

# THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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MEALS ON WHEELS  
CENTRAL TEXAS



## “They Do More Than Just Bring Meals”

Occasionally, 87-year-old Conway Noren catches a city bus bound for the University of Texas. It’s a five-mile trip that carries him back to the days when he helped design buildings on the Forty Acres and across Austin. “That’s been so long ago that it’s like another lifetime,” he says now.

Mr. Noren, an Austin native, graduated from the UT School of Architecture, and worked for decades as an architect. Perhaps it was an inevitable career choice; his father, uncle, and cousin were all architects. “I enjoyed seeing buildings go up that I worked on,” he recalls.

The blueprints for his personal life were completely redrawn in 1962 when a trip to the downtown public library resulted in him meeting his future wife, Genevieve. “She was checking out a book. As I remember, it was ‘A Life Worth Living,’” Mr. Noren says with a chuckle.

The two eventually married and raised three children. Ms. Noren taught English at UT and later in Austin public schools. The Norens bought a home in the Crestview neighborhood in 1977 and put down roots.



*Conway Noren holds an old photo of his wife, Genevieve, and him. Ms. Noren passed away in 2011.*

Ms. Noren retired in the early 1980’s; a few years later, her husband did the same. The couple travelled a bit but then Ms. Noren’s health began to fail. “She eventually became

bedridden and I took care of her here at the house,” says Mr. Noren. “I had never cooked at all in my life. I had never even cracked an egg. So that’s when we started receiving Meals on Wheels. That just saved us right there.”

Ms. Noren passed away six years ago. Her husband continues to receive our nutritious lunches delivered to his door by dedicated volunteers. He looks forward to those daily visits. “They do more than just bring meals, they check on you. That’s a relief to me to know that they’ll check on me,” he says.

He’s also found peace of mind through one of our newest programs, Telehealth Treatment for Depression, a partnership between MOWCTX and the UT School of Social Work. It provides free, short-term, evidenced based treatment for our clients who are 50 or older, and is funded through

*(Continued on back page)*

# MOWCTX Renovates Home for 111-Year-Old WWII Veteran

Richard Overton, our nation's oldest living World War II veteran, is back on the porch of his house after major home repairs performed by Meals on Wheels Central Texas and The Home Depot Foundation.

- widening doors to allow accessibility
- replacing kitchen cabinets, countertops and sink/faucet
- Texas Gas Service replacing water heater, stove and vent hood

partners at The Home Depot Foundation and Team Depot, The Home Depot's employee volunteer force, for their invaluable assistance in helping this American hero maintain his independence.



*World War II veteran Richard Overton gets a first look at the repairs done to his house by MOWCTX and The Home Depot Foundation.*



*Mr. Overton's bathroom before the home repair project.*

Mr. Overton, who is 111 years old, prides himself on his ability to live independently. He's owned his home in East Austin since 1948 – a few years after he returned from his service in World War II. The recent renovations to the house allow him to maintain his independence safely and with dignity.



*Mr. Overton's bathroom after the home repair project.*

Repairs included:

- replacing the original wiring which was installed in 1948
- installing a central air and heating system
- making his bathroom safer by removing old bathtub, toilet, and sink and replacing them with a roll-in shower, accessible toilet and lavatory
- removing carpet and installing laminated floors to reduce trip hazards and allergens


Mr. Overton lived offsite during the three weeks it took to complete the project. He arrived home to a transformed house – one that is easier and safer for him to navigate. "I like everything. I like it all, the new floors, kitchen, bathrooms, new AC," Mr. Overton says. "They did such a wonderful job."

Thank you to our wonderful

**Did You Know?**

Many companies support causes that are important to their employees by matching their charitable contributions. Visit <https://www.mealsonwheelscentraltexas.org/get-involved/matching-gifts> to find out if your employer is one of more than 1,400 U.S. companies that have matching gifts.

**Follow us:**

# “Give Me the Biggest Route You’ve Got”

When Jim Stutsman ran for Congress in 2008, his campaign took a different route than the traditional “shake hands and kiss babies” approach. He became a Meals on Wheels Central Texas volunteer. “I (had) joined an organization called Texans for Accountable Government....and we came up with a lot of volunteer things and one of the things that came up was Meals on Wheels.”



*Meals on Wheels volunteer Jim Stutsman delivers meals every Thursday and also serves as a substitute volunteer one-to-two days per week.*

So Jim signed up for a meal route, which he still drives every Thursday even though his run for office fell short. He also serves as a substitute driver - delivering lunches when a regularly-scheduled volunteer is unable to do so. It’s been so satisfying to me, I just love doing it,” he says.

