

THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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MEALS ON WHEELS
CENTRAL TEXAS



“My Path Has Been So Blessed”

Glenda Kuhn has a career plan for the afterlife. The 85-year-old retired social worker wants a bench by her gravesite and, on the bench, a sign that reads “come sit down, let’s talk about it.”

Ms. Kuhn spent much of her professional life counseling people who were dealing with such gut-wrenching issues as domestic and substance abuse. She knew firsthand the emotional and physical pain that many of her clients were experiencing, having survived an abusive relationship and alcoholism herself. “It was a very bad situation,” she says of the marriage which lasted 10 years and ended in divorce. Ms. Kuhn went on to earn a degree in Social Work from the University of Texas and spent the next several decades in service to others. “My path has been so blessed because I’ve done a whole lot of things and they’re all because my path crossed somebody else’s path,” says Ms. Kuhn.

But, in 2013, after years of helping others, Ms. Kuhn needed assistance in maintaining her independence.

“I’ve got macular degeneration and I’ve got a bunch of things wrong. I was starting to forget things and

her lose more than 50 pounds, developments she says have greatly pleased her doctor.



Client Glenda Kuhn in her East Austin apartment.

starting to burn things occasionally. So I was not in good shape and over time not in good shape got to be bad shape,” she says. So she turned to Meals on Wheels Central Texas for help and our dedicated volunteers were soon delivering meals to her East Austin apartment. She credits our nutritious lunches with improving her health and helping

When asked what she would do without Meals on Wheels Central Texas, Ms. Kuhn says “I was a child in the Depression. People came to our back door and asked my mama and daddy (for help). (Without Meals on Wheels) I guess I’d knock on somebody’s door and ask if they’ve got extra for lunch. It’s terrible to think about.”

KVUE-TV Honors Meals on Wheels Volunteer

Three days a week, volunteer Larry Miller comforts our most vulnerable Central Texas neighbors. Some of the recipients of his kindness are only eight days old; others have been around for eight decades or more. Mr. Miller's compassionate efforts on behalf of the very young and the very old were recently recognized by KVUE-TV who awarded him with one of the station's annual Five Who Care community service awards.

Mr. Miller began volunteering for Meals on Wheels Central Texas in 2008 when he semi-retired as a psychologist. He still saw patients on Tuesdays, Wednesdays, and Thursdays – on Mondays and Fridays, he would deliver meals.

Ten years later, and now fully retired at age 79, he still volunteers for us on those same days – delivering meals out of our St. Mark's distribution site on Mondays, and our St. John's distribution site on Fridays.



Meals on Wheels volunteer Larry Miller and KVUE's Terri Gruca with Mr. Miller's Five Who Care award.

All told, he's driven close to 800 meal routes, logged more than 1200 volunteer hours, and saved MOWCTX

nearly \$30,000 in delivery costs. But he also donates his time every Sunday, rocking infants in Seton Medical Center's Neonatal Intensive Care Unit (NICU). The babies hold a special place in his heart because his triplet grandsons spent time in a NICU when they were born in 1989.

"I get a great joy out of doing for others," he says when asked about the volunteerism that earned him the Five Who Care award from KVUE. "It gives me a great appreciation of my own life."

To watch a video KVUE-TV produced about Larry Miller and his volunteerism, please visit bit.ly/2KayXOk

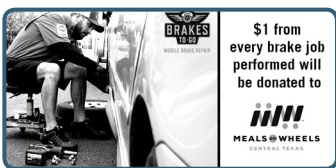
► Creative Ways to Give ◀



Buying a new A/C or heater from **BlueAir Heating and Air Conditioning** will not only make your house a more comfortable place to live, you'll also be helping our homebound neighbors in need!

Whenever a customer purchases a new HVAC system, BlueAir will donate as much as \$175 to one of four local non-profits, including Meals on Wheels Central Texas. You get to decide which charity receives the donation – just mention Meals on Wheels and BlueAir will do the rest.

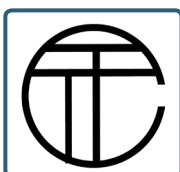
Call BlueAir at 512-257-8423 for more information!



Getting your vehicle serviced by **Brakes To Go**, Austin's mobile brake repair business, not only saves you time, and protects you and your car; it also helps the homebound older adults we serve.

For every brake job they perform, Brakes To Go will donate \$1 to Meals on Wheels Central Texas to support our life-sustaining services.

Learn more at brakestogo.com



Here's your chance to dine at some of the best restaurants in Central Texas, meet some new friends, AND help MOWCTX in the process!

