THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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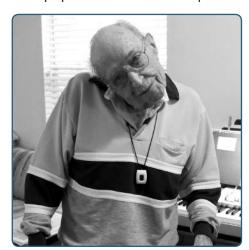




"It Would be Rough If I Didn't Have Help"

Here are two things you need to He moved to Odessa, Texas But it's his mother that Mr. know about 96-year-old Gareth after the war. Not long after, a Pollard credits for his long life. Pollard: first, while serving in the friend who worked at the local U.S Navy during World War II, he newspaper and needed help with we would eat and when we would narrowly dodged death not once, but twice, both on the same day. And, on a much safer note, two years ago, he decided to teach himself how to play the piano.

During the war, the thought of living to a ripe old age was extremely wishful thinking. Mr. Pollard served as a Flight Engineer and backup gunner on a Martin PBM Mariner flying boat. He and the rest of his squadron would patrol the South Pacific searching for the enemy. On one such mission, their plane got a downtown delivery route asked strafed by machine gun fire and Mr. Pollard was hit by shrapnel. Hours later, as he was being treated for his injuries in the sickbay of a ship, an enemy plane on a suicide mission crashed into the American vessel next to the later awarded a Purple Heart.



Meals on Wheels Central Texas client Gareth Pollard in his East Austin home

for Mr. Pollard's assistance. That's how he met his future wife, Joy - delivering a newspaper to the flower shop where she worked. "I found a sweet girl and we just hit it off," he recalls with a smile. The couple was married ship he was on. Mr. Pollard was for 68 years and had three children together.

"She was quite consistent in what eat. So I learned to eat things that were grown in a garden and weren't packaged. And I think as I got older some of those habits stayed with me," he says. He and his wife loved cooking together. "We used a wok and we would cut all of the things and stir them in," he recalls.

Sadly, Ms. Pollard passed away two years ago. Now her husband lives alone in their East Austin home with their 12-year-old dog, Scout. Mr. Pollard's cooking days are over. "I try not to use the stove," he explains. Instead. he relies on our hot, nutritious lunches delivered by dedicated volunteers. "[The mean I stay alive. It would be rough if I didn't have help," Mr. Pollard says.

He adds "another thing that is

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"It's Fulfilling to Help People"

her, I could impress her," he budding recalls with a laugh. he planned.

That's because the target of his They drive to clients' homes in affection "moved on to greener their bright yellow convertible pastures," Larry says. She left Ford Mustang. More often than and he kept the meal delivery not, the car's top is down as they route. Not long after that, Rose navigate their meal route. "The people, bringing a smile to them, Rowland, an old high school clients love it. They'll ask us friend of his, started working to turn up the radio and wave for Travis County, the same as we drive away," says Rose. place Larry works. "Larry said 'hey, I do Meals on Wheels on She and Larry plan to keep Friday, do you want to join me.' volunteering for us as long as I started and I got into it," says they can. "For me, it's fulfilling

Larry Rogers admits it—he began meals and then go eat lunch delivering meals to score points together. "Lunch became dinner, with a woman he liked. "She and dinner became weekend was a volunteer and I wanted to dating, and the rest is history." date her. I thought if I joined is the way Rose describes their relationship. And his couple eventually got married strategy worked—just not the way and still delivers meals together every Friday.

The two would deliver to help people. I love greeting



Rose Rogers (center) and Larry Rogers with Meals on Wheels Central Texas client Ethel Hardeman

giving them a hug if they'll accept one," says Rose. "I consider what a great thing Meals on Wheels is and I just want to do anything possible to support it. That, and I love spending time with her," Larry says as he points to Rose. His strategy worked, indeed.

MOWCTX Up for Major Awards

The Greater Austin Chamber of Commerce has named Meals on Wheels Central Texas a 2018 **Business Awards Finalist** in the Customer Service and Non-Profit categories.

Winners will be announced awards program on Thursday, August 30, the Marriott at JW Austin hotel.



"It Would be Rough If I Didn't Have Help" (cont.)

nice about Meals on Wheels is of Seniors) program provides to learn how to play a musical around here. So I always look nail trimmings. forward to the person bringing the meal because I get a little Speaking of Scout, he's usually You can watch a video of Mr. visiting out of them." Mr. Pollard the only audience Mr. Pollard Pollard playing the piano by also appreciates the help our has when he practices the piano. visiting http://bit.ly/2Ktxh1T. PALS (Pets Assisting the Lives When asked why he decided

the people who bring them. I his constant companion, Scout: instrument at 94, he says "I have live alone. It gets pretty quiet free basic veterinary care and a curiosity about life. I always

want to learn more."