That love is evident to our Volunteer Services team. “Whenever we call him to ask if he can be a substitute driver that day, he says “give me the biggest route you’ve got,” says Denise Jimenez, MOWCTX’s Director of Volunteer Services. Jim typically drives two to three times per week.

Ask him why he enjoys delivering meals and he replies “I’m a retired first sergeant, so maps and travel in strange areas are kind of satisfying to me. But he also relishes his interaction with the homebound older adults we serve. “I ask how they’re doing. I know a lot of them appreciate that. Just to be able to, it’s cliché, but to bring a little sunshine into somebody’s life during the day. Some of them actually look forward to it and are glad to see me. More people ought to do this because it’s so easy and it’s so worthwhile. Anybody who does this gets something out of it that they don’t know or never knew was available to them. It’s really cool” he says before quickly adding “doing good is always cool.”

## Glass Artists Raise \$65,000+ for MOWCTX!



*MOWCTX President/CEO Adam Hauser (top row, 4th from left) accepts a check for \$65,610 from the Armadillo Art Glass Initiative (AAGI). AAGI is an organization of glass artists dedicated to helping people in need. Its annual festival spotlights artists from across the Lone Star State and features live glass blowing demonstrations, silent auction, music, and food. All proceeds benefit MOWCTX.*

*Since the festival began in 2013, AAGI has raised \$210,610 for our agency - enough to purchase, prepare and package more than 84,000 of our hot, nutritious meals!*

Together, we can end senior hunger in Central Texas.



# Meals on Wheels Central Texas Urges Congress to Save Lunch

A mountain of 3,000 empty lunch trays recently filled the driveway of the East Austin home 91-year-old World War II veteran Alvino Mendoza shares with his wife, Rebecca.



*This stack of 3,000 empty food trays represents the number of meals MOWCTX delivers every weekday.*

The containers represented the number of nutritious meals we provide Central Texas clients, such as Mr. and Mrs. Mendoza, every weekday. Many of the trays stacked outside the Mendoza's house featured handwritten messages from dedicated MOWCTX supporters urging Congress to protect and increase federal funding for Meals on Wheels programs across the nation.

With several TV news crews in attendance, MOWCTX President/CEO Adam Hauser asked viewers

to contact their representatives in Washington and tell them to increase funding for this life-sustaining service. Mr. and Mrs. Mendoza then described how MOWCTX helps them live independently in the home they built more than 60 years ago and in which they raised seven children, five of whom served in the U.S. armed forces.

Congress faces a December 8 deadline to determine funding levels for the 2018 fiscal year. Unfortunately, for the past several years, federal dollars for Meals on Wheels programs have remained flat. Meanwhile, every day, 10,000 Americans turn 65 (a trend that will continue for the next 20 years), and demand grows for programs that allow older adults to age in place.

If you believe federal funding for Meals on Wheels programs should not be reduced, we ask you to contact your U.S Representative and both U.S. Senators from Texas. To find out who represents you in Congress, as well as contact information, please go to [www.fyi.legis.state.tx.us/](http://www.fyi.legis.state.tx.us/)



*Rebecca Mendoza describes how Meals on Wheels Central Texas helps her husband, Alvino (left), and her maintain their independence. Also pictured, Adam Hauser, MOWCTX President/CEO.*

## GRATITUDE

- Annual Texas Fried Chicken Throwdown for supporting Meals on Wheels Central Texas
- Armadillo Art Glass Initiative for supporting Meals on Wheels
- Donald D. Hammill Foundation for supporting Meals on Wheels and Mike's Place
- H-E-B for supporting Thanksgiving Day delivery
- IBM Corporate Citizenship and Corporate Affairs for supporting Handy Wheels
- Joni Templeton Charitable Trust for supporting PALS
- Keating Family Foundation for supporting Meals on Wheels
- Meals on Wheels America for supporting Share the Love and PALS
- Sam's Club store #4720 for supporting Meals on Wheels
- Silicon Labs for supporting Breakfast Meals
- Texas Capital Bank for supporting Meals on Wheels
- The Applied Materials Foundation for supporting Meals on Wheels
- The Home Depot Foundation for supporting veteran home repairs
- Veritas Foundation for supporting In-home care and Breakfast Meals
- Walmart Foundation for supporting a new meal delivery vehicle
- Walmart stores #1185, #1253, and #475 for supporting Meals on Wheels
- Wells Fargo Bank for supporting Meals on Wheels

# Adam's Corner

Dear Friends,

“From small things, big things one day come.”

