

AUGUST 2022

FRIENDS AT THE DOOR

"IT WAS SOMETHING AWFUL"

How your support may have
saved this woman's life

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*Carol was facing an
emergency till one of our
volunteers showed up.*

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LETTER FROM THE EXECUTIVE DIRECTOR

CHRISTINE HOCKIN-BOYD
EXECUTIVE DIRECTOR

Dear Friend,

What are you living for today?

If you're a senior, particularly if you're alone, you might just be living for companionship. You likely spend your days eager for company, for a conversation, even just to have someone sit with you. Loneliness is a constant companion for many of those we serve.

Don, 71, has an antidote for his loneliness. Actually, he has three — a dog and two cats. They're so important to Don that he says his four-legged friends motivated him to fight for his life during a difficult battle with COVID-19.

Pets can literally be a lifesaver. At the very least, they can be a source of the unconditional love we all need. (They can also make us laugh, which is good for the soul!)

Speaking of love ... I'm feeling the love from people like you, the many kind and compassionate folks who clearly care about our senior neighbors. Your care is made clear by your support of Meals on Wheels North Central Texas.

Your love is also seen in the stories we encounter daily — like those in this latest edition of *Friends at the Door* ... stories about folks like Don ... and Carol ... and Patricia ... and others ... stories made possible by your kindness.

They're all grateful for you. So am I.

Sincerely,

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

Christine Hockin-Boyd
Executive Director



*Don gives Duke a belly rub. Duke gives Don a look of love.
And you give both the help they need!*

"IT WAS SOMETHING AWFUL"

WHEN CAROL WAS IN MEDICAL DISTRESS, A MEALS ON WHEELS VOLUNTEER CAME TO HER RESCUE.

One night in May 2021, Carol had a scare she'll never forget.

She'd gone to the bathroom ... and found that she couldn't get up. "It was something awful," says Carol, 77.

Frightened, she sat there all night until the next morning, when she knew a volunteer from Meals on Wheels would be coming. When the volunteer arrived, Carol yelled for help and, fortunately, the volunteer heard her.

Carol's doors were locked, and the volunteer was unable to reach her by phone. So the volunteer called 9-1-1. An emergency crew arrived and found Carol dealing with severe abdominal pain. They took Carol to the hospital, where she stayed a short time.

When she returned home, meal deliveries to Carol resumed, and life went on.

Carol says she doesn't know what she would have done if the volunteer hadn't shown up that morning and heard her cries. Carol now keeps a phone in her bathroom ... just in case.

These types of situations sometimes happen with Meals on Wheels. A volunteer will show up with food, only to find that a senior is in distress or in need of immediate medical help. Sometimes those moments turn out to be literally lifesaving.

Or sometimes, a volunteer just provides the kind of service that makes a hard life a bit easier for the seniors we serve.

For Carol, that volunteer is Melba. Melba's not the one who literally rescued Carol that morning last May, but she does "rescue" Carol's laundry faithfully, week after week.

When Melba delivers meals every Monday, she comes in, chats with Carol for a while, makes sure everything is OK ... and then walks out with a full laundry basket. Melba takes the laundry home,

washes it, and returns it to Carol the next week.

"She even folds it up all nice and neat," says Carol, gushing with gratitude. "I don't know how I'd get that stuff taken care of otherwise. She's really nice."


That's Meals on Wheels in a nutshell. Our volunteers are superheroes. Sometimes they just bring a meal and good conversation. Sometimes they'll do your laundry.

And sometimes, at the most unexpected moments, they might just save your life.

Carol is thankful for friends like you who support Meals on Wheels. Thank you!



Carol (seated) and Melba, a faithful Meals on Wheels volunteer.



Don and Duke are grateful for the help you provide through your support!

REIGNING CATS AND DOGS

DON'S PETS MIGHT HAVE THE RUN OF HIS HOUSE, BUT THEY GIVE HIM LIFE — LITERALLY.

When Don came down with COVID-19, he was in the battle of his life.

He was 71 years old, and for two months in the hospital, his situation was sometimes touch-and-go. One thing — actually, several little four-legged things — kept him pushing ahead:

His pets.

“Having pets in your life is very important,” Don says. “I believe it’s helped keep me alive, not going to lie.”

When Don beat the virus and came home from the hospital, he wasn’t quite back to full strength — or his old self.

“I had a little bit of brain fog,” he says. “But my pets helped keep me thinking straight.”

While Don’s animals — a dog named Duke

and two cats named Sugar and Black & White — might help keep him alive, Meals on Wheels helps keep his companions alive, through our AniMeals program, which regularly delivers pet food too. *(See story at right.)*

“The pet support program [AniMeals] sure helps out a lot,” says Don. “I’m on a fixed income. I’d find a way to feed them, but getting help from Meals on Wheels helps a bunch.”

Don gives his dog Duke a belly rub and smiles ... and you’d swear Duke smiles back at him.

“Pets are like little people,” Don says. “They’re such a joy to have around.”

Thank you for making it possible to help seniors like Don ... by helping to take care of his beloved pets!

