

APRIL 2023

# FRIENDS AT THE DOOR

## A GIFT TO SAY "WE CARE"

Communities pull together to  
provide care packages | Page 3

*Thanks to a big group of special  
donors, seniors received  
extra surprises with their  
Meals on Wheels deliveries.*

LOOK  
INSIDE!

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# LETTER FROM THE EXECUTIVE DIRECTOR

**CHRISTINE HOCKIN-BOYD**  
EXECUTIVE DIRECTOR

Dear Friend,

Soon, our Meals on Wheels staff will move into their new home. While we are very excited for the opportunities this will provide, we know the work has just begun. We may be in the homestretch, but we're also back at the starting line.

As you may know, we expanded our service area to include two more counties this last year. But did you know the population of neighbors age 65 and older is projected to increase 32% by 2040? That's a lot of growth! Our mission is to answer the call for all of our underserved neighbors and any senior who needs us, but the need is growing fast.

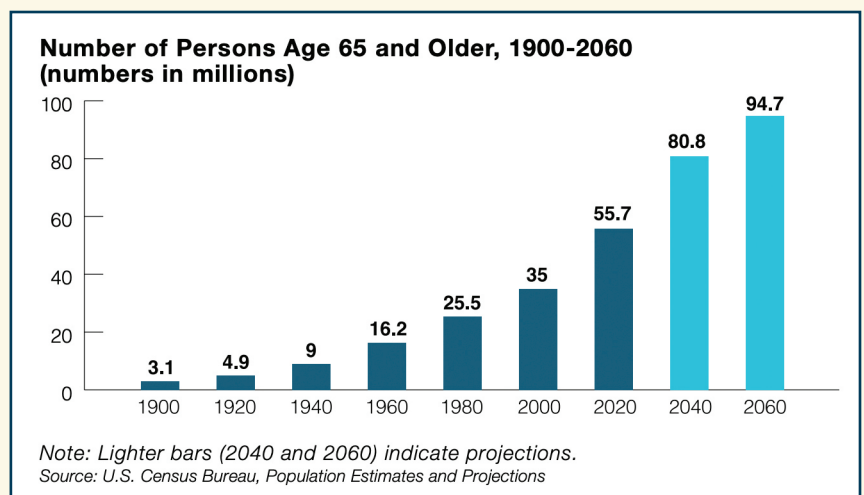
Getting settled into our new location is the next step in preparing to serve the growing number of seniors in need. It will allow us to be closer to our existing distribution facility, give us storage space for senior care items and AniMeals products, greatly expand our freezer space, and give us room to house more senior adult resources.

This wouldn't be possible without your support. I just can't thank you enough for your kindness. Your continued gifts to the capital campaign will allow us to keep expanding our services for seniors and provide more of the nutritious foods that our older neighbors need.

As you read through this special year-in-review edition of *Friends at the Door*, you'll see just how much good your generosity made possible in 2022. On behalf of the many seniors we served last year, and the many more we will serve throughout 2023, thank you so very much.

Sincerely,

Christine Hockin-Boyd  
Executive Director



# A GIFT TO SAY “WE CARE”

## OLDER NEIGHBORS RECEIVED AN EXTRA SURPRISE WITH THEIR MEAL DELIVERY, THANKS TO GENEROUS DONORS

**A**t Meals on Wheels North Central Texas, we aim to nourish every senior adult we serve in more ways than one. We say it’s “more than a meal,” but what exactly does that mean?

Our home-delivered meal service nourishes the body physically, but the friendly visits and wellness checks nourish the soul and mind while ensuring every senior is safe. We offer support for seniors and caregivers alike, nutritional education, referrals, and assistance to get items like Life Alert buttons, ramps, grab bars, fans, and so much more.

Meals on Wheels and our community of generous donors also provide our seniors with a special gift to say, “We Care.” We invite the community to participate in these initiatives year-round, with an additional initiative during the holiday months.

This past year, we delivered 776 gifts: 350 bags in round one, 416 in round two, and 10 gift cards donated by Brookshire’s Grocery Store.

The first round of bags were made possible by a gift from the Alton and Fay Talbert Memorial Fund and our local Albertsons. Alton Talbert spent



much of his adult life as a cattle and hog farmer, so it’s fitting that a gift in his memory would go toward providing meals to people in need.

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**“OH MY GOODNESS, THIS IS EVERYTHING I NEED!”**

**— ELVA  
(CARE PACKAGE RECIPIENT)**

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The second round of bags were made possible by the community! Donors from every county pulled together to assemble these care packages. Schools, churches, public libraries, businesses, individual donors, and more ordered through our Amazon wish lists or dropped donations off at our offices.

The result of our “We Care” initiative was nothing short of joyous. Our older neighbors were surprised, excited, and sometimes overwhelmed with emotion. Thanks to friends like you, they know someone cares.

