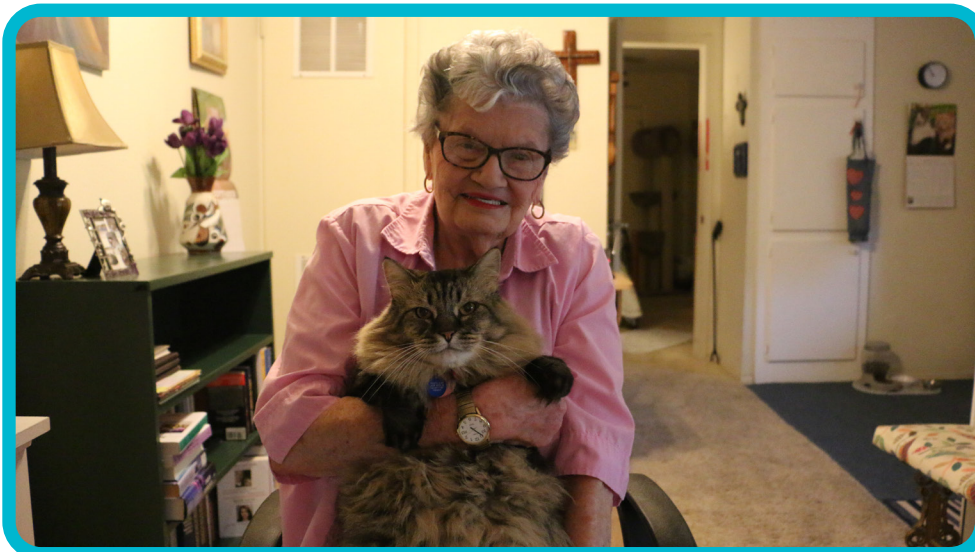




“I LOVE WHEN I HEAR THAT KNOCK ON THE DOOR”



Becky Babb, seen here with her cat Sir Bentley, relies on MOWCTX to maintain her independence.

“I love living independently,” says 92-year-old Becky Babb.

Ms. Babb credits Meals on Wheels Central Texas for helping her achieve that all-important goal. Cooking for herself became a challenge when she developed problems with her vision. “I’m losing my eyesight,” she explains. And that’s why she called Meals on Wheels Central Texas for help. Our dedicated volunteers now deliver nutritious lunches, human

interaction and quick safety checks to the North Austin apartment where she’s lived alone since her husband passed away in 1996. “To me, it’s a blessing. It really is a blessing,” she says of those eagerly anticipated visits.

There was a time when the thought of others cooking for her would have been unthinkable. She got married in 1944 while still a teenager. She and Calvin Babb, who served in the U.S. Army in

Europe during World War II, went on to have seven children together. “I cooked all my life, I felt like,” Ms. Babb recalls. Her cooking days now behind her, she enjoys receiving nutritional meals and companionship delivered right to her door by our friendly volunteers. “I love when I hear the knock on the door because I know my meal is here of course, but [the volunteers] are just nice people and they care,” she says.

Ms. Babb also appreciates her Meals on Wheels Central Texas (MOWCTX) case manager Jennifer Sassano: “She’s just a very nice person and very supportive. When she comes to visit, we have a nice visit. You know she is a caring person.”

Ms. Babb deeply appreciates MOWCTX’s assistance in helping her age in place with dignity. She says “I’ve never met a nicer bunch of people. Really, they’re all so nice. It’s wonderful. I just am so grateful.”

VOLUNTEER MAKES COMMUNITY SERVICE A FAMILY AFFAIR

Amanda Dudley's day job involves helping Central Texans find the house of their dreams. Her volunteer efforts ensure they can stay in those homes as they grow old.

The Austin native works for Realty Austin and delivers meals to our homebound clients every Monday during her lunch break. "To start off my work week that way, it just gives me such great gratitude. It just makes the week feel so fresh," Amanda says. She also serves as a substitute volunteer Tuesday through Friday, filling in for other drivers who are unable to deliver their assigned routes. She credits her flexible work schedule for allowing her to be on call four days a week. "As a realtor, we don't have a set schedule, every day is different,

if you want to give back, you find an organization that really connects to you," she explains

"It's something I can do with my kids (13-year-old Jacob and 8-year-old Ellie) when they're out of school. [The clients] love it because they don't get to see their grandkids and it's also fun for the kids because they get to jump out of the car, knock on the door and greet them with a hot meal. It's been a great influence on them. It helps them understand they have it really well and it influences them on how they can help and give back," Amanda says.

