

FEBRUARY 2022

# FRIENDS AT THE DOOR



**ALBERT SAYS HIS PETS LIFT  
HIS SPIRITS ON GOOD DAYS  
AND ESPECIALLY ON BAD DAYS.**



*Daisy, 7*



*Honey, 13*



*DC, 3*

## A LOVE THAT LIFTS SPIRITS YOUR SUPPORT HELPS SENIORS KEEP THEIR FURRY COMPANIONS

**F**or Albert, every day is a little brighter thanks to his family of three rescue animals.

He has two older dogs: Daisy, a 7-year-old schnauzer terrier mix, and Honey, a 13-year-old poodle terrier mix. He also has a 3-year-old tabby cat named DC.

For him, they make a difference every day — and especially on bad days.

“Daisy shows up, she gets up and looks at me with those little eyes like ‘I’m here,’” he says. “It makes you feel a little better.”

Albert has been getting help from us for years now, but started receiving *AniMeals* about a year ago.

*AniMeals* is just one of the special services provided by Meals on Wheels North Central Texas. Once a month, volunteers deliver dog and cat food to

our Meals on Wheels recipients with pets. We also help provide support for basic preventive vet care for those that need it.

For some seniors, their pets are their only companions — and are critical to their overall health and well-being. But pet food and vet bills add up fast. Some seniors sacrifice their own food and health to care for their pets. But with *AniMeals* helping offset the cost of food and veterinary care, seniors can keep their pets healthy and fed.

“They make my day,” Albert says. “You know, no matter where I go or whatever, when I come back, they’re always happy to see me.”

***Thank you for helping us show some love to the four-legged friends that love us the most! ❤️***

**LOOK  
INSIDE!**

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FOR SENIORS**  
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AND A SMILE**  
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# LETTER FROM THE EXECUTIVE DIRECTOR



**CHRISTINE HOCKIN-BOYD**  
EXECUTIVE DIRECTOR

Dear Friend,

With Valentine's Day around the corner, we can't help but be filled with love here at Meals on Wheels North Central Texas — love for each other, love for our volunteers, love for our seniors, and of course, love for amazing people like you.

You show your love with every gift you give to help seniors in your community. We want to show you a little love back, by sharing stories of some of the people your gifts help.

I hope it makes you feel good to see the faces of those who may never meet you but will be forever grateful for your kindness and compassion. Thank you for all that you do!

Sincerely,

*Christine Hockin-Boyd*



888-8MY-MEAL • [mownct.org](http://mownct.org)



Mr. Smith is so grateful for the support he receives so he can stay with and take care of his wife, who suffers from dementia.

## "SHE'S JUST MY DARLING" HOW YOU'RE HELPING MR. SMITH TAKE CARE OF HIS WIFE

Mr. and Mrs. Smith were born on the same day just miles apart, but life wouldn't bring them together until several decades later when they met at church. At that time, both were married to other people, and they all became friends.

Sadly, not long after, both Mr. and Mrs. Smith suffered losses when their spouses passed away.

It would be a few years before they would reconnect, when Mr. Smith helped out by mowing her lawn. A year and a half of patio conversations and Sunday services passed before Mr. Smith asked her to marry him. And now, they're going eight years strong.

Unfortunately, Mrs. Smith was diagnosed with dementia about three years ago. Mr. Smith has made it his duty to care for her, but both have limited mobility, and at his age, it's a challenge to be her primary caregiver. And the added emotional strain of her memory loss makes it even harder.

"When you lose somebody like that, it's different than when they pass away," he says. "I haven't lost track enough that I can't take care of her. And that's what I enjoy doing. She's just my darling and I appreciate her and the fact that it is my job to take care of her."

Without the means to get around, Mr. and Mrs. Smith often put their needs on hold. They're grateful for their children and grandchildren who help transport them, but they live farther out and aren't always accessible.

