



## MOWCTX TO CELEBRATE 50 YEARS OF SERVING SENIORS

This upcoming year, Meals on Wheels Central Texas will celebrate 50 years of serving Central Texas homebound seniors! Our story started in East Austin in 1972 as a grassroots organization staffed by only eight volunteers serving 29 homebound seniors.

Today, Meals on Wheels Central Texas provides service to nearly 5,000 individuals in need with the help of more than 8,000 volunteers. Our services have expanded both in size and in scope, with additional programs such as Pets Assisting the Lives of Seniors (PALS), Home Repair, In-Home Care, Groceries to Go and Mike's Place. A reason to celebrate!

We will announce more about our 50th anniversary and celebratory activities in the months to come.

## ADAM'S CORNER



Dear Friends,

As I contemplated how best to capture my emotions in this last Adam's Corner before I retire, I kept coming back to why I chose to get involved with Meals on Wheels Central Texas in the first place over thirty years ago. Inspired by a close relationship with my maternal grandmother centered on food, the mission of Meals on Wheels was a perfect fit. At its core is an interaction with a fellow human being—not just any human being but one who is older, homebound and hungry; and, not just any interaction but one involving an exchange of food and friendship—two of our most important basic needs.

When all is said and done, I am most proud of what MOWCTX stands for, its purpose, its fundamental reason for being and from which it has never strayed in its almost 50 years of existence; that is, to love and care for our communi-

ty's older citizens in need so that they can live with dignity and independence.

It's been said that the true test of a society is how it behaves towards the old. What a beautiful example MOWCTX provides for all of us on how to care for seniors in need. Thanks to all of you who support the mission of this great agency—I am humbled to have been a small part of it and look forward to continuing to deliver meals to the dear seniors we serve.

Yours in Service,

Adam I. Hauser  
MOWCTX President/CEO

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## THANKS THE FOLLOWING ORGANIZATIONS AND COMPANIES FOR THEIR GENEROUS SUPPORT OF OUR MISSION

Area Agency on Aging

The Salah Foundation

H-E-B

Leo & Peggy Pierce Family Foundation

Wells Fargo Bank

The Cantu Family

The Evelyn M. Davies Trust

Whole Foods Market

Just Keep Livin' Foundation



## MOWCTX EARNS TOP AWARD FOR FISCAL TRANSPARENCY!

GuideStar, the world's largest source of information on nonprofit organizations, awarded MOWCTX with a 2021 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.

# THE MEAL TIMES

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## "WITHOUT THE VOLUNTEER VISITS, I'D BE CLIMBING THE WALLS!"

Joe Bachicha says there are two things he could not do without: his Meals on Wheels Central Texas food deliveries and the company of his dog Mini Lou, or "Miss Lou" as he calls her. Mini Lou came to Joe through the shelter system after his previous dog passed. With Mini Lou, he continues to use the services through the MOWCTX PALS (Pets Assisting the Lives of Seniors) program to cover her annual vet visits and heartworm and flea medication. Because Joe is homebound, Mini Lou

is an inside dog that sits on his lap or wakes him in the morning by putting her head on his chest. On the rare occasion that Joe leaves the house, he says Mini Lou is there upon his return, "waiting with her favorite toy."

Joe became a client of MOWCTX when his late wife developed Alzheimer's and could no longer prepare dinner for them. "I never learned to cook," says Joe. "I can make salad and pancakes, that's about all." He likes all the dish-

es he receives from our kitchen but he says his favorite are the fajitas. Joe also enjoys the friendly visits he gets from MOWCTX volunteers and their check-ins on his health and wellbeing. Joe spends most of his time alone so he shared that, without the volunteer visits and Mini Lou, he'd be "climbing the walls." This holiday season, Joe is looking forward to a delicious holiday dinner and to spending time with his daughters.



## "THEY'VE GOT MY BACK"

Ask Larry Henson why he devoted his professional life to helping others and he gives his mom all of the credit: "My mother would always do things for people...like food out of our garden. She just had a big heart for giving." The apple didn't fall far from the tree, which is how Mr. Henson wound up studying social work at The University of Texas. After college, he spent several years working with children in the Texas foster care system.

But serious health issues brought his career to an abrupt halt. These days, he lives with congestive heart failure and diabetes. Severe arthritis in both knees and one of his hands makes cooking for himself extremely challenging. When his health first declined, a friend suggested Meals on Wheels Central Texas. "I think that was the best idea I ever heard," Mr. Henson recalls with a laugh. He depends on

our lunches to maintain his health. "The food they bring is nutritious. It gives me great joy."

He appreciates as well the folks who bring the meals to his North Austin apartment. And he's happy we are resuming daily meal service in January. "I have some of the sweetest volunteers who deliver to me. It's going to be great. It will be so exciting."

MOWCTX also provides Mr. Henson with monthly supplies of shelf stable groceries through the HOPE (Healthy Options Program for the Elderly) program, our collaboration with the Central Texas Food Bank. "It helps me stretch my food," he says of the extra assistance. And he credits MOWCTX with helping him to continue to live independently and with dignity. "I don't have to worry. They've got my back."

