

# TVC Grant TRANSFORMS Heroes' Homes and LIVES

Dozens of older, home-bound Central Texas military veterans will receive much-needed repairs to their houses, as well as additional nutritious meals, thanks to \$600,000 in grants from the Texas Veterans Commission to Meals on Wheels and More.

A half-million dollars of the money goes to our Home Repair Program to pay for major repairs to the homes of at least 45 home-bound men and women who served our country in the armed forces. Roof replacement, fixing cracked foundations, plumbing and electrical work, and wheelchair ramp construction are just a few of the repairs planned.



(l-r) Brent Flournoy (TVC), Charles Cloutman (MOWAM), Dan Pruett (MOWAM), Kathy Wood (TVC), and Rick Yeomans (MOWAM Board Chair) (Photo credit: Rahul Kahol)

The remaining \$100,000 goes to MOWAM's Veteran Services Program which will use the money to provide additional meals to veterans who have been identified as being nutritionally at-risk.

"It's an incredible honor to help these brave men and women maintain their independence and live comfortably in the place they

call home. Thanks to these very generous grants from the Texas Veterans Commission, we can do exactly that," said Dan Pruett, President/CEO of Meals on Wheels and More.

## UPCOMING EVENTS

### Barkitecture 2014

*Architectural dog-centric family fun*

Triangle Park, 4660 Triangle Ave, Austin, TX 78751

Sunday, 10/19, Noon-4PM

### Will Buxton's Big Time Bash

*Celebrate Austin's Formula One Race with F-1 Pit Reporter Will Buxton*

Speakeasy, 412 Congress Avenue, Austin, TX 78701

Thursday, 10/30, 6PM-Midnight

### Help Our Heroes

*KOKE-FM & MOWAM team up to raise funds for homebound veterans. Special match opportunity available!*

Tune into KOKE-FM or visit us online at <http://bit.ly/1qBRGqb>

Thursday, 11/11, 5:30-11AM

### Empty Bowl Project

*Enjoy delicious soup and help raise funds for MOWAM's Meals for Kids program*

Marchesa Hall, 6406 N. IH 35, #3100, Austin, TX 78752

Sunday, 11/23, 11AM-3PM

### Subaru's Share the Love

*Stuff a Subaru with holiday gifts for our clients*  
MOWAM Distribution Sites

12/1-12/5

**VISIT OUR WEBSITE ON YOUR MOBILE PHONE** and you will automatically be directed to our mobile site, or use your smartphone to scan the QR code below.

[www.mealsonwheelsandmore.org](http://www.mealsonwheelsandmore.org)



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# Wednesdays at **WHEATSVILLE** Benefit **MOWAM**

If you happened to shop at Wheatsville Food Co-op on any Wednesday in August, thank you! A percentage of your grocery bill benefited Meals on Wheels and More and the home-bound, older adults we serve.

Wheatsville generously donated 1% of its sales one day per week during the month to MOWAM as part of the co-op's Community Action Wednesday Program. That translated into \$8,004.46 for our agency, enough to pay for 3,200 of our hot, nutritious meals!

Every year, the co-op's 15,000 invested owners select 10 local non-profits to support through Community Action Wednesday. MOWAM's been fortunate enough to be chosen each of the past eight years. Since 2007, Wheatsville has contributed \$20,000 to Meals on Wheels and More!

MOWAM is under consideration to be one of Wheatsville's non-profit partners for Community Action Wednesday in 2015. If you are a member of the



(l-r) Rory Alexander, Store Manager of Wheatsville's Guadalupe Street store; Dan Gillotte, General Manager of Wheatsville; and Nicole Sarker, MOWAM.

Wheatsville Food Co-op, we hope you will vote for Meals on Wheels and More to be included in this wonderful program again next year.

To cast a ballot, type the following URL into your web browser: <http://bit.ly/WgVD5I>

The deadline to vote is Monday, November 3, 2014. Once again, you MUST be a member of the Wheatsville Food Co-op in order to participate in this election.

## **ALWAYS** (cont.)

Our Home Repair Program also fixed the leak in the bathroom and installed a new floor to replace the old one which had severe water damage.

The help doesn't stop there. Every Tuesday, Ms. Gonzales drops her husband off at Mike's Place, MOWAM's free respite care program. "That gives me a chance to get away and run my errands. They keep him busy from the moment he gets there. They do

bingo and dancing and drawing and all sorts of activities. He really likes it, he loves it," she explains.