Taster's Table Club (TTC) brings food lovers together for conversation and food at affordable monthly dining experiences. Each month, members choose from select restaurants offering exclusive tasting menus for club members.

Now, our wonderful partners at TTC are donating 10% of every new membership and \$2 of every meal purchased to MOWCTX. Each time you participate in a TTC event, you will help feed homebound older Central Texans. In addition, when you sign up for your TTC membership, you'll save \$10 by entering the code "MOWCTX" at checkout.

Visit bit.ly/TTCMOW for more information or to sign up today!

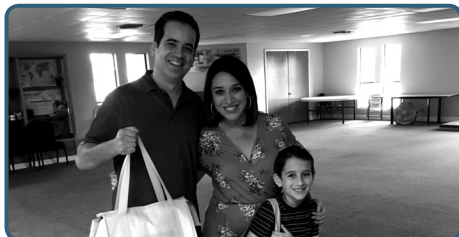
Together, we can end senior hunger in Central Texas.

Austin Broadcasters Celebrate Father's Day by Serving Others

When KVUE anchor Yvonne Nava asked her husband, Longhorn Network Anchor and Play-by-Play Announcer Alex Loeb, what he'd like for Father's Day this year, he didn't hesitate. He wanted to volunteer for Meals on Wheels Central Texas.

Loeb used to deliver meals in Connecticut when he worked at ESPN and Nava worked for the NBC affiliate in Hartford. Loeb began volunteering after his grandmother passed away. "She was always talking about helping out those less fortunate or those in need and so it made me realize I wanted to help people out and I got started from there," he recalls. The couple's first child, Liam, was one year old at the time and Loeb would take him along on his meal routes. Although Liam was too young to appreciate what was going on, volunteering made a big impression on his dad.

"He would come home and tell me all of these great stories about people he had met, things he had learned, and friends that he had made," says Nava of her husband's volunteerism in Connecticut.



Longhorn Network's Alex Loeb and his wife, Yvonne Nava from KVUE, recently delivered meals with their son, Liam.

The Friday before Father's Day this year, the couple and Liam delivered meals to some of the homebound people we serve in Southeast Austin. Loeb says the experience was the only present he needed. "It sounds cliché, but I get more happiness out of giving than getting something."

Rally for Affordable Housing

More than 100 people, including members of the Meals on Wheels Central Texas team, gathered on the steps of City Hall recently to urge the Austin City Council to prioritize affordable housing in the upcoming November bond elections.

Austin Mayor Steve Adler, Mayor Pro-Tem Kathie Tovo, and Councilmembers Delia Garza, Pio Renteria, and Greg Casar attended the rally and spoke in favor of affordable housing bonds.

These types of bonds provide an important source of funding for our Home Repair Program, which transforms the lives of older adults and people with disabilities experiencing serious structural and accessibility issues with their homes.



Austin Mayor Steve Adler speaks at an affordable housing rally held on the steps of City Hall.

And, by completing these critical repairs, MOWCTX helps provide an affordable housing alternative for our vulnerable neighbors—their own cherished homes.

The Meal Times will keep you posted on developments regarding this vital issue.

GRATITUDE

- TX S Depot LLC for supporting Meals on Wheels Central Texas
- Bomdiggidy Glass Gallery for supporting Meals on Wheels Central Texas
- Donald D. Hammill Foundation for supporting Meals on Wheels, In-Home Care, and Mike's Place
- Enterprise for supporting Meals on Wheels Central Texas
- Glass Vegas for supporting Meals on Wheels Central Texas
- HVLPO2 LLC for supporting Meals on Wheels Central Texas
- IBC Bank – Austin for sponsoring the 2018 Golf charity tournament
- IBM Corporate Citizenship and Corporate Affairs for supporting In-Home Care
- InfinityGlassArt Inc. for supporting Meals on Wheels Central Texas
- Inigo Glass Gallery for supporting Meals on Wheels Central Texas
- Lampwork Supply for supporting Meals on Wheels Central Texas
- Merrill Lynch Wealth Management for supporting Meals on Wheels Central Texas
- Orangetheory Fitness for supporting Meals on Wheels Central Texas
- Redman Foundation for supporting Meals on Wheels Central Texas
- Silicon Labs for supporting Breakfast Meals
- Subaru for supporting Share the Love
- Texas Capital Bank for supporting Meals on Wheels
- The Applied Materials Foundation for supporting Meals on Wheels
- Uber, Project Jumpstart for supporting Meals on Wheels
- Walmart Store #4163 for supporting Meals on Wheels
- The Winkler Family Foundation or supporting Meals on Wheels Central Texas
- Yeandle One, LLC (AKA American Glass Roots) for supporting Meals on Wheels Central Texas

Adam's Corner

Dear Friends,

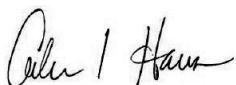
If you're of a certain age, you probably remember when doctors made house calls. While visits from physicians are a thing of the past, MOWCTX has never stopped delivering quality services to clients' homes, keeping those we serve healthy and safe.