## CALLING ALL VOLUNTEERS!

After pivoting to a bi-weekly meal delivery schedule at the start of the COVID-19 pandemic, we are excited to share that Meals on Wheels Central Texas (MOWCTX) will resume daily hot meal deliveries on January 24, 2022! The MOWCTX team is working now to fill the remaining open delivery routes that will resume in January, and **we need your help** to ensure that we can deliver meals to hungry seniors in our community. Anyone interested in volunteering is encouraged to sign up as soon as possible using the application on the website at [mealsonwheelscentraltexas.org/get-involved/volunteer](https://mealsonwheelscentraltexas.org/get-involved/volunteer)



## "MOM IS SO EXCITED"

For many folks in Maria Arzola's situation, the thought of owning a home would be a pie in the sky fantasy. It was the early 1970's and Ms. Arzola, recently widowed, faced the prospect of raising her three children alone while living in public housing. But, against all odds, Ms. Arzola achieved her dream of home ownership thanks in large part to pie.

You see, Ms. Arzola worked at Bruce Pie Company for nearly 30 years. Between her job there, actually making the pies, and the one her daughter, Vangie, got after graduating from high school, they saved enough money to buy a modest home in East Austin.

Now 92-years-old, Ms. Arzola still lives there and takes great pride in it. "She's kept that house spotless," says her daughter, Mary Ann. But sometimes Ms. Arzola needs a little help. Recently, her old gas range gave out. The Meals on Wheels Central Texas Home Repair program replaced the appliance with a brand new gas range and matching range hood.

The new stove really helps Ms. Arzola maintain her independence in the home she worked so tirelessly to buy nearly 50 years ago. "Mom is so excited," Mary Ann says. "She has a lot of memories in that house."



## "IT WOULD HAVE TAKEN US YEARS TO SAVE UP TO PAY FOR THIS"

Vietnam veteran Mike Prosser served our nation for 17 years in the United States Marine Corps.

Now 71-years-old, he and his wife, Claire, enjoy retirement in Burnet, Texas where they bought their home in 2007. "We're happy here," Claire Prosser says. In recent years, though, problems with the house began to pop up - some of which threatened the couple's safety. For one thing, Mr. Prosser was having trouble getting in and out of the bathtub.

They turned to the Meals on Wheels Central Texas (MOWCTX) Home Repair program for help. Using funds generously donated by The Home Depot Foundation, MOWCTX removed the bathtub and replaced it with a walk-in shower. Workers also installed new kitchen cabinets and counters, a new sink, and brand new appliances. They even built a doggy door for the Prossers' dogs, Ringo, Piper and Emmy, to use.

The couple is thrilled with the finished product and very grateful for the help. "It really saved us a lot. It would have taken us years to save up to pay for this," Claire Prosser says of the renovations. "I tell everybody who asks that Meals on Wheels Central Texas and The Home Depot Foundation did all of this."

## We've partnered with Target Circle.

Vote by December 31.



We are honored to have been chosen to participate in a special charitable giving campaign sponsored and funded by Target. And you have the opportunity to help direct a portion of Target's donation to us!

ocircle NONPROFIT PARTNER

Through December 31st, people can vote for Meals on Wheels Central Texas on the Target Circle program page to help determine how Target's donation will be distributed. Find out more about Target Circle on <https://www.mealsonwheelscentraltexas.org/get-involved/event/target-circle-program>

We're asking our supporters to help us make the most of this incredible opportunity. Every vote counts to help us receive a portion of the available Target funds as we continue our mission to help homebound seniors in Central Texas.

## H-E-B FEAST OF SHARING HELPS DELIVER THANKSGIVING MEALS

Meals on Wheels of Central Texas was thrilled to partner with H-E-B Feast of Sharing to deliver hot turkey dinners with all the trimmings to 350 homebound senior neighbors.

With support from H-E-B, the Meals on Wheels Central Texas kitchen team geared up to provide a feast that included turkey breast with gravy, cornbread dressing, green beans with red bell peppers, a dinner roll and carrot cake.

Our dedicated volunteers and H-E-B team members delivered these meals to clients' homes on Thursday, November 25th. We are honored and thankful to have been able to provide our homebound seniors with a hot, delicious meal on Turkey Day.

We are also grateful to H-E-B for helping Central Texas seniors celebrate Thanksgiving and age in place with dignity!



## SHARE THE LOVE

Meals on Wheels Central Texas is proud to participate in the 2021 Subaru Share the Love Event! Over the past thirteen years, Subaru and its retailers have helped Meals on Wheels to deliver more than 2.3 million meals nationwide to seniors in need. From November 18,

2021 through January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities. When you purchase or lease a new Subaru this holiday season, we hope you'll choose Meals on Wheels Central Texas as your charity of choice! Visit our website at [mealsonwheelscentraltexas.org](https://mealsonwheelscentraltexas.org) to learn more.