Another member of the family also helps out from time to time - Amanda's husband, longtime KLBK-FM morning host Dale Dudley. "It's great for him because he gets off the air at 10am and



Volunteer Amanda Dudley spends her lunch hour every Monday delivering nutritious lunches and friendly visits to homebound older Central Texans.

his studio is really close by. When I had foot surgery last year, he was delivering quite often with me because it was such a struggle for me to get in and out of the car. When he would come back to the car after delivering a meal he would have the biggest smile on his face because it really makes you feel good," she says.

MOWCTX VICE-PRESIDENT HONORED FOR HER WORK

MOWCTX Vice-President for Nutrition, Health and Impact Seanna Marceaux has been named this year's Family and Consumer Sciences Rising Star award winner by Texas State University.

The prestigious recognition is given to alumni who have made a significant impact in their field. Seanna earned a Master of Science degree in Human Nutrition from Texas State University and is a licensed and registered dietitian nutritionist.

Seanna and her Nutrition, Health and Impact (NHI) team employ a client-focused, data-driven approach to manage data across our organization and enhance assessment of and care for our clients. NHI's work demonstrates the efficacy and scope of our mission and the positive impact our programs have in the lives of our seniors and on our community.

Congratulation, Seanna, for this well-deserved accolade!



VP for Nutrition, Health and Impact Seanna Marceaux (left) accepts the Rising Star award from Dr. Sylvia Crixell, professor with the Nutrition and Foods Program in the School of Family and Consumer Sciences at Texas State University.

EMPTY BOWL PROJECT BENEFITS MEALS FOR KIDS

Hundreds of Central Texans slurped soup and raised money for a couple of worthy causes at the 23rd annual Austin Empty Bowl Project.

The event, which is always held the Sunday before Thanksgiving, benefits our Meals for Kids program as well as the Central Texas Food Bank's Kids Café, and it features the work of local potters who donate bowls of every shape,

size, and color to the cause

For a \$25 donation, participants pick out a bowl and fill it with soup furnished by several local restaurants.

Since 2012, The Empty Bowl Project has raised nearly \$300,000 for Meals for Kids, which provides nutritious, kid-friendly snacks to children of low-income families.



The annual Austin Empty Bowl Project raises funds for MOWCTX's Meals for Kids program.

HELP US DELIVER HOT MEALS AND WARM SMILES!

We have many open volunteer meal delivery routes and need help getting them filled.

To get started on the most fulfilling volunteer experience around, please call 512-476-6325, email us at volunteer@mealsonwheelscentraltexas.org or visit mealsonwheelscentraltexas.org and click on the "Get Involved" tab.

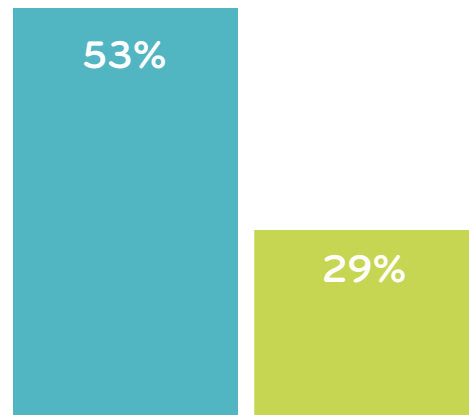


MOWCTX REDUCES FOOD INSECURITY AMONG OLDER CENTRAL TEXANS

The lack of proper nutrition can lead to any number of negative outcomes for the homebound Central Texans we serve, including diabetes, high blood pressure, depression, and hospitalization. Fortunately, our nutritious, home-delivered meals make a positive difference in the lives of our clients.

The chart below, which uses data analyzed by our Department of Nutrition, Health and Impact from a sample of new Meals on Wheels Central Texas clients, reveals that while 53% of participants were food insecure before they started our low-cost services, after a year in our program, that number had plummeted to 29%!

PERCENT OF FOOD INSECURE CLIENTS BEFORE AND AFTER ONE YEAR ON MEALS



Your generous support of our life-sustaining mission makes these kind of success stories possible! Thanks to you, our senior neighbors are more food secure and able to lead dignified, independent lives in their own homes – and we save taxpayers money in the process. We literally could not do it without you!

MOWCTX EARNS TOP AWARD FOR FISCAL TRANSPARENCY!

GuideStar, the world's largest source of information on nonprofit organizations, awarded MOWCTX with a 2019 Platinum Seal of Transparency, the highest level possible!

When you donate to us, you can rest assured your generous contribution will be used in a fiscally responsible and transparent manner to help our homebound older neighbors in need!



MIKE'S PLACE NEEDS VOLUNTEERS!

Volunteers are vital at Mike's Place, our respite program for older adults with dementia, Alzheimer's Disease and other types of memory loss.

