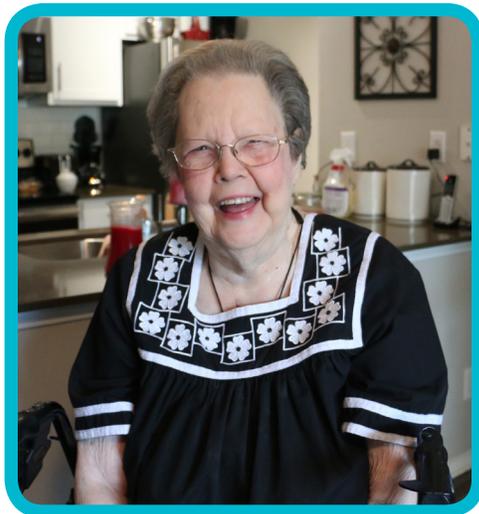




## “I’M GETTING NUTRITIOUS MEALS WHICH I NEED”



*At 92-years old, May Rogers relies on Meals on Wheels Central Texas to help her live independently.*

“I never dreamed I would ever ask for any help because I’ve always been so independent,” says 92-year-old May Rogers.

Born and raised in Houston, Ms. Rogers got married not long after she graduated from high school. Her husband, William “Buck” Rogers, had been a nose gunner in a B-24 in the Pacific Theater during World War II. After the war, he worked for an insurance

company and Ms. Rogers became a stay-at-home mom taking care of their daughter and son. “I was part of those generations where (women) stayed at home and raised children,” she explains. Ms. Rogers moved to Austin after her husband passed away in 1987.

For years after that, she was still able to fend for herself. And even when she was diagnosed with macular degeneration, an eye disease that permanently robbed her of her sight, Ms. Rogers still hated to seek assistance from others. “It just went against my grain,” she says. But, at the same time, preparing meals for herself was a very dangerous endeavor. “When this eye problem came about, it got harder and harder for me to cook. I couldn’t read the instructions on the frozen dinners or see the dials on the stove. So I was living on sandwiches,” she recalls. “I finally broke down and called (Meals on Wheels Central Texas) and I’m glad I did!”

As a result, our dedicated volunteers now deliver hot, healthy lunches, quick safety checks, and friendly visits to the Southwest Austin apartment Ms. Rogers shares with her grandson who works during the day. He cooks her dinner at night and MOWCTX handles the midday meals. “The [MOWCTX] food is nutritious. I’m not a big vegetable eater, but I make myself eat them because I know I need them,” she says. And she looks forward to the daily visits from the folks who bring her meals. “They’re so courteous. Everybody I’ve dealt with has been extremely nice. The volunteers are very pleasant,” she says with a smile.

Asked what MOWCTX means to her, she replies “it means I’m getting nutritious meals which I need. It also means I don’t have to eat sandwiches every day.

That’s important to me and I appreciate it every much.”

# 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!



## "SOMETIMES I'M THE ONLY PERSON THEY SEE ALL DAY"

Anna Avery's reason for being a Meals on Wheels Central Texas volunteer hits close to her heart.

"My 92-year-old grandmother lives with my parents in Pflugerville. I see what it's like for older people. I certainly see how sad it would be if she lived by herself and had literally no one to talk to," she says.

That's the position in which many of the homebound adults on her meal route find themselves. Ms. Avery, who has been volunteering with us since 2014, knows firsthand that she and the other

8,500 Central Texans who donate their time to our cause deliver much more than a meal. Those daily visits mean the world to the people she serves.

As a stay-at-home mom, Ms. Avery will often take her children along, when they're not in school, to deliver meals. "They like it and I think it's important for them to see that it doesn't take a whole lot to give back to the community," she says.

Asked what she likes best about the volunteer experience at MOWCTX, she replies "there's a



*Meals on Wheels volunteer Anna Avery delivers a hot, nutritious meal to MOWCTX client Michael Power.*

lot of volunteer work you can do that is great but you don't actually get to see who is being helped. With Meals on Wheels, you feel like you're not just delivering a meal but making a bigger impact."

