

"I'm Really Going to Miss These People"

Hollywood couldn't create a better hero than the one Colonel William "Greg" Gregory is in real life. He flew P-38 fighter jets over North Africa and Europe and saw extensive combat during World War II. In the early 1960's, he served as a squadron commander for the clandestine U-2 spy plane program. "The squadron I had, we found the first surface-to-air missiles in Cuba," he recalls more than a half-century later. His team photographed the Soviet military sites, setting the stage for the Cuban Missile Crisis in 1962. Col. Gregory was later awarded a medal by the CIA and received a letter of appreciation from President John F. Kennedy. He also is a combat veteran of the Korean and Vietnam Wars.



Longtime volunteer Col. Greg Gregory gets a hug from a client during his last meal delivery route.

very poor when I was growing up. But we had an attitude that things were going to be better. They have gotten a lot better for me. I really want to help people who are less fortunate," he says.

But Col. Gregory's heroism extends beyond his exemplary service to our nation. He's also a big believer in serving his community. Twenty years ago, at age

76, he began delivering meals for us, shortly after his wife, Helen, passed away. His humble beginnings sparked a desire to help those in need. "My family was

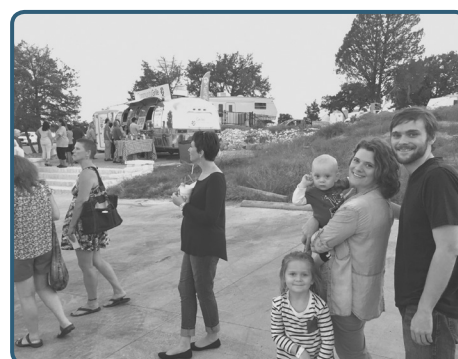
And so he has for the past two decades. When he first started, almost all of the clients on his route were older than he was. Now that he's 96, that's no longer the case. "I'd say for the past 12 years, they've all been younger than I am," he says with a chuckle.

A few weeks ago, 20 years to the day that he first volunteered for us, Col. Gregory drove his final meal route. "I just thought 20 years was long enough. And my walking isn't as good as it once was. I just thought it was time," says Col. Gregory. He speaks wistfully of the clients to whom he's delivered hundreds of meals. "I'm really going to miss these people."

They, along with all of us at Meals on Wheels Central Texas, will miss you, Col. Gregory. Thank you for your lifetime of service to others!

Volunteer Appreciation Night Honors Those Who Serve

Our small army of dedicated volunteers delivers food and friendship to the thousands of homebound Central Texans we are honored to serve. So, it's only fitting that we recently threw a party where the volunteers were the ones being fed and feted.



More than 200 people showed up for our Volunteer Appreciation Night at Mobile Loaves and Fishes' Community First Village.

MOWCTX's Volunteer Services hosted an Appreciation Night on Thursday, October 6, for the folks who donate their time to help our

neighbors in need. The big bash was held at Mobile Loaves and Fishes' Community First Village (CFV). More than 200 volunteers enjoyed hamburgers, veggie burgers, hot dogs, popcorn, sodas, and Italian Ice. Attendees also took golf cart tours of CFV, and later watched the baseball movie "The Sandlot" under the stars on CFV's giant outdoor movie screen.

Mike's Place Clients Put Their Green Thumbs to Work

Clients at Mike's Place, our respite care program for people with memory loss, have a new hobby - gardening.

Mike's Place clients and volunteers. Our kitchen staff will take the harvested broccoli, cabbage, kale, Brussel sprouts, and cauliflower and use them for healthy meals for Mike's Place.

Thanks to a generous donation from the St. David's Foundation's Health's Angels, we were able to create the Senior Sunshine garden which will be tended by



Mike's Place clients and volunteers will tend the vegetables in our new Senior Sunshine Garden. Our kitchen staff will then turn the veggies into healthy meals for Mike's Place participants.

We thank Health's Angels for making this all possible!

Austin Empty Bowl Project a Piping Hot Success

Hundreds of soup lovers hungry to help children in need showed up the Sunday before Thanksgiving to attend the 20th Annual Austin Empty Bowl Project.



Meals on Wheels Central Texas Chef Ruben Burnett (second from left) serenades soup lovers with his rendition of "Rudolph the Red-Nosed Reindeer" during the recent Austin Empty Bowl Project.

For a \$20 donation, folks could choose from thousands of locally-crafted ceramic bowls and have their bowl filled with gourmet soup.

The tasty tradition, which is an

effort by local potters to fight hunger, raises funds for our Meals for Kids program and the Kids Café, a program run by our great friends at the Central Texas Food Bank.

As the Meal Times went to press, organizers were still tabulating the final results. Thank you, Austin Empty Bowl Project, for your continued support!

