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Meals on Wheels and More

newsletter of meals on wheels and more

“I COULDN’T EAT AS WELL Without Meals on Wheels”



MOWAM client Rosalie Wicks in front of her East Austin home.

Two years and two months away from turning 100, Rosalie Wicks positions her wheelchair on the front porch of her home. It’s where she always sits if the weather’s cooperating. From her vantage point, she watches the traffic, both car and foot, as it makes its way along East 12th street. Ms. Wicks loves sitting outside in her special spot. That’s where she typically greets the volunteers who deliver our nutritious lunch-time meals to her door. We’ve been

honored to serve her since 2007. But, at first, she wasn’t keen on the idea of being a MOWAM client. “I’ve always been very independent. I’ve never wanted to ask anyone for help,” she explains.

That independence was forged in her humble beginnings. Born in Taylor, just outside of Austin, she was one of four children. “My mother was a gourmet cook. She might make \$5 or \$10 for a day’s work. My daddy was a honky-tonk piano player. He played all over the place,” says Ms. Wicks. “We got by on what they made.”

Ms. Wicks graduated high school in 1935 and was the salutatorian of her class. The achievement came

with a \$50 scholarship. That money, along with \$16.05 donated by the congregation of the church she and her family attended, allowed her to enroll at what is now Huston-Tillotson College. She worked her way through school; sometimes taking time off from her studies to save money for tuition.

She earned a Liberal Arts Degree and began teaching school in Marble Falls. “I taught there 14 happy, happy years,” Ms. Wicks recalls. During this time, Ms. Wicks went back to school herself; this time at the University of Texas. She worked in Marble Falls during the week and attended classes at U.T. on weekends and summer breaks until she received a master’s degree in special education.

Several years later, a man she had known casually in her undergraduate days came back into her life.

(continued on back page)

Family Delivers Yeoman's Service For MOWAM

When Nancy Yeomans' son, David, left for college in 2005, she helped cure a case of empty nest syndrome by delivering meals to the homebound older adults we serve. Ten years later, in addition to her career as a pediatric nurse practitioner, she's still a MOWAM volunteer. But these days so is the rest of her family.

Nancy's husband, Rick, began donating his time to our cause in 2008 when he joined the MOWAM board of directors. Rick is a lawyer at Graves Dougherty Hearon & Moody, a local law firm which has its own Meals on Wheels delivery team. He currently serves as our Board Chair.

The Yeomans' daughter, Emily Yeomans Franco, was next to volunteer with us when she signed up with our PALS (Pets Assisting the Lives of Seniors) Program in 2013. On the second Saturday of every month, Emily delivers free pet food to our clients with animals. It fits perfectly with her busy schedule as an attorney at the Blum Firm and the mother of a 10-month-old son named Sebastian

The last piece of the puzzle fell into place recently when David Yeomans, the young man whose departure for university life triggered all of this volunteerism, became a HOPE (Healthy Options Program for the Elderly) volunteer. Once

a month he delivers shelf-sustainable groceries to the people we serve. By the way, that college degree paid off; David's the weekday morning meteorologist at KXAN. He shared his knowledge and passion for meteorology a few months ago at Mike's Place, our respite care program for people with Alzheimer's or dementia. "I brought along a couple of simple props like a weather balloon and a weather radio. It was really one of the most engaging audiences I've ever had," David recalls.



The Yeomans family all volunteer for MOWAM. (l-r: Rick Yeomans, Emily Yeomans Franco, Nancy Yeomans, and David Yeomans)

Meanwhile, his mom still enjoys delivering those meals. "It's the polar opposite of what I do at work because I work with children. It's a nice change to work with the older generation," says Nancy.

Her daughter credits both Rick and Nancy for setting a great example.

"Our mom and dad were very good about exposing us to volunteer work very early. David and I grew up knowing that this was a good thing to do," Emily explains.

In spite of his family's hectic individual schedules, Rick says the four Yeomans will continue to help MOWAM help others: "I feel strongly that it's important to choose what you make time for. We, as a group, have chosen to make time for Meals on Wheels and More."

Matching Gift Opportunity About to End!

Donate to MOWAM during the month of October and you can double the impact of your gift!

That's because a generous donor has offered to match donations dollar-for-dollar, up to \$40,000. That means you'll be helping twice as many homebound older adults maintain their independence.

Here's how it works: If you're giving by check, simply write "matching gift" in the memo portion of your check. If you're donating by credit card, go to www.mealsonwheelsandmore.org and click on the "Give" page. Once there, click on "Match Your Gift" and follow the easy instructions.

This wonderful opportunity ends October 31.

Austin City Council Members **Keep the Wheels Moving!**

When Austin shifted from an at-large system of city council representation to single-member districts, we thought it would be great for city council members to meet some of the MOWAM clients who live in their respective districts.

So we've started inviting elected officials to deliver meals to their constituents.