When asked what Meals on Wheels and More means to her and her husband, Ms. Gonzales says "It's been a great help. In our old age, now we can live comfortably and not worry so much because our income is limited. You can always count on Meals on Wheels. They came through, they

helped us. We're so grateful, we really are."



Salvador Gonzales (left) as a young man in the Army Reserve.

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Meals on Wheels and More

newsletter of meals on wheels and more

## “You Can **ALWAYS** Count on Meals on Wheels”

“I’m just so happy I found out about Meals on Wheels and More when I did because we were really getting desperate,” Feliz Gonzales says as her husband, Salvador, sits by her side. Mr. Gonzales is 74 years old and has Alzheimer’s.

He and his wife have been married 56 years. They had six children together, followed by six grandchildren, and by this time next year, they’ll have six great-grandchildren.

Mr. Gonzales was a carpenter by trade. He worked for a company that built portable school buildings all over Texas. He also served his country honorably; spending two years in the National Guard and eight years in the Army Reserve.

But now, Alzheimer’s has slowed him down. Ms. Gonzales spends her days being a full-time caregiver to her



Salvador and Feliz Gonzales in their East Austin home.

husband, who also has kidney disease and diabetes. If all that wasn’t challenging enough, about a year ago, an undetected water leak in their East Austin home sent the couple’s utility bills soaring.

It was about this time that Ms. Gonzales found out about Meals on Wheels and More after a friend’s mother started receiving our services. Soon, our dedicated volunteers were delivering nutritious food to Mr. Gonzales. “I don’t have to worry because he’s diabetic and his kidney function is not well, Meals on Wheels

sees to all of that. Diet control, the meals are very well controlled for his kidneys and his diabetes,” she says.

Her husband is also enrolled in MOWAM’s Veteran Services program which qualifies him for our Second Meals program, a 7-day supply of frozen breakfasts each week. In addition, we offer the Gonzales specialized case management, helping them find the benefits they deserve by virtue of Mr. Gonzales’ time in the military.

Then there was the issue of the water leak and the subsequent big bill. MOWAM successfully located resources to help the couple pay off the balance. “That gave me peace of mind. I can sleep at night,” says Ms. Gonzales. “I was worrying that we wouldn’t have any services. But Meals on Wheels was able to help with that.”

*(continued on back page)*



## Capital Pedicab Delivers Meals on **THREE WHEELS**

It's one of those September days when the calendar claims autumn is just around the corner, but the thermometer begs to differ. At 11am, when volunteer Ricardo Andrade shows up at Meals on Wheels and More for his delivery route, the heat index tops 100 degrees. The weather doesn't faze him even though he will be pedaling his way to clients' homes.

Andrade works for Capital Pedicab, a 14-year-old company which operates dozens of three-wheeled cycles in downtown Austin. All of the business' drivers are fully licensed by the city's Ground Transportation Department.

In 2007, Capital Pedicab owner/manager Greg Foulkes decided to form a Meals on Wheels delivery team using his cycles and some of his drivers. "It just seemed like a good thing to do and we had wheels to provide," says Foulkes.

Andrade started working at Capital Pedicab two years ago and has been delivering meals for MOWAM almost as long. On the days he volunteers, he rides to our Central Kitchen to pick up the meals. He then carefully places the food in two coolers and sets them on the seat where passengers would normally sit. As he pedals



Capital Pedicab operator Ricardo Andrade prepares to deliver meals to MOWAM clients.

his way through his East Austin route and the sweltering heat on this particular day, he says his time spent delivering our nutritious lunches to the people we serve helps keep him in good shape. He also says he enjoys working for a company that gives back to the community. "That's what keeps me with Capital Pedicab. To them, it's more than just making money. The company's trying to make a positive impact on Austin," he says.

All of us at MOWAM thank Capital Pedicab and its intrepid drivers for helping to keep the wheels turning no matter what Mother Nature may throw their way.

## **MOWAM's** Dan Pruett Elected to National Board

Meals on Wheels and More President/CEO Dan Pruett was recently elected to serve on the board of directors of the Meals on Wheels Association of America.

Meals on Wheels Association of America (MOWAA) is the oldest and largest national organization composed of and representing local, community-based Senior Nutrition Programs in all 50 U.S. states, as well as the U.S. Territories. Meals on Wheels and More, an independent and locally-run Central Texas non-profit, is a member of MOWAA.

Dan will serve a three-year term on the board.



MOWAM President/CEO Dan Pruett in our Central Kitchen.

