



## “I’M JUST HAPPY WITH MY LIFE”



*100-year-old WWII veteran Alfred Dotson enjoys the meals and companionship MOWCTX volunteers like Tesa Harding deliver to his home.*

“I met a young lady in 1937; she was a freshman and I was a senior,” says 100-year-old Alfred Dotson of meeting Ruth Riding, the woman with whom he would spend the next eight decades.

Mr. Dotson was in his final year at Tillotson College (now Huston-Tillotson University), where he played on the tennis team and eventually earned a liberal arts degree. Alfred and Ruth Dotson got married in 1939. A few years later, Mr. Dotson joined the U.S. Navy and served in the Pacific

Theater during World War II. The ship he was on took part in the invasion of Okinawa, a battle that claimed more than 200,000 lives. “The enemy was all around us,” he recalls.

After the war, Mr. Dotson went to work at the Armed Forces Institute for Pathology in Washington D.C., and was eventually appointed head of the visual aids department. He and Ms. Dotson moved back to Austin when he retired in 1977, but retirement didn’t mean taking it easy. Mr. Dotson immediately began volunteering his time performing community service and got involved at his church, Ebenezer Baptist.

The Dotsons began receiving our home-delivered meals in 2013. Sadly, Ms. Dotson passed away last year, just shy of the couple’s 80th anniversary.

Our dedicated volunteers still deliver meals and companionship to Mr. Dotson. One of them, Tesa Harding, does so as a member of the Texas Music Educators Association’s volunteer team. “He’s

been an inspiration to our whole group. We knew his wife and were so sorry about her passing. It’s just a joy to know Mr. Dotson,” says Ms. Harding.



*MOWCTX client Alfred Dotson served in the U.S. Navy in the Pacific Theater during World War II.*

Mr. Dotson looks forwards to the visits and safety-checks. But he’s still a volunteer himself. He teaches Spanish twice a week at the Conley-Guerrero Senior Center and sings in his church choir. “I’m just happy with my life, all the way through. I thank the Almighty who has moved spaces for me to walk,” he says.



# MARCH FOR MEALS DRAWS PROMINENT SUPPORTERS

Several local dignitaries and public figures delivered hot meals and warm smiles during March for Meals, an annual celebration of the positive impact home-delivered meal programs have on the lives of homebound older Americans.



*U.S. Congressman Roger Williams (r) prepares to deliver meals with MOWCTX President/CEO Adam Hauser.*



*Texas State Rep. Vikki Goodwin and MOWCTX President/CEO Adam Hauser pose for a quick photo before delivering meals.*



*Dr. Courtney Phillips (r), Executive Commissioner of Texas Health and Human Services, tours our Central Kitchen before delivering meals with MOWCTX President/CEO Adam Hauser. Also pictured is Seanna Marceaux, MOWCTX's VP for Nutrition, Health and Impact.*



*Austin City Council Member Natasha Harper-Madison (r) delivers a meal to one of her constituents, MOWCTX client Verda Duncan. Also pictured is MOWCTX President/CEO Adam Hauser.*



*Austin City Council Member Alison Alter holds client Peggy Sacco's dog, Molly, during meal delivery with MOWCTX President/CEO Adam Hauser.*



*Austin City Council Member Pio Renteria (second from right) and MOWCTX President/CEO Adam Hauser (far right) visit with client Hermona Surita (center). Also pictured are CM Renteria's staff members Nicholas Solorzano and Stephanie Perez.*



*Travis County Commissioner Brigid Shea (l) and MOWCTX President/CEO Adam Hauser (r) deliver a meal to client Vicki Ratcliffe.*



*Social media influencers (l-r) Matt Wolski (@tabletastersclub.atx); Kristin Vrana (@foodfash) and her friend Anne; Rachel Holtin (@austinfoodstagram); and Jane Ko (@atasteofkoko) pose for a quick photo before their meal deliveries.*