That Bruce Springsteen line succinctly captures the evolution of Meals on Wheels Central Texas since its humble beginnings in 1972.

That's when eight volunteers started lunch service to 30 homebound older adults in Austin. Today, we serve 3,000 people in seven counties, a feat made possible, in large part, by our 7,500 volunteers.


We've also increased the number of programs we offer, including home-repair, assistance with grocery shopping, pet food and veterinary care for client's pets, and much more. Our most recent addition is in-home care. As we told you last year, MOWCTX acquired HAND, a local non-profit that offers in-home care for low-income homebound adults.

Earlier this month, HAND moved from its old offices on East 2nd Street to our Central Kitchen location on East 5th Street. Many thanks to St. David's Foundation for its generous support in making the acquisition and move possible. The change in address also comes with a name change: Meals on Wheels Central Texas In-Home Care.

Having all of our programs under one roof means easier access for clients to our wide continuum of services. It 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.

One thing that hasn't changed since 1972 is the unwavering support we receive from generous donors just like you. Thanks to you, we are able to provide much more than a meal to our neighbors in need. I'm sure Bruce Springsteen would agree - that's a big thing indeed.

With Deep Gratitude,



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*In-Home Care*

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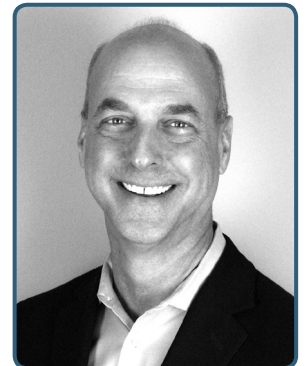
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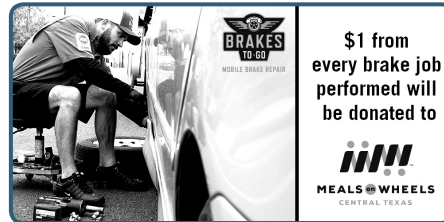
# Brakes To Go Teams Up with MOWCTX to Feed Older Adults

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.

Under a new partnership between Brakes To Go (BTG) and Meals on Wheels Central Texas (MOWCTX), BTG will donate \$1 from each brake service to support our life-sustaining programs. This contribution is expected to raise approximately \$5,000 a year for MOWCTX, which translates into the purchase, preparation, and packaging of 2,000 nutritious meals.

In addition, BTG will offer MOWCTX a discount for repairing or replacing brakes on the

non-profit's fleet of trucks and vans – a move that saves us money and reduces the number of out-of-service vehicles.



“Reliability and convenience are at the heart of our mobile brake service because we know dependable service is just as important to our customers as saving time and money. We are excited to offer our unique service to Meals on Wheels Central Texas so their mobile fleet, which is the heart of their organization, runs efficiently and effectively. Our mobile service model allows

us to service their vehicles on-site and in a timely fashion so MOW's operations are never interrupted,” said Brakes To Go Co-Founder Randall Huntsinger. “It's a privilege to partner with this organization, and to help support their growing need to serve 3,000 Central Texans daily.”

“Brakes to Go and Meals on Wheels Central Texas both offer potentially life-saving services delivered right to your door,” said Adam Hauser, MOWCTX President/CEO. “We are excited about this partnership which will help us keep up with the growing demand for our free programs.”

To learn more about Brakes To Go and this partnership, please visit: [brakestogo.com](http://brakestogo.com)

## KXAN Meteorologist Visits Mike's Place



*David Yeomans, KXAN's weekday morning meteorologist, visited Mike's Place recently to talk about the weather and climate in Central Texas and beyond. Mike's Place is MOWCTX's respite care program for people with Alzheimer's, dementia, or other memory loss issues. Thank you for sharing your weather wisdom with our clients and volunteers, David!*



## “They Do More Than Just Bring Meals” (cont.)

the St. David's Foundation and National Institute on Health. “At my age, you have a tendency to get depressed,” Mr. Noren says. “They worked with me to accept the things I can't change and gave me tools to work on the

things I can.”

One thing he has absolutely no interest in changing is his home address. “I'm fixated on independent living. I try to do as much as I can for myself,” he

tells a visitor. Mr. Noren credits MOWCTX for helping him stay in the place he's called home for 40 years. “I don't know if I could live here without Meals on Wheels Central Texas.”