

THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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MEALS ON WHEELS
CENTRAL TEXAS



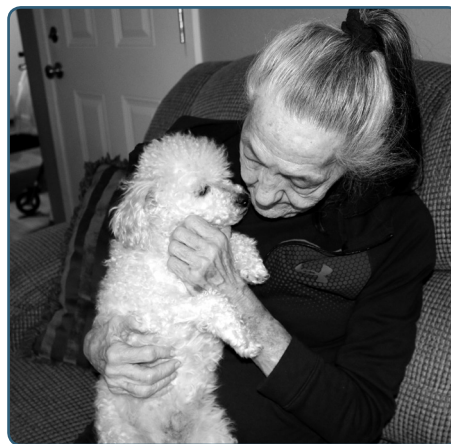
“IT’S BEEN MY LIFELINE”

Shirley Proctor has spent the vast majority of her life caring for others. As a youngster during World War II, she helped raise her little brothers while her father served in the U.S. Navy. By the time she was a young woman, she had two children of her own to nurture. Ms. Proctor eventually played a major role in caring for her granddaughter and, later, her great-grandchildren.

When she wasn't tending to family, she earned a living helping others. "I was a caregiver, a live-in, I would take care of ladies," she recalls. And her services were always in demand. "Every time I had a patient pass away, there was always somebody waiting for me to come to their house."

It was after leaving one of those houses several years ago, while stopped at a red light, that her life changed forever. Another

car slammed into the back of her vehicle, critically injuring Ms. Proctor, and rendering her unable to care for herself much less anyone else. That's when she began receiving our nutritious meals delivered to her door by our dedicated volunteers, who also perform a



Shirley Proctor relies on MOWCTX services to help her live independently and care for her beloved dog, Ryder.

friendly safety check. "Meals on Wheels Central Texas has the greatest volunteer program," she says. "The people that come to

me and do for me and check on me are just like friends. They're all so happy with what they do. It's just overwhelming to realize there are so many great people in the world and a lot of them are in this organization."

Ms. Proctor, who lives alone in a small Round Rock apartment, also receives other services from MOWCTX. Volunteers in our HOPE (Healthy Options Program for the Elderly) program provide her with monthly supplies of shelf-stable food, and a volunteer in our Handy Wheels program recently installed a new doorbell for her because she couldn't hear the old one.

Then there's the help our PALS (Pets Assisting the Lives of Seniors) program delivers when it comes to caring for her beloved dog, Ryder. PALS provides free monthly supplies of dog food as well as free basic veterinary

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“IT’S SOMETHING WE CAN DO TOGETHER”

“My parents did a lot of volunteering when they were younger. I guess it was just kind of in my blood.” That’s Beverly Darilek talking about why she and her husband, Larry Koch, began delivering meals for us two years ago.

Larry had just retired from IBM, the same place the couple met nearly four decades ago. Beverly was already retired, so the two decided to look for volunteer opportunities. “We needed something we could do for the community that was convenient to do and that we could do,” recalls Larry. “There are so many



Beverly Darilek and Larry Koch deliver meals and friendly safety checks to our clients in Williamson County.

their route—and it’s not unusual for them to deliver more than once a week. After they’ve picked up the meals from our Round Rock or Pflugerville distribution sites, Beverly drives while Larry navigates the way to clients’ homes. “It makes us feel good. It’s something that we can do together. Something we won’t argue about....too much,” she says with a laugh. “Unless we get lost,” her husband jokingly adds.

options to volunteer. But for some of them you have to have certain skills. I have friends that help people with taxes. There are people who do counseling. Well, I’m not the best counselor. But this (delivering meals) is something that just about anybody can do. So it works for us. It provides purpose.” Beverly agrees. “It really does provide purpose. And the clients, the people we deliver to are so appreciative,” she says.

The two serve as substitute drivers in the Round Rock and Pflugerville areas—filling in whenever regularly scheduled volunteers are unable to deliver

The couple encourages others to volunteer their time to help homebound older adults. “It really doesn’t take that much time and it’s just so worthwhile,” Beverly says. Yep, sounds like she surely does have volunteerism in her blood. Thank you, Beverly and Larry!

**MEALS ON WHEELS
CENTRAL TEXAS**
thanks UWWC for their continued support of our life-sustaining Meals on Wheels program, and bringing fresh lunchtime meals to homebound clients living in Williamson County.

United Way of
Williamson County



**DELIVERING MORE
THAN A MEAL**

“IT’S BEEN MY LIFELINE” (cont.)

care—which really came in handy recently when Ryder had to have five teeth pulled. “He is absolutely the companion I’ve needed. I’ve had dogs all of my life but I was able to care for

them. Ryder cares for me. I couldn’t get by without him.”

Ms. Proctor says she also couldn’t get by without Meals on Wheels Central Texas: “It’s kept me

going. It’s been my lifeline and I just can’t say enough. It covers my life. If I had a million dollars, I’d leave every penny to Meals on Wheels Central Texas.”