That's why Mr. Smith is so thankful for the services that Meals on Wheels North Central Texas provides. He enjoys how quick and easy it is to heat up the delicious meals that they receive. It makes his job of caring for Mrs. Smith (and himself) a little bit easier. And he loves the kindness that it's delivered with, too.

*Thank you for making the help that the Smiths receive possible through your generous support. Without the generosity and kindness of people like you, couples like the Smiths might not be able to stay together wrapped in the love and comfort of home — and each other.* ❤️



# SHOW YOUR LOVE AND COMPASSION ALL YEAR LONG

**A**t a young age, Steve learned from his mother that helping others goes a long way. He wanted to leave the same impact she did, and it all started with Meals on Wheels.

"My mom was real involved with Meals on Wheels when I was growing up, and she taught me to give back," he says. "So that's what we do."

Now, for 11 years straight, Steve has been a Give Love Year-Round donor. He makes monthly gifts to help Meals on Wheels North Central Texas provide food for seniors who are homebound, isolated, or just need a little extra food and attention.

Not only does Steve have experience donating, but also serving as a Meals on Wheels board member for nine years. Talk about getting involved!

Although he's no longer a board member, Steve finds other ways to participate. He currently works full time as a supervisor for ATMOS energy, but volunteers regularly with Meals on Wheels. He even encourages his crew to volunteer when they can.

At the end of the day, he loves the rewarding feeling he gets from helping others.

"It makes you feel warm and fuzzy inside when you see the glow on someone's face," he says. "About 80 percent of the time you're the only person they see."

***If you'd like to join Steve in becoming a monthly donor or learn a little more, visit us online at [www.mownct.org/give-love-year-round](http://www.mownct.org/give-love-year-round). ❤️***



Give Love Year-Round



**Steve says he loves "that warm and fuzzy feeling inside" when he brings a smile to a senior's face.**

## HELP SPREAD AWARENESS THIS MARCH FOR MEALS



**T**he national March for Meals campaign is an annual month-long event designed to generate public awareness about senior hunger and isolation, and to celebrate the services provided by senior nutrition programs like Meals on Wheels.

Given that Meals on Wheels is an exemplary public-private partnership, this annual campaign is also intended to showcase the successes of the Older Americans Act, help recruit new volunteers from our community, and to increase fundraising from local businesses and supporters.

***You are in a position to help raise awareness for the growing number of seniors facing hunger and isolation, both serious problems currently impacting our community and our nation at large. Join us in our fight to end senior hunger by visiting [www.mownct.org/march-meals](http://www.mownct.org/march-meals).***

## SHOWING LOVE THROUGH SERVICE TO OTHERS

### VOLUNTEERS LIKE NANCY GET AS MUCH BACK AS THEY GIVE

Love can make a world of difference. One of the best ways to show your love for your neighbors is through an act of service — like volunteering. I can't think of a more meaningful act of love for a senior struggling with loneliness and isolation than delivering a warm meal and friendly visit.

That's exactly what Nancy, one of our volunteers here at Meals on Wheels North Central Texas, does for our community. She's been volunteering now for more than six years, after a friend from church encouraged her. She's been hooked ever since!

"I enjoy the people," she says. "I like the fact that it is something that I can do for the community."

With each delivery, Nancy likes to greet our friends with a warm smile. She enjoys asking about their day and offering a helping hand when needed.

Often, our friendly volunteers at Meals on Wheels are the only people that some folks get to see all week. That's what makes our volunteers — and your support — so important.

Our dedicated volunteers like Nancy take the time to ensure our neighbors aren't just fed, but often,



**Nancy, left, always takes extra time to check in and visit when she brings a meal.**

check in on their living conditions to be sure they're safe and just sit and visit so they have someone to talk to for a while.

*Our volunteers aren't just our eyes and ears, but along with our dedicated supporters, they are our heart, too. Thank you to our volunteers and the supporters that make everything we do possible. ❤️*

## MY GIFT TO SPREAD LOVE TO LOCAL SENIORS!



**MEALS on WHEELS**  
NORTH CENTRAL TEXAS

☒ **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 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: \_\_\_\_\_