

NOVEMBER 2022

# FRIENDS AT THE DOOR



**"CAN YOU  
HELP ME?"**

Joel, a disabled vet,  
asked for assistance.  
Of course, we said yes!

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*Joel needed more than just food.  
He craved companionship too.*

LOOK  
INSIDE!

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# LETTER FROM THE EXECUTIVE DIRECTOR

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

Dear Friend,

Years ago, I worked in children’s ministry at a local church. I loved encouraging kids to take an active role in serving — not just at church, but in their communities.

So I’m thrilled to hear about children like Gavin and Corbin, two boys who have played a vital role in delivering meals and smiles to Meals on Wheels clients since they were little. (Gavin was two years old when he first started making the rounds with their mom!)

The boys, now 12 and 18, have been doing this for ten years, and they love it. “It brings joy into the world,” says Corbin.

You’ll read their story on Page 6 of this edition of *Friends at the Door*. You’ll also meet other volunteers, some of our senior clients, and get an update on our **Building with Love** Capital Campaign.

As you read these stories, I hope it becomes more clear to you how much your support means to our senior neighbors throughout North Central Texas. Without your kindness and compassion, this work simply could not get done.

We’re heading into the holiday season, and I hope that will help spark your giving spirit yet again. Like Corbin said, let’s bring a little more joy into the world.

Thank you!

Sincerely,

A handwritten signature in black ink that reads "Christine Hockin-Boyd". The signature is written in a cursive, flowing style.

Christine Hockin-Boyd  
Executive Director



*Gavin (front) and Corbin making a holiday delivery some years ago.*

# “CAN YOU HELP ME?”

**JOEL, A DISABLED VET, REACHED OUT TO US FOR ASSISTANCE. OF COURSE, WE SAID YES!**

**J**oel remembers when his aging mother lived alone and needed help.

He remembers feeling bad that neither he nor his sister were nearby to lend a hand. And he remembers how Meals on Wheels filled a gap that he couldn't.

“My mom used to deliver for Meals on Wheels,” Joel says. “Then when she had to quit driving, she became a recipient.”

Joel's mother appreciated not just the food, but the conversations with volunteers.

“Now,” says Joel, “I face a similar predicament.”

Joel, 78, has led a full life. He has a Ph.D., served in the military, and has lived all over the world. But his body and mind have started to fail.

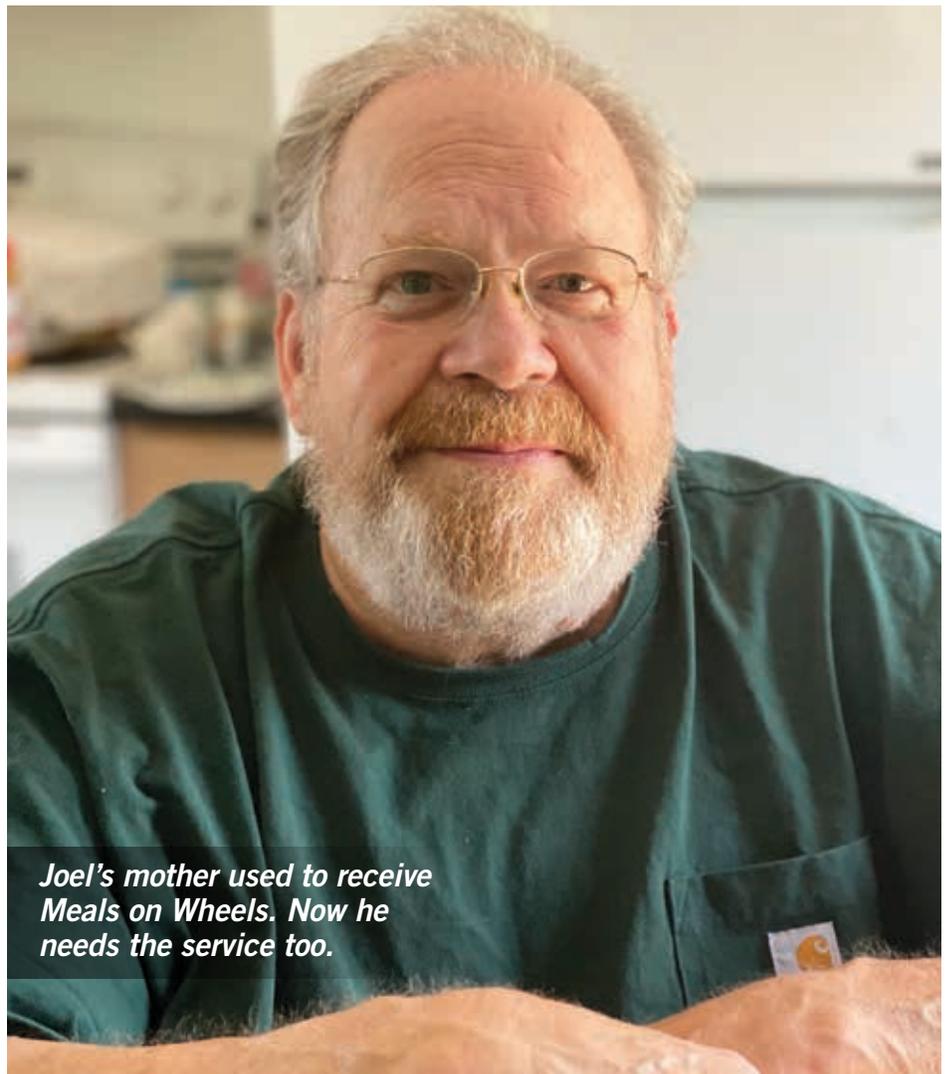
“I'm becoming more forgetful,” he says. “It's hard for me to walk more than a few feet, and I can't stand without some support. I'm less able to fix food for myself and clean my small apartment.”