# MOWAM Wins Community Relations Award

Meals on Wheels and More recently took home one of the top prizes at the annual Greater Austin Chamber of Commerce Business Awards.

We won the Cook-Walden Community Relations Award at the event which recognizes excellence in business in the Greater Austin region. We were especially honored to be in the same category as A+ Federal Credit Union, AMD, Bank of America, and Rackspace.

See “Dan’s Corner” elsewhere in this issue for more on this exciting recognition for MOWAM.



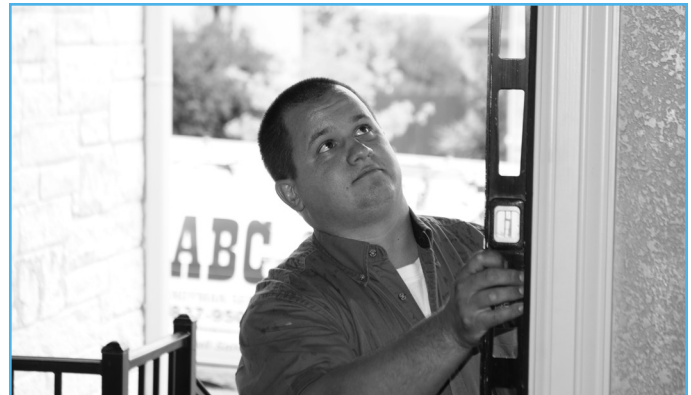
Michael Brown, Past Chair of MOWAM Board (far right), and Thad Rosenfeld, MOWAM (second from right), accept the Greater Austin Chamber of Commerce Community Relations Award from Jack McDonald, 2014 Austin Chamber of Commerce Chairman (far left), and Rodney Molitor, President, Cook-Walden (second from left). (Photo Credit: Rebecca Belcher Photography)

## MOWAM & ABC: keeping SENIORS SAFE

Modifying a home to make it safer for older adults to navigate is typically a much less expensive alternative than moving those loved ones into an assisted-living facility.

The folks at ABC Home and Commercial Services of Austin are experts when it comes to these types of modifications. Best of all, when you hire ABC to elder-proof your home, the company will donate 5% of your total bill to MOWAM. We use those funds to provide our life-sustaining services to homebound people in need.

For more information about this offer, please call ABC at (512) 837-9500.



## GRATITUDE

Texas Veterans Commission for supporting Home Repair  
Texas Veterans Commission for supporting Veterans Services  
Ameriprise Financial for supporting Meals on Wheels and for contributing a volunteer team  
Wells Fargo Bank, N A, for Adopting a Day of meals  
H-E-B for supporting Meals on Wheels in Cedar Park  
Innography, Inc for support of PALS  
The Keating Family Foundation for supporting Meals on Wheels  
BBVA Compass Bank for supporting Meals on Wheels and for contributing a volunteer team

Veritas Foundation for supporting Meals on Wheels  
Allstate Foundation for awarding Meals on Wheels and More an Allstate Agency Hands in the Community Grant  
Austin Food Blogger’s Alliance’s Big Chill event for supporting Meals on Wheels and More  
Save the World Brewery for supporting Meals on Wheels and More  
Alzheimer’s Association – Capital of Texas Chapter for supporting Mike’s Place

Dear Friends,

In reading through the stories in this newsletter before it went to press, I was struck by something. Every single item contained in these pages pertains to relationships.

First, there's the beautiful connection between our agency and the wonderful people we serve; people like Salvador Gonzales, a military veteran whose story graces the cover of this newsletter. You may have also read about the \$600,000 in grants MOWAM received recently from the Texas Veterans Commission (TVC). Our relationship with the TVC allows us to help hundreds of Central Texas heroes like Mr. Gonzales.

The volunteer profile on the intrepid team from Capital Pedicab drives home the fact that we certainly rely on the rock-solid relationship we have with our small army of nearly 8,000 dedicated volunteers.

Relationships are very important to us. That's why we were especially honored to win the Community Relations Award for large organizations at the Greater Austin Chamber of Commerce's recent Business Awards, which you may have read about elsewhere in this issue. Our strong relationship with the Central Texas business community is key to our mission. Hundreds of local companies allow their employees a little extra time for lunch on days those workers are scheduled to deliver meals to our clients. In addition, many businesses choose to underwrite some of our life-sustaining services.

There's one more very important relationship for which we are eternally grateful and that's our relationship with you. We value your continued support of our agency and faith in our mission to help the most vulnerable members of our community.



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