# THANK YOU, DUDLEY & BOB + MATT!

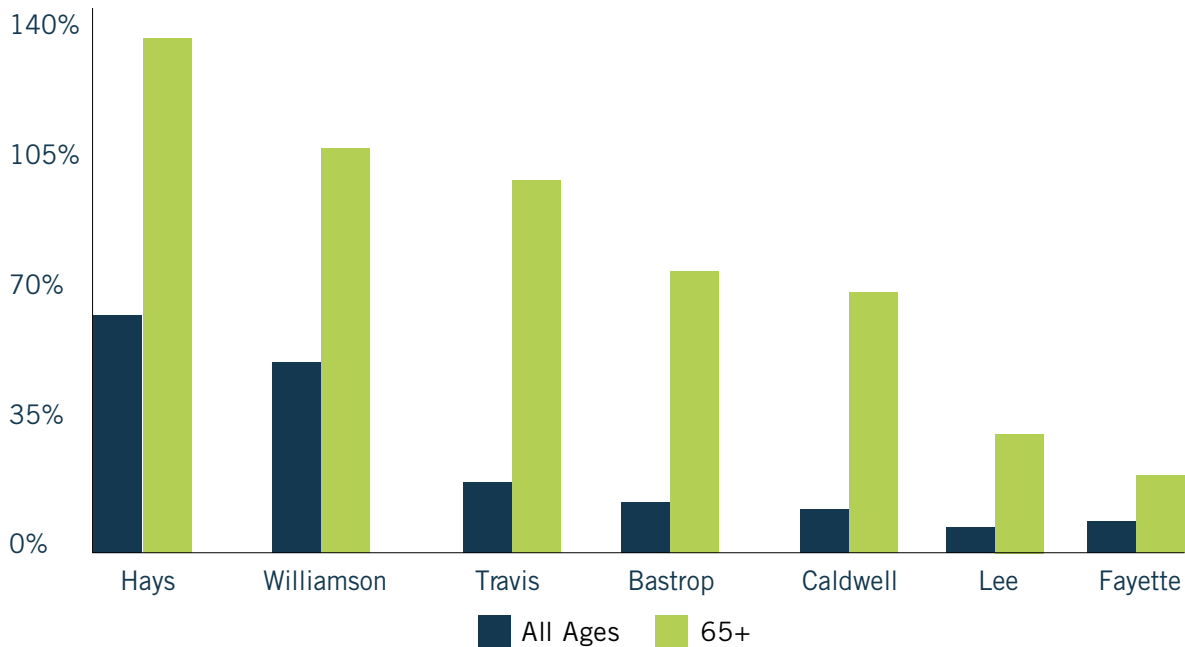
Dale Dudley, Bob Fonseca, and Matt Bearden, the hosts of 93.7 KLBJ-FM's extremely popular morning drive program, celebrated "March for Meals" by raising \$3,015 for us. That's enough money to buy ingredients for and prepare more than 1,200 hot, nutritious meals for the frail Central Texans we serve. Thank you, Dale, Bob and Matt, for supporting our mission to nourish and enrich the lives of homebound seniors!



## CENTRAL TEXAS PROJECTED POPULATION GROWTH (2018-2030)

Every day, 10,000 Americans turn 65. And that trend will continue every single day until the year 2030. The effects of an aging population is certainly felt here in Central Texas – according to the U.S. Census Bureau, the Austin-Round Rock Metropolitan Area is home to the second-fastest growing population of adults age 65 and older in the country.

The chart below shows just how dramatically the number of older adults in our area will spike over the next 11 years compared to that of other age groups. This rapid increase challenges our ability to serve all who need our life-sustaining services. That's why your generous support of our mission has never been more vital.



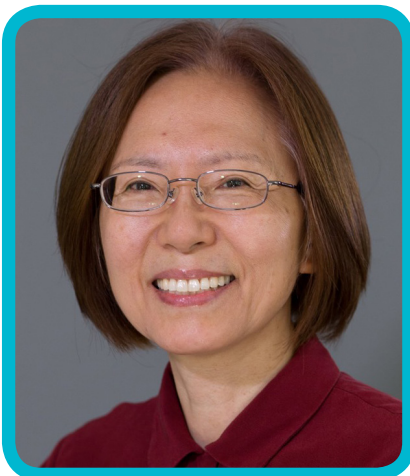
Source: Texas Population Projections Program, Texas Demographic Center (2018)



## GRATITUDE LIST

- 3M Austin Center for Meals on Wheels Central Texas
- Andrew Delaney Foundation for Mike's Place and Breakfast Meals
- Austin American-Statesman for Meals on Wheels Central Texas
- Carl C. Anderson, Sr. & Marie Jo Anderson Charitable Foundation for Meals on Wheels Central Texas and In-Home Care
- Charles H. Phipps Family Foundation for Meals on Wheels Central Texas
- Donald D. Hammill Foundation for Mike's Place, Meals on Wheels and In-Home Care
- ECG Foundation for Meals on Wheels
- Finn Family Foundation, Inc. for Breakfast Meals
- Grande Communications Cares for In-Home Care
- Independent Bank for Meals on Wheels
- Isla Carroll Turner Friendship Trust for Meals on Wheels Central Texas
- James R. Dougherty, Jr. Foundation, Inc. for Meals on Wheels Central Texas
- Lola Wright Foundation for Meals on Wheels kitchen equipment
- American Red Cross for Home Repair
- Roy F. and Joann Cole Mitte Foundation for Meals on Wheels
- Samsung SARC Team for Meals on Wheels
- St. David's Foundation for Meals on Wheels, Senior Centers and In-Home Care
- Subaru Share the Love for Meals on Wheels Central Texas
- Susan G. Komen Austin for In-Home Care
- Sysco for Meals on Wheels Texas Conference
- Texas Gas Service, a division of ONE Gas for Meals on Wheels kitchen equipment
- The Applied Materials Foundation for Meals on Wheels
- The Dunagan Foundation, Inc. for Meals on Wheels Central Texas
- The Home Depot Foundation for Home Repair
- The Jacob & Terese Hershey Foundation for PALS
- The Rachael & Ben Vaughan Foundation for PALS
- Theodore P. Davis Charitable Trust for Meals on Wheels Central Texas
- Topfer Family Foundation for Meals on Wheels
- Transit Empowerment Fund for Meals on Wheels Central Texas & In-Home Care
- Texas Veterans Commission for Home Repair
- Valley, an Elior Company for Meals on Wheels Texas Conference

## MOWCTX BOARD MEMBER HONORED FOR WORK IN GERIATRICS



MOWCTX board member Dr. Namkee Choi was recently honored by the Texas Health and Human Services Commission.