Further, Joel's eyesight is fading, and he won't be able to drive much longer.

To top it all off, he's lonely. Since his wife's death in 2020, Joel craves companionship.

With all that in mind, Joel wrote us a letter, explaining his situation and ending with this question: “Is it possible to qualify for Meals on Wheels support?”

Of course, we immediately got back to him with a resounding “Yes!” It was not only possible,



*Joel's mother used to receive Meals on Wheels. Now he needs the service too.*

but we jumped into action right away.

Soon, Meals on Wheels was making regular deliveries to Joel's house. (He says he likes the meatloaf and beef meals the best!)

Just as importantly, a new friendship had begun: Joel enjoys chatting with our volunteers.

“I'm basically here by myself,” he says. “Meals on Wheels has really been nice. It helps me live a little more independently. It's great!”

***Joel is grateful for friends like you who support Meals on Wheels. Thank you!***

*A rendering of our new administration building.*



## BUILDING WITH LOVE

### THE WORK ON OUR NEW FACILITY HAS BEGUN!

It's been awhile since Meals on Wheels North Central Texas has outgrown its current facilities. Due to rapid growth, we've needed more space for quite some time.

So we were thrilled to hold a recent Groundbreaking Ceremony for Phase 2 of our ongoing **Building with Love** Capital Campaign.

The ceremony marked the beginning of new construction on the site of our distribution facility.

This 13-month project will include:

- A modest new office building.
- Much-needed office space for staff.
- A multipurpose room for hosting a variety of activities.
- Storage space for senior care items & AniMeals products.

- Covered parking for fleet vehicles.
- An expanded parking lot for staff & visitors.
- A large 40x40 square-foot freezer.

“It's more than a building,” says Christine Hockin-Boyd, our Executive Director. “It's compassion. It's integrity. It's dignity. It's service. It's advocacy. It's the future of Meals on Wheels North Central Texas.”

When we started 46 years ago, we originally served just one county; now we serve three.

The additional space and new facilities are desperately needed — and your ongoing support of our Capital Campaign is too.

*To learn more about the project and to make a donation, please go to [mownct.org/capital-project](http://mownct.org/capital-project).*



*In this conception, community members gather outside the distribution facility.*

Wellness Check.  
Hi! It's important to know you are doing well.  
How are you?

MOWNCT  
Call or text 888-869-6325



10:18 AM Staff

I am well. How are you at this time of 🌞😊?



Ms. Robbie 10:23 AM

That's good. I am ok. Thank u. Have a Blessed Weekend! 🙏



10:33 AM Staff

You have a Blessed day and weekend too!



Ms. Robbie 10:38 AM



*Robbie eagerly looks forward to her next delivery.*

## WORDS WITH FRIENDS CONNECTING WITH ONE OF OUR CLIENTS THROUGH REGULAR TEXTING.

**W**hen Meals on Wheels makes its rounds for meal deliveries, our volunteers also conduct wellness checks to make sure that our clients are doing okay.

Robbie, 79, gets two additional wellness checks each week ... right on her phone! One of our staffers checks in with Robbie regularly via text messaging.

“I spend most days by myself,” says Robbie. “So I really enjoy talking to them through texts.”

With her family spread out in several states, Robbie doesn't get much company. But those texts — those regular connection points — help fill some of the void.

It doesn't take much time to send a text to a lonely senior to see how they're doing.

If you know someone in such a situation, why not send them an encouraging text today!

# VOLUNTEER SPOTLIGHT



*Lisa and her sons  
Gavin (12) and  
Corbin (18).*

## “IT BRINGS JOY INTO THE WORLD” THIS FAMILY OF VOLUNTEERS DELIVERS MORE THAN JUST MEALS.

Ten years ago, Lisa started delivering Meals on Wheels in Ellis County, and she brought her sons Corbin and Gavin along for the ride.

