at the door*.

It's hard to overstate how big of a deal this is to many of the seniors we serve. Of course they're excited about receiving the meal, a vital part of their life. But it's not the mere plate of food that makes them light up with joy. *It's the human connection*.

That scenario also illustrates the importance of volunteers to our organization — and to the people we serve. ***We simply can't do this good work without a reliable army of volunteers.***

And right now, we're in pretty desperate need of more volunteers. As you'll see on page 4, we need a total of 430 volunteers to ensure every senior we serve receives a hot, nutritious meal, five days a week. *As I write these words, we're more than 160 volunteers short.*

We need your help. Our senior neighbors really need your help. Please consider supporting the seniors in our community in this most important, life-giving, soul-comforting way. Thank you!

Sincerely,

Christine Hockin-Boyd
Executive Director

VOLUNTEER WITH



MEALS on WHEELS
NORTH CENTRAL TEXAS



WE NEED YOUR HELP!
Volunteers provide home-delivered meals and so much more...



Visit our website to fill out an application at
www.mowncnct.org/volunteer
Or give us a call at
888.8MY.MEAL



Elaine is grateful for the support of friends like you!

“IT’S A BLESSING”

HOW YOU’RE HELPING ELAINE IN HER TIME OF NEED

Elaine was having some health issues, and after a medical procedure, she was worried about how she’d take care of herself after she got back home, where she lived alone.

“I couldn’t do anything on my own,” she says. “I couldn’t eat, I couldn’t dress myself, I couldn’t do anything, let alone prepare food.”

Elaine had a caregiver for three hours a day, but that just wasn’t enough to get everything done that needed to be done.

Guess who steps in to fill the gap?

“Meals on Wheels,” says Elaine. “They’re really there for me. They take care of many days for me.”

Elaine says her Meals on Wheels volunteers not only bring food, but good conversation and a helping hand. If there’s something her caregiver

couldn’t get to that day, one of our volunteers will often complete the task.

Elaine says her favorite volunteer is Mary Alice, who often brings her grandson along on her deliveries.

“Mary Alice is so sweet, a nice lady,” says Elaine. “And I just love her grandson. Oh man, he’s a character! I joke with him all the time. I just love them both.”

Elaine, who has been on Meals on Wheels for about a year and a half, says she doesn’t know what she’d do without the service, and is grateful for your support.

“I appreciate Meals on Wheels,” she says. “I’m grateful for it. It’s wonderful. It’s a blessing.”

Thank YOU for being a blessing to neighbors like Elaine. Your kindness goes a long way!

**“MEALS ON WHEELS,
THEY’RE REALLY THERE
FOR ME.”**

TOGETHER, WE CAN DELIVER®



3,401 SQUARE MILES



86 ROUTES



5 COUNTIES



THIS COULD BE YOU!



"It's important. We can help keep our clients at home and out of the hospital."
— Matthew



"I look forward to our conversations."
— Jeannette

THE ONLY WAY TO COVER SUCH A VAST
AREA IS WITH AN ARMY OF VOLUNTEERS.

WE NEED YOU!

Meals on Wheels North Central Texas needs a total of 430 volunteers to ensure every senior we serve receives a hot, nutritious meal, five days a week. And right now, we're about 160 volunteers short.

PLEASE CONSIDER SIGNING UP TODAY!

FILL OUT AN APPLICATION AT MOWNCT.ORG/VOLUNTEER
OR GIVE US A CALL AT **888.8MY.MEAL** (888.869.6325).

THANK YOU!

VOLUNTEER SPOTLIGHT



Jackie delivers a meal, with a side serving of compassionate conversation, to Velma.



“I WANTED TO DO SOMETHING GOOD”

HOW VOLUNTEERING FILLED A VOID FOR THIS WIDOWED MAN

In this newsletter, we’re always telling stories about lonely seniors who are grateful for the visits from Meals on Wheels volunteers.

But sometimes the volunteers are lonely too. Like Jackie.

Jackie’s wife passed away last year, leaving a huge void in his life. He missed companionship and conversation.

“I don’t have many friends left,” he says, “and I just got lonely sitting around the house with nothing to do. So I wanted to get out and do something good.”

So he signed up to volunteer with Meals on Wheels. He makes deliveries every Monday and Friday, and says it’s the best decision he’s made in a long time.

“It helps me just as much as it helps the people I take food to,” Jackie says. “I really enjoy it. I feel like I really know everybody. They’re some of the sweetest people.

“I can’t just drop the meal off and walk away. I have to stay and visit, ask them how they’re

doing and everything.”

Jackie and Linda talked about her husband being in the hospital. Jackie and Velma talked about gardening. And Jackie and Carl talked about the wind, the weather, and fishing. So. Much. Fishing.

“Every time I deliver to Carl, he wants to take me fishing,” Jackie says. “If I’m not careful, I’ll stay there talking to him about fishing all day!”

Jackie wouldn’t have it any other way.

“I’ve learned so much about each and every one of them,” he

says. “I really enjoy checking on everyone and making sure they are doing well. I feel close to all of them.”

“Everybody seems like they’re so glad to see me. I think they just like to have somebody to talk to.”