The Texas Health and Human Services Commission recently awarded MOWCTX board member Dr. Namkee Choi with a 2018 Innovators in Aging award.

Dr. Choi, a professor at the Steve Hicks School of Social Work at the University of Texas, was honored for her work and research on problem-solving therapy delivered to older adults through video conferencing.

She was a driving force in the creation of our Telehealth Treatment

for Depression program and first joined the MOWCTX board in 2002.

Congratulations Dr. Choi for the well-deserved recognition!

*Photo: Steve Hicks School of Social Work at the University of Texas*

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# TVC GRANT TRANSFORMS HEROES' HOMES AND LIVES

Dozens of Central Texas military veterans will receive much-needed repairs to their houses thanks to \$500,000 in grants from the Texas Veterans Commission (TVC).

Our Home Repair Program will use the funds to transform the homes of at least 30 vets into safer, healthier places to live. Roof replacement, fixing cracked foundations, plumbing/

electrical work, and wheelchair ramp construction are just a few of the repairs planned.

“It’s an incredible honor to help these brave men and women maintain their independence and live comfortably in the place they call home. Thanks to these very generous grants from the Texas Veterans Commission, we can do exactly that,” said Adam Hauser,

President/CEO of Meals on Wheels Central Texas.

TVC has been a longtime supporter of our Home Repair Program. Vietnam veteran and two-time Bronze Star recipient Joe Ramirez of Austin is just one of the many local heroes we’ve helped in the past thanks to TVC’s commitment to our mission. We look forward to serving even more veterans with this new round of funding.

## “I TRY TO BE POSITIVE AND CHEERY”



*MOWCTX Volunteer Peter Niefert delivers nutritious meals every Monday to client Mary Anne Claeson and her husband, Richard (not pictured).*

“I knew I needed an activity to get me up in the morning and out the door,” says Peter Niefert of his decision to volunteer with Meals on Wheels Central Texas.

At the time, Peter had just retired from 3M after nearly 40 years on the job. He wasn’t quite sure if volunteering for us was going

to be the right fit for him. So, he signed up to be a substitute driver once a week to find out. It didn’t take long for him to realize he was in the right place.

Three years later, he now delivers meals Monday through Wednesday out of our St. Mark’s United Methodist Church distribution site,

and serves as a substitute driver on Thursdays and Fridays. “I’d say, on average, I deliver about four times per week,” he says of his rather impressive efforts.

On top of all that, Peter also donates his time and compassion to our Groceries to Go program, a shopping service that matches volunteers with seniors who have no reliable or consistent help with grocery shopping.

Whether he’s delivering meals or groceries, Peter enjoys interacting with the seniors he serves. “Some of them just really don’t have much. I try to be positive and cheery and sometimes that brightens their day and that’s worthwhile. I think sometimes when you’re down, that can help,” he says.

Peter’s passing along his love for volunteering to his grandchildren, Cody and Kailey. When school’s not in session, he takes them along to visit with his clients. “They [his grandchildren] enjoy it and I think they’ve gotten a sense of giving back and helping others,” Peter says.

# ADAM'S CORNER



Dear Friends,

As home to South by Southwest, the ACL Music Festival, and 6th Street, Austin has carved itself an international reputation as a youthful city. But a closer look at the demographics for Central Texas reveals an entirely different story.

In fact, according to the U.S. Census Bureau, the Austin-Round Rock metro area has the second fastest growing senior (65+) population in the country, and the fastest rate of growth for folks aged 55 to 64.

And that population boom isn't unique to Travis and Williamson counties. Elsewhere in this newsletter, you'll find a graph that shows the projected growth of the senior population in each of the seven counties we serve. In every case, the rate of increase for older adults is at least twice, and in some cases five times, higher than that of the general population.

This explains the growing need for MOWCTX's "**More Than a Meal**" approach to services designed to

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help our older, frailer neighbors maintain their independence with dignity. Not only do our holistic programs allow seniors and people with disabilities to age-in-place at home rather than in institutions, they also save taxpayer dollars! Nevertheless, we constantly face the challenge of the funding for our valuable programs—including home-delivered meals—not keeping up with the growing demand.

That's why we are so deeply grateful for your continued support

of our mission! Your generosity allows us to serve fine Central Texans like 100-year-old WWII veteran Alfred Dotson, whose story graces the cover of this newsletter, and 5,000 other local homebound seniors every year.

Thank you very much for helping us deliver "**More Than a Meal**"!

Yours in Service,

Adam I. Hauser