## PALS KEEPS CLIENTS AND THEIR PETS HAPPY!



*Our PALS program provides free pet food and free basic veterinary care for our clients' furry friends!*

Our PALS (Pets Assisting the Lives of Seniors) program provides assistance in caring for the pets of our clients. A dog or cat can provide much needed companionship and help reduce the isolation and loneliness that seniors can experience.

A recent survey of our PALS clients reveals the critical difference this free service makes in their lives and the lives of their furry friends. Here what clients told us:

- 95% reported PALS pet food delivery plays a valuable role in keeping their pets in their home with them.
- 98% reported they could not afford annual veterinary care (shots, flea prevention, etc.) for their pets without PALS' veterinary services.
- 99% reported their pet helps them feel less lonely.
- 86% of clients reported they'd have to sacrifice important budget items if they didn't have support from PALS, including utilities, food for themselves, and their own medications.

PALS is honored to be able to help keep people and pets together in their homes, happy and healthy!

## GRATITUDE LIST

- Area Agency on Aging for supporting Meals on Wheels Central Texas
- Armadillo Art Glass Initiative for supporting Meals on Wheels Central Texas
- Austin Cops for Charities for donating A/C units to MOWCTX clients
- Cirrus Logic, Inc. for supporting Meals on Wheels
- Consumer Technology Association Foundation for supporting Connecting Seniors with Technology
- Emergency Food and Shelter Program for supporting Breakfast Meals
- H-E-B for supporting Thanksgiving Day meal delivery
- Independent Bank for supporting Meals on Wheels
- Joni Templeton Charitable Trust for supporting PALS
- Meals on Wheels America for supporting PALS
- Moody Foundation for supporting Meals on Wheels
- PetSmart Charities for supporting PALS
- Qualcomm Foundation for supporting Meals on Wheels
- Real Estate Council of Austin for supporting Handy Wheels and Home Repair
- Redman Foundation for supporting Meals on Wheels
- Texas State Affordable Housing Corporation for supporting Home Repair
- Texas Veterans Commission for supporting Home Repair
- Texas Veterinary Medical Foundation for supporting PALS
- Uber Health for supporting Uber Rides
- United Health Care for supporting Meals on Wheels Central Texas
- Wheatsville Co-op for supporting Meals on Wheels Central Texas

## MEALS ON WHEELS VOLUNTEERS NEEDED!

Got a free lunch hour? We are seeking volunteers in East Austin, Southeast Austin, and Northeast Austin to help us deliver nutritious meals, friendship, and safety checks to homebound seniors in our community. Help us deliver more than a meal!

Visit [www.mealsonwheelscentraltexas.org](http://www.mealsonwheelscentraltexas.org) and click on “Get Involved” or call 512-476-MEAL to learn more!



## WHEATSVILLE CO-OP RINGS UP BIG DONATION



*Karen Kovalovich, Ownership & Outreach Coordinator for Wheatsville Co-op, presents Adam Hauser, MOWCTX President/CEO, with a check for \$14,487.51.*

Wheatsville Food Co-op shoppers raised \$14,487.51 for Meals on Wheels Central Texas during the month of August by rounding up at the register!

And if that wasn't enough, several members of the Wheatsville employee volunteer team delivered meals to homebound older adults we serve.

Since 2005, the Co-op has given

MOWCTX nearly \$65,000 to help Central Texans in need! We deeply appreciate Wheatsville's continued support of our senior neighbors and the MOWCTX mission.

### FOLLOW US ONLINE



[@mealsonwheelscentraltexas](https://www.instagram.com/mealsonwheelscentraltexas)

# MOWCTX HOME REPAIR PROGRAM DELIVERS "INDEPENDENCE"



*Our Home Repair program transforms clients' homes into safer, healthier places to age-in-place.*

"My disability made it difficult to get in and out of the tub. I used to fall a lot," says 62-year-old David Moore of Dimebox, Texas. Mr. Moore, who served in the U.S. Army from the mid-1970's through the early 80's, was critically injured when the military vehicle

he was driving plunged off of a cliff in Germany where he was stationed at the time. Rescuers didn't find him until the next day. By that time, he had spent more than 24-hours in freezing temperatures.