PALS Wins Best of Austin Award

Our PALS program, which provides free pet food and vet care assistance for our clients' pets, recently won a Best of Austin award from the Austin Chronicle!

We shared the award with the Friends of Austin Animal Shelter's Classic Canines and Cats adoption program as well as AARP's Seniors Helping Seniors. The three

groups work together to assist seniors in adopting and caring for furry friends.

Austin Blues Legend Counts On MOWCTX (cont.)

"I know he will have a hot meal for lunch and then he also gets the fruits and milk he needs for his health," she says.

Ms. Vincent says she knows she can rely on MOWCTX to help her care for her dad...a man who spent a lifetime singing the blues but brought so much joy to oth-

ers through his music: "It means a lot to me. He has put a lot of happiness in a lot of people, people love music and music is just in him."

THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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Austin Blues Legend Counts On MOWCTX

From time to time, Hosea Hargrove grabs the guitar, cradles it in his arms and plucks the strings. For the most part though, the instrument lays in his room, idle, a faint reverberation of a lifetime spent singing the blues.

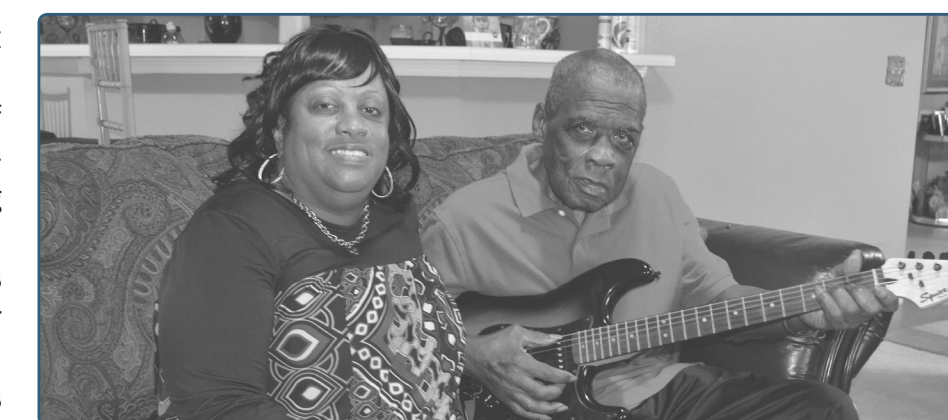
Born in Smithville, Texas, and raised in nearby Crafts Prairie, Mr. Hargrove began playing music early on. Perhaps it was inevitable. Several prominent blues men were born in and around Crafts Prairie, including Grey Ghost, Son Chase, and Funny Papa Smith. Mr. Hargrove taught himself how to join their ranks. "He made his own guitar out of a cigar box and he strung it himself and he just started playing on his own," says his daughter, Shirley Vincent. Older musicians in the area took him under their wing and he soon developed a well-earned reputation for his live shows and recordings. So much so he eventually schooled

a young Jimmie Vaughan in the ways of blues guitar, and had fans all over the world. "He performed at some of the renowned blues festivals in Germany and France," says Ms. Vincent. He played with BB King, graced the stage at Antone's too many times to count, and was inducted into the Austin Music Awards Hall of Fame in 2008.

Mr. Hargrove kept playing his music well into his 80's. But recently, heart issues and ear-

ly onset dementia rendered him unable to perform. His condition deteriorated to the point that he moved in with Ms. Vincent, a longtime fraud investigator with the Texas Workforce Commission. She contacted Meals on Wheels Central Texas to see if we could provide hot, nutritious lunchtime meals for her father while she was at work. We've been delivering food to Mr. Hargrove ever since - which provides his daughter with peace of mind.

(Continued on back page)



Hosea Hargrove receives our hot, nutritious lunches while his daughter, Shirley Vincent, is at work. Ms. Vincent says the meals provide her with peace of mind.

Furry "Friends" Provide Joy at Mike's Place

They look, sound, and move like a real pet – and they're a big hit at Mike's Place, our free respite care program for people with Alzheimer's or dementia.

Toymaker Hasbro recently donated their animatronic "Joy for All" companion dogs and cats to Meals on Wheels programs across the country, including MOWCTX. Mike's Place clients love interacting with the life-like creatures that are a practical alternative in situations where a owning a real pet isn't possible.



A Mike's Place client cradles an animatronic dog made by toymaker Hasbro. The lifelike "pets" provide comfort and companionship for older adults.

The Joy for All dogs and cats feature realistic fur and pet-like sounds - and sensors that respond to petting and hugs with familiar pet-like actions – much to the delight of Mike's Place clients. "When they come in they may be disoriented about where they are and they may be confused about what is going to happen. So when we bring out the pets, it helps them calm down and relax," said Theresa Zelazny, Mike's Place Program Manager.