DON'S "LITTLE PEOPLE"

MEET THE COMPANIONS WHO GIVE
DON REASON TO LIVE:



Black & White



Duke



Sugar

*Pets bring joy and life
to seniors in need
of companionship.*



HELPING PETS = HELPING SENIORS

BY CARING FOR ONE, YOU'RE
CARING FOR THE OTHER, TOO.

Many of our seniors enjoy the company and companionship of four-legged friends. Pets can provide a remedy to loneliness and isolation, which many seniors experience.

But feeding and caring for their best friends can be expensive. Some seniors will choose to do without so that their pets have what they need.

That's why we offer our AniMeals program to seniors who receive our home-delivered meals. We deliver pet food to our seniors, as needed.

The AniMeals program also provides vouchers for veterinary services, an expense many seniors cannot afford.

*We understand that by taking care of one,
you're taking care of the other.*

VOLUNTEER SPOTLIGHT



MEALS FROM HEAVEN AFTER VOLUNTEERING FOR 14 YEARS, THIS COUPLE NOW RECEIVES MEALS ON WHEELS.

Horace and Nelda had meal delivery down to an art form.

When they would arrive at a recipient's home, Horace would hop out of the car and make the delivery, while Nelda would stay in the vehicle, doing the paperwork and getting meals ready for the next stop.

They even had a favorite last stop — with a woman on the route they'd befriended. They'd linger at her house for a while for some good conversation.

"We got to really know the people and enjoyed it," says Nelda. "We enjoyed our visits with them. Sometimes, it was the only visit they got. We felt blessed to do that."

Horace agrees.

"This is something they need, something they want," he says. "It's good for us, and it's good for them. It was a way to keep active in our senior years."

In time, though, that activity was bound to slow down.

Horace isn't hopping out of cars anymore. He's 88. Nora isn't either; she's 86, on oxygen, and doesn't leave their home often.

So, after all those years of selfless service, it's their turn. Horace and Nelda have been receiving Meals on Wheels since last December.

Horace says they didn't want to stop volunteering, "except we had to," he explains. "We're getting kind of gunky, and we don't leave the house."

But not too "gunky" to appreciate having the shoe on the other foot. Now they enjoy being the recipients.

"They bring us meals every day for lunch," Nelda says. "We really enjoy it and have met so many great people."

When the volunteers arrive on their front porch, Horace greets them by saying, "You're our number one person this time of day!" That always gets a chuckle from the volunteer.

Horace and Nelda are thrilled with the service ... and the food.

"We call them meals from heaven," he says. "And we've loved every meal!"

We're thankful for Horace and Nelda's years of service. If you'd like to experience the joy of volunteering, go to mownct.org/volunteer.

"I LIKE THE COMPANY"

PATRICIA THRIVES ON VISITS FROM OUR VOLUNTEERS ... AND ON YOUR KINDNESS.

In the blink of an eye, something can happen to change a life forever.

When Patricia had a stroke in 2008 at age 57, she lost movement of her right arm and was unable to speak. She ended up in a wheelchair.

For five years, she couldn't talk. One day, she decided it was time to break the silence, and she meant business. She prayed, asked God to restore her voice, and woke up the next day able to speak again.

She also decided that the problem with her right arm wasn't going to stop her from getting creative. She learned how to sew and quilt using only her left hand. And she enjoys working outside.

But more than anything, Patricia loves the volunteers from Meals on Wheels who regularly visit, bring good food, and check to make sure she's OK. When a winter storm knocked out her power for a week, a



Patricia laughs while proclaiming that macaroni and cheese is one of her favorites!

volunteer checked on her every day. Another volunteer replaced Patricia's sewing machine when a roof leak ruined her old one.

Patricia thrives on those visits.

"When people deliver my Meals on Wheels, they become my best friends," she says. "I like the company."

She likes the food too.

"I love macaroni and cheese!" Patricia says, laughing, while holding it up for the camera. She says her favorite meal is chili and cornbread.

But the best serving of all is the visits from the volunteers.

"I love them," she says.

Patricia also loves the kindness of friends like you, who make these visits — and her meals — possible. Thank you for caring!



After a stroke, Patricia taught herself to sew and quilt using only her left hand.



REAL ESTATE PLANNING

DONATING LAND IS A GREAT WAY TO SUPPORT SENIORS IN OUR COMMUNITY.

There are all kinds of creative ways to support Meals on Wheels North Central Texas. One is through the donation of real estate.

We partner with CARS (Charitable Adult Rides & Services) to process real estate donations. Our program takes any property type (land, homes, commercial) in any location so long as there is equity. Even if you owe back

taxes, have a mortgage balance, or deferred maintenance, it's no problem. We will pay off all loans, liens, and commissions owed, and pay all closing costs.

If you have a real estate asset that is costing you money or not being utilized, donating it is a great way to give back ... and you may even claim a significant tax deduction!

Learn more at mownct.careasy.org/real-estate-donation.

MY GIFT TO SPREAD LOVE TO LOCAL SENIORS!



☒ **YES!** I want to help feed seniors in Johnson, Ellis, and Navarro 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: _____