That's why we're looking for more smiling faces to assist participants and lead fun activities like sing-alongs, bingo, storytelling and exercise.

Mike's Place happens every Tuesday and Wednesday, from 9:30AM-1:30PM, at our Central Kitchen (3227 East 5th Street, 78702). No prior experience is necessary and flexible volunteer schedules are available.

For more information, please contact Mikhayla Gustafson at 512-628-8130 or mgustafson@mealsonwheelscentraltexas.org



PALS KEEPS OLDER ADULTS AND THEIR PETS TOGETHER!



A pet can provide much needed companionship and help reduce the isolation and loneliness many of the homebound Central Texans we serve experience. Our PALS program helps them care for their beloved pets with free supplies of dog or cat food and free basic veterinary care.

GRATITUDE LIST

- City of Austin Financial Support Plus 1 Program for supporting Client Assistance
- Cross Texas Transmissions for supporting Meals on Wheels
- Greater Houston Community Foundation for supporting Meals on Wheels
- Griswold Industries for supporting Meals on Wheels
- Knights of St. Peter Claver for supporting Mike's Place
- Real Estate Council of Austin for supporting Handy Wheels
- Samsung Austin Semiconductor for supporting Breakfast Meals
- St. David's Foundation for supporting the CAPABLE program
- Taco Deli for supporting Meals on Wheels
- Texas Capital Bank for supporting Home Repair
- The Cantu Family for supporting Christmas Day meal delivery
- The Stuart Foundation for supporting Meals on Wheels
- United Way of Williamson County for supporting Meals on Wheels
- Wells Fargo Bank, N.A. for supporting Meals on Wheels



MOWCTX AND AUSTIN SUBARU SHARE THE LOVE

Did you know that Subaru will donate \$250 to the customer's choice of participating charities for every new vehicle sold or leased now through January 2, 2020? If you're in the market for a new Subaru, please choose Meals on Wheels as your charity of choice!

MOWCTX OPENS NEW LGBTQ SENIOR CENTER



Austin City Manager Spencer Cronk (3rd from left) and Austin Mayor Pro Tem Delia Garza (3rd from right) cut the ribbon during the Grand Opening of MOWCTX's new LGBTQ Senior Center. Also pictured are (left to right) MOWCTX's Brett Farrow; Erin Gurak, District Director for U.S. Congressman Lloyd Doggett; Rev. Karen Thompson, Senior Pastor at MCC Austin; MOWCTX President/CEO Adam Hauser; and MOWCTX's Anna Drichta.

Meals on Wheels Central Texas held the grand opening of its new LGBTQ Senior Center on October 28, at Metropolitan Community Church (MCC) of Austin.

The free program, which is the first of its kind in the region, provides a nutritious lunch, fun activities, a welcoming sense of community for the LGBTQ population and its allies, and is open every Monday and Wednesday to individuals who are 60+ years of age and their spouse/partners.

According to AARP, older members of the LGBTQ population are much more likely to be socially isolated; and research done by the National Institute on Aging shows loneliness poses serious health risks. Our entire community benefits when all of its citizens are able to live healthy lives and age in place with dignity.

Austin City Manager Spencer Cronk and Austin Mayor Pro Tem Delia Garza delivered remarks prior to the ribbon cutting at the grand opening ceremony.

FOLLOW US ONLINE



@mealsonwheelscentraltexas

ADAM'S CORNER



Dear Friends,

Whether you've checked everything off of your holiday shopping list or you have yet to buy the first present, you've already given a thoughtful gift to the 5,000 homebound older Central Texans we were honored to serve this year- the ability to age in place with dignity and independence!

Thanks to your generosity, we are able to deliver a wide-range of life-sustaining services to our most vulnerable neighbors, many of whom live alone. Your continued support of our mission makes a world of difference in their lives. Our dedicated Meals on Wheels volunteers are often the only people many of our clients see on any given day. The food our kitchen prepares nourishes clients' bodies, but those daily visits and safety checks by volunteers feed their spirit. And you help make that happen!

By being a champion of our cause, you also play a vital role in our holistic "More Than a Meal" approach to service. Sometimes our homebound clients need help beyond home-delivered meals in order to maintain their

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independence. In those situations we provide aid with home repair, assistance with the activities of daily living, free pet food and veterinary care for their dog or cat, and many other services designed to address their needs.

None of this would be possible without your generous support. At a time when the Greater Austin area has the second fastest

growing senior population in the nation, we thank you for recognizing the value in helping our elders in need. We deeply appreciate you being a part of the Meals on Wheels Central Texas family - and we wish you and yours a meaningful holiday season and a very happy New Year.

Yours in Service,

Adam I. Hauser