



**MEALS ON WHEELS**  
CENTRAL TEXAS  
**IN-HOME CARE**

# The In-Home Times

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## HAND Has New Name and New Location

Helping the Aging, Needy, and Disabled (HAND) has a new name and a new address but its goal remains steadfast – to deliver high-quality services to low-income people who have functional limitations and desperately need assistance with activities of daily living.

Our new name is Meals on Wheels Central Texas In-Home Care and we've moved into Meals on Wheels Central Texas' (MOWCTX) headquarters at 3227 E. 5th Street. As you know, we became part of the MOWCTX family of services last year.

The move to MOWCTX's headquarters is wonderful news



**Earl Maxwell (l), CEO of the St. David's Foundation, with Marsha Wier, Executive Director of Meals on Wheels Central Texas In-Home Care, and Adam Hauser, President/CEO of Meals on Wheels Central Texas, announcing our new name**

for the people we are honored to assist because it means easy access not only to our services but also MOWCTX's hub of programs, which includes nutritious home-delivered meals, major and minor home repair, specialized care for veterans, respite care for people

with Alzheimer's or dementia, assistance with grocery shopping, services that connect seniors to technology, and free pet food and basic veterinary care for our clients' furry friends.

Having all of our programs under one roof also streamlines communication between MOWCTX staff ensuring quick, informed assessments of clients' needs and prompt delivery of our services to homebound older adults and people with disabilities.

Many thanks to our wonderful partners at St. David's Foundation for their generous support in making the acquisition and move possible!



**In-Home Team Members, from left to right: Daniella Godwin, Christina Fernandez, Lydia De Leon, LouAnn Bardash, Lyanne Llanes, Eloise Morgan**

# The In-Home Times' Featured Attendant

**NAME:** Stephanie DeShay

**YEARS WITH MOWCTX**

**IN-HOME CARE:** 12

**BEST THING ABOUT BEING  
A MOWCTX IN-HOME  
CARE ATTENDANT:**

The joy we bring clients

and how much our agency helps them in so many ways

**WHAT DO YOU ENJOY DOING  
DURING YOUR TIME OFF:**

Time with my children



## "She's My Friend, She Takes Care of Me"

"I couldn't walk. The doctor told me 'something else is going to break and it's probably going to be your spine'."

Jennifer Sandmann's life drastically changed the moment her leg spontaneously snapped six years ago. "I was standing and it just broke," she recalls. The diagnosis was osteoporosis. Her physical condition was so precarious doctors told her she would need attendant care in order to live on her own.

The Texas Department of Aging and Disability Services referred Ms. Sandmann to Meals on Wheels Central Texas In-Home Care. Our attendants assisted her with the activities of daily living, allowing her to recuperate while continuing to live independently.

Although her physical condition has improved a bit over the years, she continues to receive our services two days per week.

"I'm still not allowed to lift, push, pull, or sweep," she says of her doctor's orders. That means no house cleaning or laundry. Maria Villanueva, her In-Home Care attendant helps Ms. Sandmann, who is 84-years-old, with those chores. "I clean, I do the laundry. She is a nice lady and I like to help people," says Ms. Villanueva.

She helps Ms. Sandmann every Tuesday from 9am until noon.

The two have grown close over the years. "She's my friend, she takes care of me," Ms. Sandmann says of Ms. Villanueva.

When asked what life would be like without Meals on Wheels Central Texas In-Home Care, Ms. Sandmann credits the agency with potentially saving her life, "I might be dead because something may have broken by now doing what I used to do."



*Client Jennifer Sandmann and MOWCTX In-Home Care attendant Maria Villanueva in Ms. Sandmann's East Austin apartment*