Mayor Steve Adler quickly agreed to drive a volunteer route. He and MOWAM President/CEO Dan Pruett spent an hour delivering hot, nutritious food to some of our homebound clients.

A month later, District 3 Council Member Sabino "Pio" Renteria teamed up with Dan and MOWAM Board Member Allen Wise, to deliver meals in East Austin and visit with some of the folks Councilman Renteria represents.

Not long after that, Dan accompanied Council Member Sheri Gallo, who represents District 10, as she delivered our nutritious lunchtime food and some much-welcomed company to MOWAM clients in Northwest Austin.

We deeply appreciate these civic leaders sharing their time with our wonderful clients – and we will be extending invitations to the rest of the council to share in the experience.



Austin Mayor Steve Adler and MOWAM client Rosalie Wicks



Austin City Council Member Sheri Gallo (right) and MOWAM client Nina Sperandeo



Austin City Council Member Sabino "Pio" Renteria (left) and MOWAM clients Dominga & Refugio Olivarez

GRATITUDE

The Home Depot Foundation for supporting the major repairs and renovations of veterans' homes

Topfer Family Foundation for supporting Meals on Wheels

Lola Wright Foundation for supporting Meals on Wheels

Patrick and Aimee Butler Family Foundation for supporting Meals on Wheels

Donald D Hammill Foundation for supporting Meals on Wheels and Mike's Place

Applied Materials Foundation for Adopting-a-Route of Meals on Wheels and for contributing a volunteer team

The Junior League of Austin for supporting Groceries-to-Go and for contributing volunteers

Isla Carroll Turner Friendship Trust for supporting Second Meals

Ameriprise Financial for supporting Meals on Wheels and for contributing volunteer teams

Advanced Micro Devices for supporting Meals on Wheels and for contributing volunteer teams

3M Austin Center for supporting Meals for Kids

Health's Angels for supporting Country Wheels

Wells Fargo Bank for supporting Meals on Wheels

Emerson Process Management for supporting Meals on Wheels

The Bank of America Charitable Foundation for supporting general operations at MOWAM

Episcopal Church of the Good Shepherd for supporting general operations at MOWAM

Keating Family Foundation for supporting Meals on Wheels

Bark 'n purr Pet Center for supporting the collaboration between Emancipet and PALS

Banfield Charitable Trust for supporting PALS

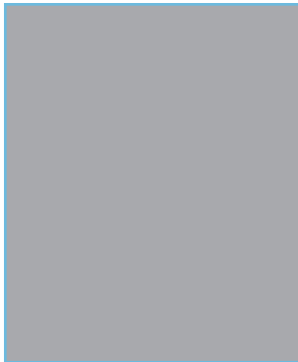
Meals on Wheels America for supporting March for Meals and Subaru "Share the Love" campaigns

Grande Communications Cares for providing funds towards micro-waves for low-income clients

Dear Friends,

One of the rewarding things about my job here at Meals on Wheels and More is the wonderful opportunity to work side-by-side with passionate people committed to serving their neighbors-in-need.

People like Gena VanOsselaer.



Gena VanOsselaer
1958-2015

Gena passed away Friday, September 25. She was 57-years-old.

Gena was Program Manager of Mike's Place, our twice-a-week respite care for people battling Alzheimer's or dementia. She poured her heart and soul into the job; caring for the older adults the program serves, as well as the incredible volunteers who pitch in to help. Her eyes gleamed with excitement whenever she discussed Mike's Place and its participants.

Gena devoted that same kind of incredible passion to her work at the Austin Children's Shelter where she was Executive Director from 2001-2010.

During her career, Gena chose to help the most vulnerable members of our community; children and people with Alzheimer's or dementia. She was an advocate for those whose voices so often go unheard. Her tireless efforts on their behalf transformed lives and also inspired others to assist those in need.

Gena is survived by her husband Tom, daughter Tory, and son Trevor. Our thoughts are with them during this difficult time as they cope with their loss.



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MOWAM Unveils MEAL CHOICE FOR CLIENTS

Eligible MOWAM clients now have a choice when it comes to the hot, nutritious lunches we deliver to their door. On October 1, we kicked off our Meal Choice plan which allows clients to select between two entrée options each day.



Another day's options might be Lemon Pesto Turkey or Eggplant Parmesan. The clients fill out the menu with their choices and send it back to MOWAM. Our amazing kitchen staff then makes sure each client receives the entrée they ordered for each particular day.

Here's how it works: twice a year, eligible clients will be mailed a six-month menu and asked to choose one of two entrées for each day listed on the menu. For instance, on one day the choices might be Balsamic-glazed Chicken or Baked Salmon with Dill Sauce.

MOWAM's new Meal Choice program allows eligible clients to choose between two daily entrée options.

The Meal Choice option is just one more way MOWAM delivers on our mission to nourish and enrich the lives of our clients through programs that promote dignity and independent living.