***We’re grateful for our community of generous donors who help us provide “more than a meal.” Thank you!***



# SERVING THE CHILDREN OF YESTERDAY®



**41%** Female head of household  
**37%** Age 80 or above



**55%** Live at or below poverty level  
**14%** Had to choose between buying food or buying medication  
**23%** Had to choose between buying food or paying rent or utility bills



**44%** Live alone  
**36%** Widowed



**16%** Veteran  
**14%** Veteran spouse

## OUR MISSION:

*Ending hunger and isolation. Delivering dignity and independence.*

**89%** Feel it's important to be able to choose their own meals  
**98%** Find the wellness checks provided by Meals on Wheels beneficial

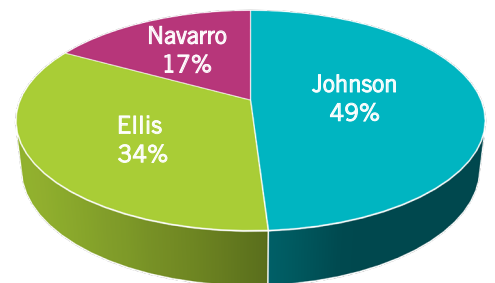


*"This is such a blessing."*  
— Candice



*"It helps out a lot. We don't get out much, so we like talking to the volunteers."*  
— Randy

## MEALS SERVED BY COUNTY



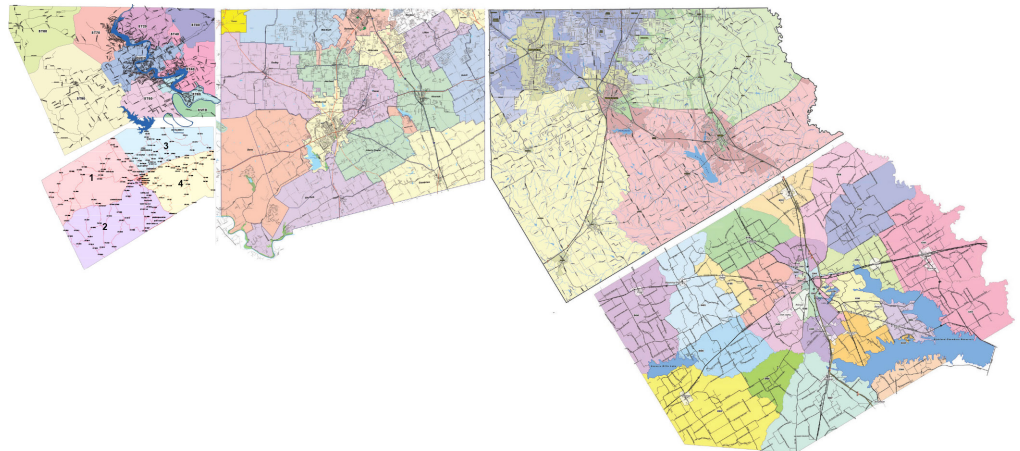
■ Johnson ■ Ellis ■ Navarro ■ Somervell ■ Hood



With the addition of two more counties, our army of staff and volunteers now mobilize across 3,401 square miles.

In FY22, 509 volunteers delivered 14,648 routes, providing meals to 1,503 senior adults.

Established in 1976, the organization began serving senior adults in Johnson County. In 2001, Meals on Wheels North Central Texas answered its first call for expansion, accepting and serving seniors in Ellis County. Then, in 2020, the organization expanded again to include Navarro County, followed by another expansion into Somervell and Hood counties in 2022.



# TOGETHER, WE CAN DELIVER®

Serving Johnson, Ellis, Navarro,  
Somervell, and Hood counties.



Served 256,535 meals to  
1,503 unduplicated clients



Provided pet food to 215 seniors  
for their companion pets



## Annual Client Satisfaction Survey Results:

- 100%** Feel our meals help them eat healthier
- 98%** Feel our program helps them stay in their home
- 94%** Feel our program helps their overall health

## MORE THAN A MEAL

Every senior is assigned a case manager  
who conducts an assessment to identify  
individual needs that go beyond a  
home-delivered meal.

### Additional Services:



Caregiver  
Support



Wellness  
Checks



Nutrition  
Education



Nearly 800  
care packages  
and holiday  
gift bags.



Randy, age 70, is the last of seven siblings. He lives on his own, and has one sister-in-law left and a son who lives in North Carolina. Randy has poor circulation and doesn't feel everything in his hands. His doctor referred him to Meals on Wheels because he was worried Randy would get hurt while cooking.

"I really appreciate it. I'm grateful for all of the work Meals on Wheels does," Randy says. "I really like the volunteers."