For Jackie, the feeling is mutual.

Please consider joining Jackie as one of our volunteers. Learn how on page 4!

“I REALLY ENJOY CHECKING ON EVERYONE AND MAKING SURE THEY ARE DOING WELL. I FEEL CLOSE TO ALL OF THEM.”



Dani is on a mission to spread the good news about Meals on Wheels.

“I KNOW THE FUNDING IS NEEDED”

THIS FAITHFUL DONOR IS A BIG BELIEVER IN MEALS ON WHEELS

Dani began donating to Meals on Wheels North Central Texas in 2005. She loves our mission and is a true advocate for the organization.

She donates regularly to daily operations, but has also supported our Capital Campaign: Building with Love. She also writes letters to lawmakers, regularly advocating on behalf of Meals on Wheels and our seniors.

There’s just no stopping Dani when it comes to being a cheerleader for us!

“I’m always talking about it,” she says. “There are so many people who are interested in what Meals on Wheels does. I try to educate them.”

Much of that education happens at her church, where Dani shares copies of *Friends at the Door*. Churchwide interest was kindled recently when a member was diagnosed with leukemia ... and then signed up for Meals on Wheels, at Dani’s urging.

For that church member, and for many seniors in nursing homes and rehab centers, Meals on Wheels can mean the difference in staying in a

facility ... and staying home.

“Meals on Wheels can help you stay in your home as long as possible,” Dani says. “In nursing homes, those people often don’t want to be there. A lot of them probably don’t need to be there. If they knew about Meals on Wheels, they might be able to stay in their home. That’s where I would want to be.”

Dani recently joined her community’s Agency on Aging, hoping to further spread the word about Meals on Wheels and to help seniors in every way she can.

When asked why she supports Meals on Wheels, Dani’s response is to the point:

“Because I know the funding is needed,” she says. “I’m just sorry I’m not a billionaire. If I were, I wouldn’t be one for long, because I would finance what needs to be financed.

“I just want people to have the best life they can have.”

Like Dani, your support of Meals on Wheels helps give people the best life they can have. Thank you for playing your part in that!

**“I JUST WANT
PEOPLE TO HAVE
THE BEST LIFE
THEY CAN HAVE.”**

"YOU CANNOT GIVE UP"

HOW YOUR HELP IS MAKING LIFE EASIER FOR THIS SENIOR



Stella (left) with one of the kind volunteers who delivers meals and more.

"As you get older, you don't know what you'll have to go through in this world. Things aren't always easy, but you cannot give up."

Stella likely speaks for millions of seniors with such words of wisdom. She also knows that when things aren't easy, Meals on Wheels can be a big help.

Now 76, Stella signed up for the program five years ago, and she says it makes a difference.

"I don't drive, and my balance is kind of bad," Stella says. "So I try not to cook much."

Thanks to your support, she doesn't have to. Meals are regularly delivered to her home.

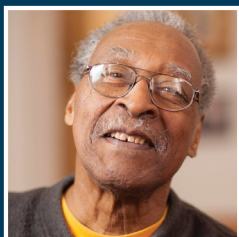
Stella is unsteady, but has a life alert button in case she falls. And she says she can always count on her Meals on Wheels volunteers to stop by if she needs help.

"THE MEALS ARE VERY GOOD AND THE VOLUNTEERS ARE REALLY NICE."

"The meals are very good and the volunteers are really nice," she says. "We talk, and they ask how I'm doing. They always help me out. It's encouraging and makes me want to see people."

"The whole thing with Meals on Wheels has been very nice."

Thanks to you, seniors are getting "the whole thing" with Meals on Wheels — food deliveries, companionship, and conversation. Thank you!



SPREAD LOVE TO SENIORS IN NEED

"IT'S ALL SO GOOD"

YOUR HELP MADE A WAY FOR JOE TO STAY IN HIS OWN HOME

Joe's doctors gave him a choice: Move to a senior living facility, or stay in his own home with Meals on Wheels and home health care.

For Joe, it was a no-brainer.

"I don't want to give up my home," says Joe, 83. "But the doctor says I can stay here as long as I have Meals on Wheels and someone to check on me."

Joe has been to rehab facilities and had a taste of what it might be like to live in a senior home. No thanks, he says: "I'm going to stay here."

"Here," of course, is *home*, where Joe receives daily deliveries of food and fellowship from Meals on Wheels volunteers.

"I love it," he says. "I know most of the volunteers, and they're all so nice."

While health issues and aging have stolen *some* of his independence — "It's hard to fix a meal for myself," he says — he's grateful that Meals on Wheels gives him the opportunity to stay in his own place.

"I still function," he says, "but it's hard to get around sometimes. I don't see well, and it can make it hard."



Joe likes the meals and the daily visits from volunteers.

"But with Meals on Wheels, I don't have to fix my meals. They bring them to me, and it's so nice. It's all so good, and it really makes a difference."

Thank you for making a difference for seniors like Joe, making it possible for them to stay in their own homes while getting the help they need.

HERE'S MY GIFT TO HELP MY SENIOR NEIGHBORS!



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 donate \$ _____ automatically 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: _____