Our highly-trained Case Managers (CM's) conduct home visits to the thousands of Central Texans who receive our services. These appointments determine a client's needs so we can customize a care plan specifically for them. Follow up visits allow CM's to gauge clients' progress and adjust care plans as needed. I recently had the opportunity to accompany our CM'S on assessment visits, and although I've been an MOW volunteer for 30 years, this was an eye-opening experience for me!

I was struck by three things. First, our clients' desire to remain independent is palpable. They desperately want to remain in their homes - but they need assistance in doing so - fortunately, our programs help them achieve that important goal. The second thing I noticed is our clients' needs are often very complex. That's when we employ our deep platform of life-sustaining services, a holistic array of programs that work in concert to keep the people we serve out of assisted living facilities.

But my biggest takeaway is the professionalism, the dedication to customer service, and the kindness exhibited by all of our wonderful Case Managers. They, along with the rest of the outstanding MOWCTX team, our thousands of community-minded volunteers, and our board, play a vital role in our mission. But none of it happens without your generous support - thanks to you, we still make house calls!

With Deep Gratitude,



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Uber Helps Keep the Wheels Moving!

Every three months, Uber encourages its drivers in Austin to nominate causes that are important to them. Then Uber donates money to the charity whose nomination receives the most votes from drivers.

It's called Project Jumpstart, and MOWCTX was nominated for the April 2018 award by David, who drives for the ride-sharing service. "I've seen the impact (MOWCTX) has made in people's lives in the community. I'm proud of the great work Meals on Wheels does not only in (Central) Texas, but also across



Nicole Sarkar, MOWCTX's VP for Development, accepts a generous donation from David Brightman, General Manager of Uber Central Texas & Oklahoma.

the country," says David of the reason why he suggested MOWCTX for the award.

When the votes for Project Jumpstart were tabulated, MOWCTX came in first among the three finalists, and Uber generously donated \$10,000 in support of our life-sustaining mission.

Many thanks to Uber and its hundreds of Central Texas drivers who help make our community a better, safer place to live!

"I've Lived in East Austin My Whole Life"

"He's a ray of sunshine and I look forward to seeing him," says Meals on Wheels Central Texas client Gareth Pollard of John Limon, the volunteer who delivers lunch to Mr. Pollard's East Austin home every Monday.



Meals on Wheels volunteer John Limon (right) shares a laugh with client Gareth Pollard.

Mr. Limon has been an MOWCTX volunteer since 1994. Not only does he deliver a route every Monday, he also serves as a substitute driver the rest of the week - filling in for regularly scheduled volunteers who are unable to deliver meals on any

given day. All of the routes he covers are in East Austin, a part of the city he knows like the back of his hand. "I've lived in East Austin my whole life. I was born and raised here and I still live on the east side and I will continue living on the east side until it's over for me," Mr. Limon says.

Giving back is important to this Austin native who graduated from Johnston High School and spent 30 years working as a lithographer, delivering meals for us during his lunch break. In retirement, he's devoted his time to making Austin a better place to live. Mr. Limon is a tireless community leader who seeks to help those in need.

He's also had a front row seat for the gentrification that's radically transformed his neighborhood. "When I first started (volunteering) most of our clients were in Central East Austin. But because of the changes that are happening, many (clients) have had to move further out," he says of skyrocketing property taxes and rental rates. "When I do

substitute driving, I've done routes that are in Del Valle because our senior citizens are moving out of Austin." A passionate advocate for the elderly, Mr. Limon also worries about those left behind. "The ones that don't want to move, that want to continue to live here, those are the ones that are my concern," he says.

He relishes his visits with the people to whom he delivers meals - folks like Mr. Pollard. "When (the clients) give me their blessings, you know, that's priceless. When they tell me 'God bless you for what you do', what else can I ask for? That is such a huge blessing for me," he says. Which is why John Limon will continue to drive the streets he's known his entire life, delivering hot meals and warm smiles to his East Austin neighbors.