Corbin was just 8 at the time, and Gavin was only 2. They’ve come along with their mom ever since, developing hearts for service along the way.

“I really enjoy helping people because it brings joy into my life,” says Corbin, now 18. “And it brings joy into the world. I’m happy to do it because it’s something more than myself.”

Gavin, now 12, agrees.

“It’s really nice to see the elderly people,” he says. “It’s fun to put a smile on their face.”

San Juanita, one of their regular clients, says the boys “always make me laugh. I’ve watched them grow since they were little. They’re always so nice.”

But they’re delivering more than just meals and smiles. These boys have gone above and beyond in their decade of service, partnering with a local fire department to make sure every senior’s home is equipped with operating smoke alarms.

Another time, they built a small bridge across a ditch to make it easier for an elderly woman to get to her mailbox. They’ve even had to call 9-1-1 a few times when they’ve found clients experiencing distress or health problems.

Lisa, their mom, says her boys love getting to know the people they serve.

“We get involved with their lives,” she says. “They know about us, we know about them. They become like family.”

“Some of them rarely see anyone. Their family lives too far away. Some of them need a smiling face or a hug.”

Lisa and her boys know they’re doing important work. “We’re taking them food, yes,” Lisa says, “but we’re also taking them a relationship, we’re taking them friendship.”

***Interested in joining Lisa and her boys as a volunteer? Go to [mownct.org/volunteer](http://mownct.org/volunteer).***



*San Juanita says Gavin  
(left) and Corbin are  
“always so nice.”*

# “MY HEART IS WARM NOW”

## CASE MANAGERS ARE THRILLED TO BE MAKING HOME VISITS AGAIN

During the pandemic, Meals on Wheels kept making deliveries to clients, but we had to curtail one vital element of our service: sending our case managers into homes.

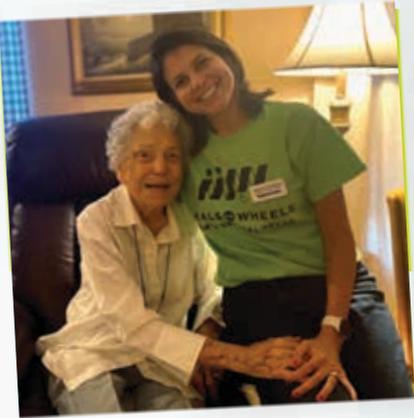
Recently, we were able to restore that service!

Why is it a big deal to have case managers in homes? It helps provide an extra level of care, particularly when addressing sensitive questions with seniors — like, “Can you open a jar on your own?” “Do your own laundry?” “Bathe or shower yourself?”

Pride can get in the way of honest answers, resulting in the senior not qualifying for services. But case managers can assess a situation firsthand. A senior might say she needs no help getting out of a chair, but a case manager sees them struggling.

Every senior we serve has an assigned case manager who handles assessments, questions, concerns, and so much more.

### Meet three of our case managers and the seniors they serve:



Bobby & Thayssa

Thayssa and Bobby were excited to finally meet in person. Bobby, 98, is grateful for Meals on Wheels “because they help me not to have to go to a nursing home.” She says Meals on Wheels is “fantastic. They’re all so sweet.” Thayssa, her case manager, feels the same way: “It was really good to finally put a face with her name. She’s incredible. My heart is warm now!”



Giovanni & Barbara

Jadyn and Shirley are building a bond together. “It’s nice doing this,” says Jadyn, the case manager. “You can communicate with them and bond with them.” Shirley likes that too. “I have someone to communicate with. It’s nice to put a face with the names!”



Jadyn & Shirley

Giovanni and Barbara enjoy each other’s company. Barbara, who used to deliver Meals on Wheels when she was younger, says she’s “very appreciative” of Giovanni’s help: “She’s concerned about my problems. They’re all so kind.” Giovanni smiles: “I love when clients are happy to see you. They’ll share what they’re going through. And once you’re in their home, it makes their day just a little more special.”



*Constance likes chatting with volunteers on delivery day.*

## MAKING IT EASIER CONSTANCE SAYS LIFE IS SOMETIMES HARD. MEALS ON WHEELS BRINGS RELIEF.

Constance knows what she likes. At 75, she's unable to do everything she used to do, including prepare all her own meals. So she's grateful for Meals on Wheels, especially when they deliver her favorite:

"As long as they have chicken, I'm good!"

Constance has been receiving Meals on Wheels for three years. She has one daughter who helps her, but her other children have passed away.

She loves the food deliveries but is particularly

thankful for the volunteers. Constance enjoys the conversations and says they're good listeners.

"I love Meals on Wheels," she says. "I like to talk, and they take the time. They have so much patience.

"I'm so used to doing stuff on my own," she continues, "and when you can't, it's hard. Meals on Wheels makes it easier."

***Thank you for making it easier for seniors in our community.***

### 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: \_\_\_\_\_