Randy enjoys the variety of food he receives and is thankful he doesn't have the daily burden of cooking meals. He's grateful for friends like you who help keep him nourished and safe.



MEALS on WHEELS

NORTH CENTRAL TEXAS

# 2022 IN REVIEW

# "THEY TOUCHED OUR LIVES"

## THE CHILDREN OF TODAY, SERVING THE CHILDREN OF YESTERDAY®

**H**oly Cross Christian Academy knows the importance of empowering young people to volunteer. The entire third grade level recently joined Meals on Wheels North Central Texas to deliver meals and smiles to seniors in their community.

The annual event focuses on teaching future generations about the importance of philanthropy — and lets them experience the joy they can bring through volunteering. Third grade classes from Holy Cross have been volunteering with Meals on Wheels for more than a decade.

"Meals on Wheels is such an important program as not only providing nutrients to those who may not be able to easily make or get out to purchase a meal for themselves, but it's also the human interaction that they seemed to desperately need," says Kristi, a third grade teacher with HCCA.

While the kids enjoyed making the rounds and visiting with older neighbors, the parents and teachers got into the spirit as well, laughing and sharing stories as they all loaded up to return to school. And the older neighbors loved receiving a special visit from a group of excited kids.



*A third grader from Holy Cross Christian Academy delivers a meal and joy.*

"They were thrilled at the sight of us at their doorstep!" Kristi says. "Through our interactions with the residents, we were blessed and smiling as we drove off. They touched our lives, as much as we hoped to touch theirs."

***We're thankful for our partners at Holy Cross Christian Academy. Are you part of a group that would like to help? If so, please visit [mownct.org](http://mownct.org)/volunteer for more information.***



*Students are all smiles as they make deliveries for Giving Thanks Day.*

**Meals on Wheels  
volunteers and staff feed  
Vicki's body and soul.**



## DELIVERING MORE THAN A MEAL

**V**icki is fairly new to Meals on Wheels, but already feels the benefit of more than just the nutritious meals she receives. She gets the social interaction that keeps her heart happy.

She is unable to get out of her apartment and has little family around. But Vicki craves daily social interaction. That's where Meals on Wheels comes in.

"I have my brother and my best friend, but I don't get to see them often," Vicki says. "Y'all are pretty much it for day-to-day. I talk to my mom every day, but neither one of us can really get out so I don't get to see her much."

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**"THIS IS JUST TRULY  
A BLESSING."**

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While our nutritious, home-delivered meals feed her body, our friendly staff and volunteers feed her soul. Vicki says she is very pleased with

both the food and the service. And her Meals on Wheels case manager quickly made sure she had everything she needed.

"My case manager helped me out," Vicki says. "She scheduled an assessment and was able to get my meals started. She was so nice and just a real pleasure to visit with."

Thanks to kind friends like you, our older neighbors know they aren't alone. They get the nourishment they need along with a friendly check-in to make sure everything is going well.

"Meals on Wheels is my primary source of food. And I just love visiting with everyone," she says. "When I sent back my menu with which meals I wanted, I included a little bit of money. I can't do much, but I want to help pay for at least some of my meals. This is just truly a blessing."

***Your gifts to Meals on Wheels North Central Texas help provide the meals and social interaction seniors like Vicki need to thrive. Thank you!***

# VOLUNTEER SPOTLIGHT

## "A HUGE DIFFERENCE" A VOLUNTEER EXPLAINS WHY SHE'S SO PASSIONATE ABOUT MEALS ON WHEELS

Laura has volunteered with Meals on Wheels for about five years as part of the Corsicana Rotary Club. She explains why she does it:

"It's a rewarding experience to be able to know you are helping people directly in your community," she says. "I'm not donating my resources somewhere way off. It's happening right here in Corsicana."

Laura knows that her service is about so much more than delivering meals.

"Elderly people need someone to check on them, especially if they don't have family here to check on them. You are actually a person going to their door, making sure that person is okay. We look around and see if there is anything they need help with."

Her visits are so important to the older neighbors she serves. So often, Laura is the only person that senior might see all day. And the regular wellness checks that come along with meal deliveries give older adults and their families peace of mind.



Laura says it's important to check in on clients regularly.

"Meals on Wheels makes a huge difference in the community. If they can't get to the grocery store, their family can relax knowing they have something to eat and someone coming to see them."

***We're thankful for ALL of our volunteers! If you'd like to volunteer, go to [mownct.org/volunteer](http://mownct.org/volunteer).***

## MY GIFT TO SPREAD LOVE TO LOCAL SENIORS!



☒ **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: \_\_\_\_\_

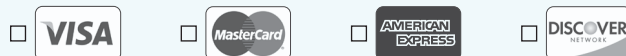
MY EMAIL: \_\_\_\_\_

☐ I would like to 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: \_\_\_\_\_