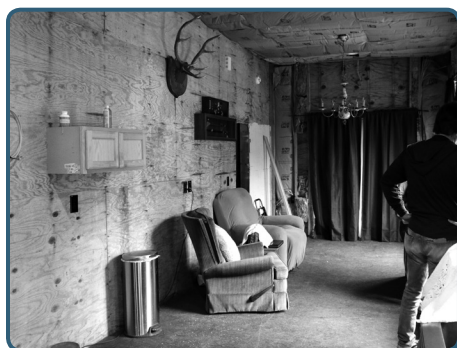
Follow us:



“Just When You Think Doors are Closing” MOWCTX & SAFE Team Up to Help Family

It's amazing what great teamwork can accomplish. Thanks to our recent collaboration with SAFE, a multi-generational Central Texas family is able to stay together under one roof.

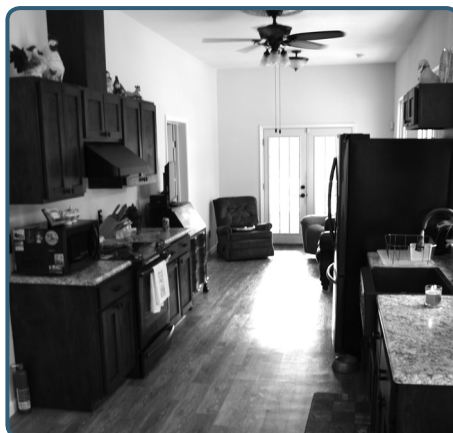
SAFE, the merger of Austin Children's Shelter and SafePlace, is dedicated to ending child abuse, sexual assault, and domestic violence. SAFE's Foster & Adopt program provides foster care and adoption services for families. The non-profit approached us earlier this year to see if our Home Repair program could help a couple with three foster children.



Before Work

The husband and wife have asked us not to use their names—so we'll call them Jenny and Joe. Jenny's mom and dad still live in the house that Jenny grew up in, the place her dad constructed himself. “He built

this entire house. We got to see him hammer every nail, every screw, he did a great job,” Jenny says. But these days, her dad suffers from memory loss, and Jenny's mom is his full time caregiver.



After Work

MOWCTX's Home Repair program collaborated with SAFE to help a multi-generational family live under one roof.

So, Jenny and Joe came up with a plan to buy her parents' home. They and their three foster children, whom they're in the process of adopting, would move into the house, and help Jenny's mom with caregiving. The idea was to complete an unfinished part of the house and turn that into an apartment for Jenny's parents. “It was important to keep mom and dad close. This is what dad knows and what he's familiar with. We

didn't think it was good for them to move to a new environment,” says Jenny.

So Jenny and Joe hired a contractor to finish out the additional rooms—but he took their money, never finished the work, and disappeared. Now, the couple couldn't afford to complete the apartment. That's when SAFE asked if our Home Repair program could provide a solution. “Helping older Central Texans stay safe and healthy in their homes is what we do. So, we were eager to help this multi-generational family stay together at no cost to them,” says Adam Hauser, MOWCTX's President/CEO. Our Home Repair program delivered a finished product and peace of mind. “We appreciate collaborating with our partner, Meals on Wheels—it truly does take all of us to build up our families and our communities,” says Julia Spann, Co-CEO at SAFE.

Having the children under the same roof as her mom and dad is a dream come true for Jenny. “To be able to have my parents as part of their life, I mean the kids know them as Nanna and PaPaw,” she says before adding, “just when you think doors are closing, God says ‘I've got this’.”

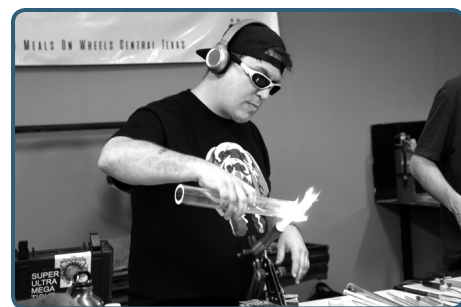
Raise a Glass to AAGI!

Some of the most talented glass artists in the nation gathered recently in Austin and created a veritable masterpiece – more than \$50,000 in donations to Meals on Wheels Central Texas!

Armadillo Art Glass Initiative (AAGI) is an organization of local artists dedicated to helping people in need. AAGI's annual festival raises money for and awareness of

our agency. The event spotlights renowned artists and features live glass blowing demonstrations, silent auction, music, and food. All proceeds benefit MOWCTX.

Since the festival began in 2013, AAGI has raised more than \$260,000 for our agency - enough to purchase, prepare and package more than 104,000 of our hot, nutritious meals! Thank you AAGI!



Since its inception in 2013, the Armadillo Art Glass Initiative has raised more than \$260,000 for MOWCTX.