



The In-Home Times

Newsletter of **HAND** a Division of

MEALS ON WHEELS™
CENTRAL TEXAS

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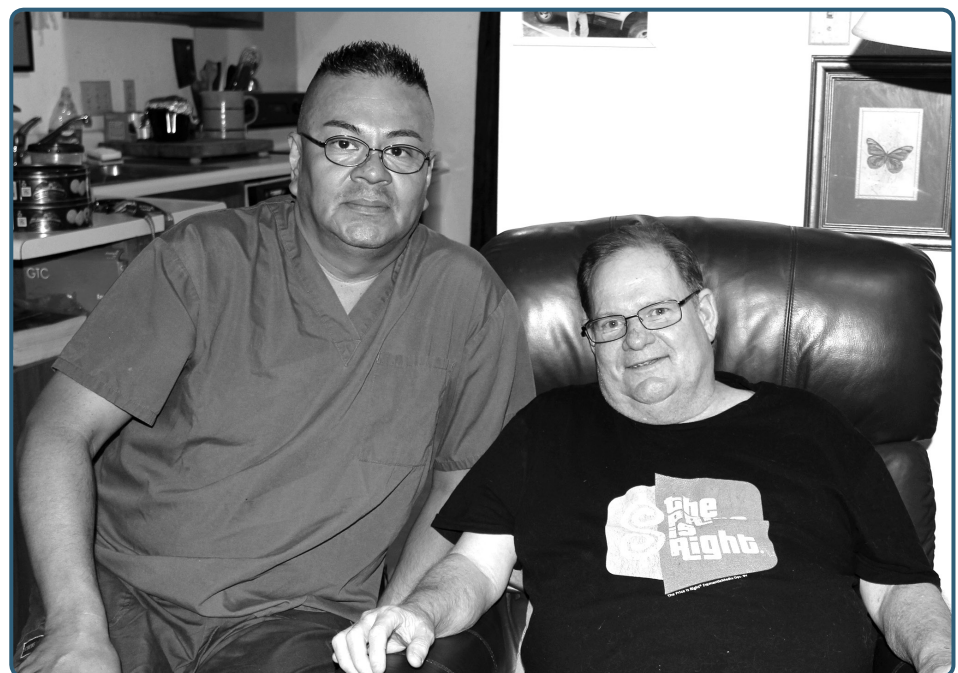
“If It Weren’t for Him, I Probably Wouldn’t Be Alive”

For years, Michael Clark earned his living cooking and baking food. But a massive stroke in 2007 abruptly altered his life. “I was in the hospital for months. It took me two months just to learn my own name,” Mr. Clark says. After being discharged from the hospital, he quickly realized he was unable to tackle the daily rituals of everyday life. “I couldn’t cook because I was afraid I was going to drop a pan of grease on me,” says Mr. Clark. He also suffered violent seizures which came with little warning. “I was in really bad shape,” he recalls.

A concerned neighbor notified Adult Protective Services, which determined Mr. Clark desperately needed help. That’s how he met Jose Perez almost a decade ago. Mr. Perez works for HAND, the in-home care division of Meals on Wheels Central Texas, as a personal care attendant and he quickly became an indispensable part of his new client’s life. During the first two years, he helped Mr. Clark with “transfers from the bed to the chair, showers, dressing him and feeding him, because he couldn’t do anything.” He also worked diligently with Mr. Clark

on his physical rehabilitation, which resulted in Mr. Clark slowly regaining some of his balance.

nutritious lunches delivered by dedicated volunteers. “They’re real nice and real helpful,” he



HAND attendant Jose Perez and client Michael Clark in Mr. Clark’s south Austin apartment.

Things are a bit easier these days for Michael Clark. Mr. Perez still comes by every morning to cook him breakfast, do some laundry or a bit of grocery shopping. He’s learned to tell when Mr. Clark’s about to have a seizure and helps him in advance. “He is a part of my family now because we spend so much time together every day,” Mr. Perez says.

Mr. Clark also receives other services from Meals on Wheels Central Texas, including daily

says of the folks who bring him his meals.

But he saves his highest praise for Jose Perez: “I realize I can’t do stuff like I used to do and that’s hard. But with having his help, it’s been easier to transition. I don’t know what I’d do without him. He did a lot of things for me that I wouldn’t do for my own mother, to be honest with you. If it weren’t for him, I probably wouldn’t be alive.”

Thank You, St. David's Foundation!

All of us at HAND thank the wonderful folks at the St. David's Foundation for their generous continued support of our programs and mission.

The St. David's Foundation works with HAND and many of our community partners in building a healthy Central Texas



community. We can't thank the people we serve maintain them enough for helping us help their independence!

The In-Home Times' Featured Attendant

NAME: Ana Argueta

YEARS WITH HAND: 7

BEST THING ABOUT BEING A HAND ATTENDANT:

"The support I receive from HAND"

WHAT SURPRISES YOU MOST ABOUT WORKING FOR HAND:

"I love the new uniforms and ID tags HAND issued us"

WHAT DO YOU ENJOY DOING DURING YOUR TIME OFF:

Church activities



A Message from Adam Hauser, Meals on Wheels Central Texas' New President/CEO

Long before I became President/CEO of Meals on Wheels Central Texas (MOWCTX), I was a big fan of HAND. In fact, I was on the Meals on Wheels Central Texas Board of Directors that approved the plan to make HAND a division of MOWCTX.

I, along with the rest of my fellow board members at the time, recognized that HAND's mission to help our most vulnerable neighbors maintain their independence meshes perfectly

with MOWCTX's vision to do the same.

Adding HAND's in-home personal care to our wide array of life-sustaining programs expands the holistic approach we take in helping Central Texans age in place with dignity. All of our services are designed to keep folks living at home and out of assisted living facilities – and that saves taxpayer dollars.

I want to thank the great staff

at HAND, including our top-notch in-home personal care attendants, for all they do for the people we are honored to serve! Your hard work and dedication makes a world of difference in the lives of our clients.

Regards,

A handwritten signature in cursive that reads "Adam I. Hauser".

Adam I. Hauser