After being transported to a hospital, doctors told him he might very well lose his feet and both hands due to frostbite. Fortunately, that wasn't the case.

More than three decades later however, he's still in pain from his injuries. On top of that, he suffered a stroke a few years ago, and now takes 13 different medications every day. Bathing was a challenge for him because the home he shares with his wife Jacqueline

lacked a walk-in shower.

But thanks to Meals on Wheels Central Texas and the Home Depot Foundation (HDF), all of that has changed. Funding graciously provided by HDF allowed MOWCTX's Home Repair program to install a walk-in shower that Mr. Moore can safely and easily access. "You don't know how much I appreciate this," he says of the repairs. I didn't have that kind of money (to pay for the work)."

When asked what the new walk-in shower means to him, Mr. Moore replies "my independence."

## HOME REPAIR PROGRAM MAKE HOUSES SAFER PLACES TO LIVE

MOWCTX's Home Repair program follows the Center for Disease Control's recommendations for making the home environment a safer place to live. We address three primary environmental areas of concern with our repairs and modifications as shown in the graph below. As the percentages reveal, nearly half of the repair jobs we do address accessibility and fall prevention.

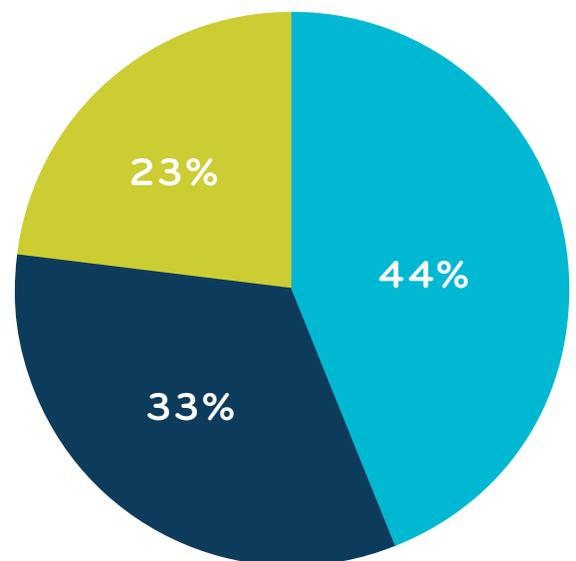


*Before*



*After*

- ACCESSIBILITY AND FALL PREVENTION
- PHYSICAL SAFETY
- HEALTH



## ADAM'S CORNER



Dear Friends,

Since Meals on Wheels Central Texas opened its doors nearly a half-century ago, our mission has been to nourish and enrich the lives of older adults from all walks of life, regardless of race, religion, economic status, gender or sexual orientation. After all, helping neighbors in need transcends labels.

That's why it gives me such pleasure to announce our newest endeavor - an LGBTQ Senior Center that provides a welcoming sense of community for older members of the LGBTQ population and their allies. The program is the first of its kind in Central Texas and is held at Metropolitan Community Church (MCC) in South Austin. MCC partnered with us to create this free service and we thank them for helping us make the new senior center a reality.

According to AARP, LGBTQ elders in America are twice as likely to be single and live alone, and three to

four times as likely to be childless. As a result, many older members of the LGBTQ population face feelings of loneliness and isolation. Our Senior Center at MCC provides a safe, loving environment in which to meet new friends and take part in interesting activities and games, as well as free, nutritious lunches prepared by our Central Kitchen.

You can learn more about this wonderful program elsewhere in this newsletter. It's one more example of our "More Than a Meal" approach to helping those

we serve age in place with dignity and independence, while saving taxpayer dollars in the process.

Your continued support of our life-sustaining mission allows us to not only nourish clients' bodies but their spirits as well. We deeply appreciate your commitment to our cause!

Yours in Service,

Adam I. Hauser

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# SENIOR CENTER FRIENDSHIP BLOSSOMS INTO LOVE

Meals on Wheels Central Texas Senior Centers certainly provide a fun, welcoming way for older adults to socialize and make new friends. But sometimes those wonderful friendships evolve into something even more meaningful.