MOWCTX and Austin Subaru Share the Love

Did you know that Subaru will donate \$250 to the customer's choice of participating charities for every new vehicle sold or leased now through January 3, 2017? If you're in the market for a new Subaru, please choose Meals on Wheels as your charity of choice!



Austin Energy Helps Homebound Seniors

Conserving energy just got a bit easier for hundreds of our homebound clients.

Austin Energy recently donated more than a thousand LED light bulbs for us to distribute to some of the folks we are honored to serve.

Our HOPE (Healthy Options Program for the Elderly) volunteers then distributed bags, each containing 5 LED bulbs and infor-



Meals on Wheels Central Texas client Ramon Aguilar holds his bag of LED light bulbs. Austin Energy provided hundreds of the bulbs free of charge to 300 of the homebound people we serve.

mation about energy conservation and fire safety, to 300 clients.

LED lights consume less electricity and are much cooler than incandescent lights, reducing the risk of combustion or burnt fingers.

Follow us:



Thanksgiving Day Meal Delivery Attracts Big Names

Texas Governor Greg Abbott, First Lady Cecilia Abbott, Academy Award winning actor Matthew McConaughey and their families took part in our annual Thanksgiving Day meal delivery.

They joined more than 100 other folks who delivered delicious lunches and holiday cheer to almost 500 of our homebound clients. It was a familiar experience



MOWCTX President/CEO Dan Pruett (back row – center) with Matthew McConaughey and the actor's extended family prior to Thanksgiving Day meal delivery.

for Ms. Abbott who is a long time Meals on Wheels Central Texas volunteer.



Texas Governor Greg Abbott, First Lady Cecilia Abbott, and their daughter, Audrey, deliver a Thanksgiving meal to MOW client Hermona Surita. Ms. Surita is a former Meals on Wheels volunteer.

This wonderful Thanksgiving tradition is made possible by our good friends at HEB. We thank them as well as all of the dedicated volunteers who spent part of their holiday assisting our homebound neighbors in need.

MOW Volunteer Receives Statewide Award

A Meals on Wheels Central Texas volunteer recently received recognition from the Texas Department of Aging and Disability (DADS) for his outstanding efforts helping our neighbors in need.

DADS' Vision Awards honor individuals and groups who help improve the dignity, wellness and choices of people who are older or have disabilities. Clayton Kelley



Meals on Wheels volunteer Clayton Kelley (center) was presented with a Vision Award by Texas First Lady Cecilia Abbott and Jon Weizenbaum, Commissioner for the Texas Department of Aging and Disability Services.

GRATITUDE

- GoMediGap for Supporting Christmas Day Meal Delivery
- H-E-B for supporting Thanksgiving Day Meal Delivery
- Texas Medical Liability Trust for supporting Meals on Wheels Central Texas
- The Home Depot Foundation for supporting Home Repair
- Theodore P. Davis Charitable Trust for supporting Meals on Wheels Central Texas
- Triumphant Love Lutheran Endowment Fund for supporting Mike's Place
- Knights of St. Peter Claver for supporting Breakfast Meals
- Taco Deli - for supporting Meals on Wheels Central Texas
- Rachel and Ben Vaughan Foundation for supporting PALS
- StudioSIX5 for supporting PALS
- HASBRO for supporting Mike's Place and Meals on Wheels Central Texas

Dan's Corner

Dear Friends,

They say change is inevitable and that was certainly the case for our agency this year! First, we changed our name to Meals on Wheels Central Texas to better reflect the vast geographic scope of our life-sustaining services. We now serve a seven county area, helping more than 5,000 Central Texans every year.

Then this summer, we acquired HAND, a local non-profit that provides free in-home personal care attendants for low-income, homebound older adults. This vital service is a fantastic addition to our holistic approach to keeping the people we serve living independently. Our other programs include home repair, both major and minor in scope; breakfast meals for clients who are most at-risk for malnourishment; specialized care for military veterans; assistance with grocery shopping, respite care for people with Alzheimer's or dementia; and free dog or cat food and basic veterinary care for our client's beloved pets. Our ability to provide such a wide scope of services makes life much less complicated for our clients. They rest easy knowing they can rely on us to assist them in a variety of ways designed to maintain their independence.

One thing that didn't change in 2016, is the incredible support we receive from you and thousands of other generous Central Texans who are passionate about serving our neighbors in need. All of us at Meals on Wheels Central Texas deeply appreciate all that you do for the people we are honored to serve.

I WISH YOU AND YOURS A HAPPY AND HEALTHY HOLIDAY SEASON!

Dan Pruett

Congratulations, Clayton, on a well-deserved honor!

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