New Natural Gas Van Saves \$\$\$ and Protects Environment

We depend on our volunteers to deliver the 14,000 hot meals our kitchen staff cooks for homebound older adults each week. One of those volunteers had a brainstorm several months ago that's now saving our agency money and, at the same time, helping the environment.



A generous grant from Texas Gas Service and ONE Gas Foundation provided MOWAM with a new natural gas van and onsite fueling station.

Clayton Kelley works for Texas Gas Service (TGS) and serves on the company's Meals on Wheels and More (MOWAM) delivery team. Last year, he learned we needed a new cargo van to transport meals from the agency's central kitchen to satellite distribution sites across Central Texas. Kelley thought MOWAM might be a good candidate for a vehicle grant from the ONE Gas Foundation, the charitable arm of TSG's parent company. Turns out he was right.

The grant provided money for us to buy a cargo van and convert it to use natural gas. The gift also paid for the purchase and installation of an onsite natural gas filling station. By the end of July, both the vehicle and the pump were ready to go. The move is expected to save us almost \$40,000 over the life of the van. That's the equivalent of 15,600 meals for MOWAM's clients. In addition to the financial benefits, using natural gas also supports our agency's commitment to the environment.

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



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Engaging Conversations Benefit MOWAM



MOWAM President/CEO Dan Pruett addresses the crowd at the Engaging Conversations fundraiser on September 24.

“Engaging Conversations”, an annual fundraiser by local law firm Graves Dougherty Hearon & Moody. Each year since its inception in 2000, the event benefits a different local non-profit. MOWAM was honored to be the beneficiary this year.

You know you’re at a fantastic party when the discussions are lively and the guests are interesting.

That was certainly the case at September’s “Engaging Conversa-

Guests sit at dinner tables hosted by some of the biggest names in Central Texas; providing a golden opportunity to visit with business and civic leaders, entertainers, authors, educators and other exceptional individuals.

Longtime Central Texas radio personality Bob Cole, singer-songwriters Bruce Robison and Kelly Willis, and Huston-Tillotson President Colette Pierce Burnette were among the table hosts at this year’s event held at the Headliners Club.

Over the years, Engaging Conversations has raised more than \$500,000 for local nonprofits. Thank you, Graves Dougherty Hearon & Moody for all that you do for Central Texans in-need.

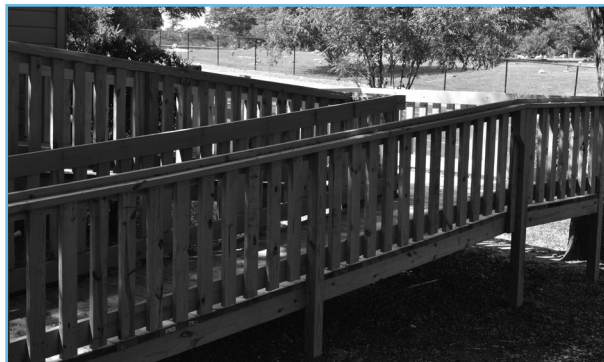
I COULDN'T EAT AS WELL *(cont.)*

A romance blossomed and she and Lawrence V. Wicks, a Baptist minister, got married.

Ms. Wick’s master’s degree eventually led to a job teaching special education at Wooten Elementary in North Central Austin. She worked there 14 years before retiring to care for her husband after he suffered a

stroke. Reverend Wicks had been the pastor at Mt. Olivet Baptist Church for nearly 30 years. His loving wife attended to him the last several years of his life. He died in 2002 in an electrical fire at the Wicks’ home. Relatives who were also in the house escaped the blaze but were unable to rescue Reverend Wicks. Ms. Wicks was at a doctor’s appointment at the time of the fire.

Her unimaginable loss was com-



MOWAM’s Home Repair Program built this ramp at Ms. Wicks’ house to replace one that was falling apart.

pounded by a series of major health issues that soon rendered Ms. Wicks homebound. That’s when she reluctantly turned to Meals on Wheels and More for some assistance. Eight years later, she’s glad she made that call. “I couldn’t eat as well without Meals on Wheels,” she says. She especially appreciates the spinach, Brussels sprouts, and other vegetables our kitchen staff prepares. “I couldn’t get fresh stuff like that,” she says with a chuckle. She also looks forward to

the daily visits from our wonderful volunteers: “They mean everything to me. They only stay for 5 or 10 minutes but we have the best time.”

In addition to the meals, she receives monthly supplies of non-perishable food items through our HOPE (Healthy Options for the Elderly) Program. Our Home Repair program recently built Ms. Wicks a new ramp outside her house to replace one that was falling apart.

The new ramp leads to the front stoop of Ms. Wick’s home; her special spot. Sitting there recently, she reflected on what life would be like without our services: “If it wasn’t for Meals on Wheels and More, I just couldn’t make it. It would be a suffering shame.”