“This is my girl, the woman of my dreams,” says a beaming 75-year-old Aniceto Gonzales Ortega of his 66-year-old wife, Felicitas Ortega, who is seated next to him.

Mr. Ortega’s dreams came true after he started attending Meals on Wheels Central Texas’ Senior Center program at the Durwood Senior Center in South Austin back in 2016. That’s where he met Ms. Ortega, who had started

coming to the program with her father five years earlier.

Mr. Ortega says the first time he saw her “I knew she was the one.” Ms. Ortega noticed him and invited him to sit and visit with her and her father. Aniceto and Felicitas became friends that day and over the course of several months, the friendship deepened. But it wasn’t until Mr. Ortega locked his keys in the car at a McDonald’s one evening and Ms. Ortega had to come rescue him that the two realized this was something more than a friendship.

They eventually got married in March 2018, and most weekdays, you’ll still find them at the



*Felicitas and Aniceto Gonzales Ortega met and fell in love at MOWCTX’s Durwood Senior Center program and got married in March 2018.*

Durwood Senior Center. “I like that we play bingo, we paint, we do puzzles, and we visit,” says Ms. Ortega of the quality time they spend with their friends there. Mr. Ortega adds “I love coming here because we have so many friends here and they’re all nice!”

## Presenting Austin’s First LGBTQ SENIOR SOCIAL PROGRAM!

Sponsored by Meals on Wheels Central Texas

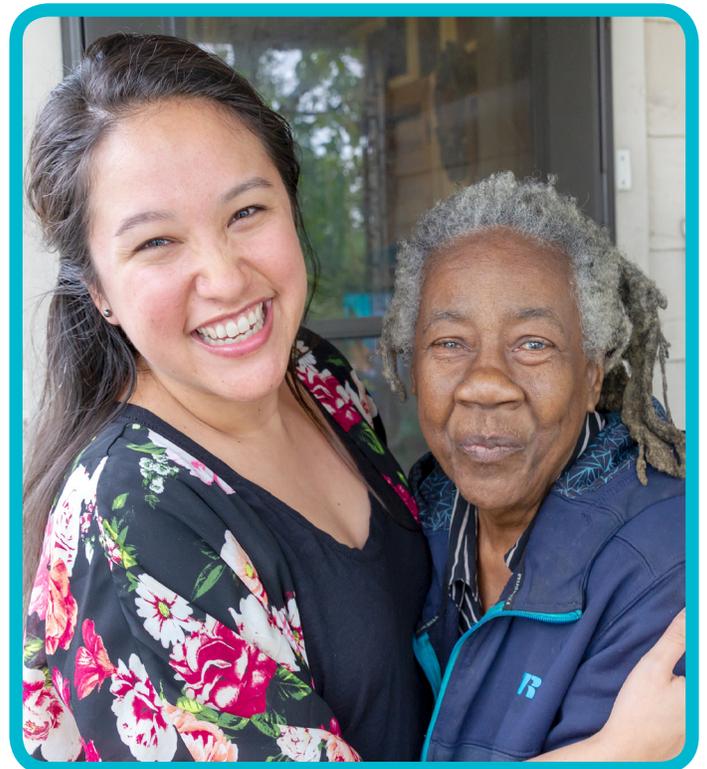
**WHAT:** Free nutritious lunch, fun activities, and a welcoming sense of community for the LGBTQ population and allies in Central Texas

**WHO:** Open to individuals 60+ years of age and their spouses/partners

**WHEN:** Mondays & Wednesdays from 10:30AM - 2:30PM  
(but you’re free to come and go during that time)

**WHERE:** MCC Austin 8601 S. 1st Street, 78748

No income restrictions – all are welcome! For more information about this exciting program, please contact Faina Gersh at 512.628.8185 or fgersh@mealsonwheelscentraltexas.org.



**MANY THANKS TO MARGARET LICARIONE OF LICARIONE PHOTOGRAPHY** for the beautiful images she provides Meals on Wheels Central Texas in order to better tell our story!