

“THEY HELP ME WITH THE THINGS I CAN’T DO”

“I don’t have the spit and vinegar that I used to; and I used to have a lot because I worked two or three jobs to raise a child by myself,” says 75-year-old Janet Lyon.

The gritty determination of her younger years helped Ms. Lyon earn degrees from Kansas State and Stanford before spending her career in nursing. “I had two fields: treating children in hospice care, and I did emergency room work,” she recalls. When she finally decided to retire – she envisioned a relaxing life for her and her beloved dog, Hollyberry. But chronic health issues, including two different forms of cancer, shattered that dream.

The ordeal left her physically frail and financially vulnerable. “I thought I could handle, monetarily, my retirement. When I got cancer, the bill was \$580,000 and I had to pay \$100,000 of that. It pretty well wiped me out. I was reticent to get assistance. But that’s what I learned from cancer, humility. You have to ask people for help,” says Ms. Lyon.

Soon, Meals on Wheels Central Texas was providing hot, nutritious meals right to the door of her home in Leander. “Then they asked if I could use some help around the house, and I



Janet Lyon relies on our dedicated in-home care attendants to help her live independently.

said I could,” Ms. Lyon says of her introduction to MOWCTX In-Home Care. “I don’t have a lot of stamina. I’ll do things and then I’ll break out in a sweat and I have to sit down. It’s just the way it is. Between my rheumatoid arthritis and my cancer, I wear thin fast. I like things tidy but I’m not like I used to be when I could do the white glove test on my housecleaning,” she adds. So, these days, she relies on our highly trained, dedicated home attendants,

to do the chores she can’t.

Ms. Lyon, whose in-home care is generously funded by our wonderful partners at Susan G. Komen, deeply appreciates the helping hands our attendants provide – as well as the companionship they provide. “We get along really well! I’m quite fond of the attendants. They help me with the things I can’t do or the things I can’t do alone. And, Hollyberry is unbelievably fond of them as well!”

THE IN-HOME TIMES' FEATURED ATTENDANT

Name: Betty Varela

Years with MOWCTX In-Home Care:
20 years

Best Thing about Being an IHC Care Attendant:
I just love working with the clients.

What Do You Enjoy Doing During Your Time Off:
Relaxing and watching TV

Currently Serving:
5 clients



"ARE YOU A VETERAN OR A SURVIVING SPOUSE OF A VETERAN?"

If so, you may qualify for up to \$26,766 per year to pay for in-home care assistance!

Eligibility Requirements Include:

- 90 days or more of active duty with an honorable discharge
- Must have non-service related medical condition
- Must meet asset requirement and income to medical expense ratio

Meals on Wheels Central Texas is proud to partner with Veterans Care Coordination to help homebound veterans and surviving spouses of veterans to live independently and with dignity.

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Personalized quality care you can trust.

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We Take Care – Not Profit!