

THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



Volume 43, Issue 2
April 2018



MEALS ON WHEELS
CENTRAL TEXAS

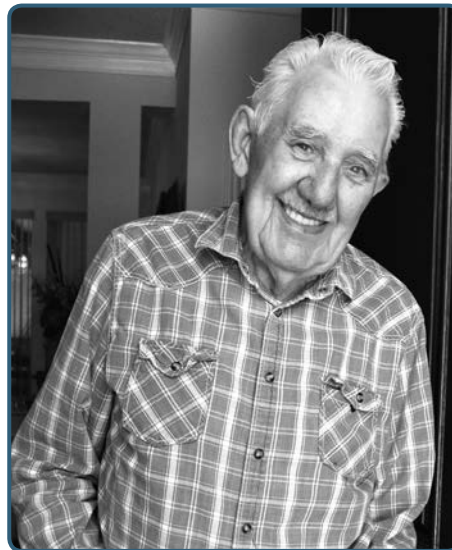


“I Look Forward to a Visitor Everyday”

Walter Sulflow got to Oahu just six months after the attack on Pearl Harbor. Extraordinary measures were in place to prevent another air raid and a mandatory blackout blanketed the island. “It didn’t make any difference where you were. You couldn’t even strike a match,” recalls Mr. Sulflow who was stationed in Honolulu as part of the 5th Army Medical Depot.

But he was far from the only member of his family who answered the call to duty during World War II. Four of his brothers were also in the military, one of his sisters served in the Women’s Auxiliary Corps, and another brother was a top mechanic who helped build P-38 fighter planes at Lockheed. “We were all gung-ho to go,” Mr. Sulflow explains. A year after Mr. Sulflow arrived in Hawaii, his older brother August was killed in action when his B-24 bomber exploded. In fact, the family’s contribution to the war effort was so significant that one California newspaper referred to the Sulflow siblings’ mom, Ruth, as the state’s number one war mother.

When the fighting ended, Walter Sulflow returned to California where he soon met the love of his life,



World War II veteran Walter Sulflow relies on our home-delivered meals to maintain his independence.

Ruth Sulflow (nee Carlson). “I stopped at a little tavern in Burbank and I noticed this girl waiting on tables. I got to talking to her and the more I talked to her, the more interested I got,” he says with a chuckle. He asked her for a date, a romance eventually blossomed, and

the couple got married on July 8, 1948. Mr. and Mrs. Sulflow, who were married for 60 years, raised four daughters together. To support his growing family, Mr. Sulflow worked for a company that built water heaters, and later got hired by a firm that manufactured heavy machinery such as gravel shakers.

Mr. Sulflow retired in the early 90’s. He and his wife decided to move to the Austin-area to be near one of their daughters, so the couple bought a home in Pflugerville in 1992. Sixteen years later, Ms. Sulflow passed away after a courageous battle with cancer—a deadly byproduct of her job during World War II. “She was a ship welder. They say over time she got into that asbestos stuff. It was inoperable,” her husband says.

Now 95-years-old, Mr. Sulflow lives alone in the house he once shared with his wife. Two of his daughters reside in Texas and come to see him every weekend. Three years ago, one of them was concerned he wasn’t eating right during the week and

(Continued on back page)

“I Love PALS for What They Do”

Marilyn Langley dreams of the day when she can finally walk her dogs, Big Boss and Serenity, to the park. But in order to achieve that dream, Ms. Langley must first undergo major surgery.

Chronic back pain makes it challenging for her to walk—so she uses a wheelchair to take her two pets to the park. She’s hopeful, though, that an upcoming operation will dramatically improve her quality of life. However, Ms. Langley will be unable to care for her dogs while she’s hospitalized and, later, while she’s at home recuperating. And she can’t afford to pay for boarding the pair.

Fortunately, our PALS (Pets Assisting the Lives of Seniors) program can help. In addition to providing free pet food and basic veterinary care

for clients’ furry friends, PALS also offers pet boarding while clients are hospitalized or recuperating. Our wonderful community partners at Austin Dogtown Boarding and Daycare will board, feed, and provide lots of TLC for Big Boss and Serenity at no charge while Ms. Langley is incapacitated.

PALS Program Manager Heather Allard credits Austin Dogtown’s generosity for making the boarding service possible. “We can’t thank them enough for providing peace of mind to our clients while they face major medical issues. We have no doubt that knowing their pets are happy and safe will help the people we serve recuperate more quickly,” Allard says.

Ms. Langley agrees. “I’ve got to take care of myself so I can take

care of my babies. I know (at Austin Dogtown), they will be well taken care of and treated the way I treat them. I love those dogs, without them, I’d be lost,” she says before quickly adding, “and I love PALS for what they do!”



While PALS client Marilyn Langley recuperates from back surgery, our community partners at Austin Dogtown Boarding and Daycare will care for Ms. Langley’s dogs, Serenity (l) and Big Boss, at no cost to Ms. Langley.

Glass Blowers Provide Mind-Blowing Support for MOWCTX

Dozens of the finest glass artists in the Lone Star State will gather in Austin the third weekend in May to show off their glass blowing skills, their art, and their support of MOWCTX.

They’ll be taking part in the Armadillo Art Glass Initiative (AAGI),

an annual event that benefits Meals on Wheels Central Texas. AAGI features glass blowing exhibitions, art booths, food trucks, music, and much more.

This year’s event, which is open to folks 18 or older, will be held May 18-20 at Grav Labs (3501

Dime Circle, Austin 78744). For more information, visit bit.ly/AAGI2018

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!

Thank You, Amplify Austin Donors!

On behalf of the 5,000 homebound Central Texans we serve, thank you to everyone who donated to MOWCTX during Amplify Austin!

Amplify Austin is a 24-hour online campaign that raises funds for 700 Central Texas non-profits—and this year’s event collected more than \$10,000,000.

When all was said and done, MOWCTX received more than \$177,000 from 650 individuals and our wonderful partners at St. David’s Foundation, Topfer Family Foundation, and UFCU!

These funds will help MOWCTX in our efforts to meet the ever-increasing demand for our array of

holistic programs that keep older adults healthy, safe, and living independently.

Many thanks to all who participated in Amplify 2018!



Wells Fargo Celebrates New Location with Gift to MOWCTX

Our wonderful partners at Wells Fargo Bank recently celebrated the opening of their newest branch banking location in Austin by donating \$10,000 to help the homebound Central Texans we serve!

During a grand opening celebration at the new bank, which is located at 1825 South Pleasant Valley Road, Wells Fargo Region Bank President David O'Neil presented MOWCTX President/CEO Adam Hauser with the generous contribution. Wells Fargo has now donated a total of \$102,000 to our agency over the past two decades. That's the



Wells Fargo celebrated the grand opening of its newest Austin-area branch banking location with a \$10,000 donation to MOWCTX. Pictured are (l-r) Adam Hauser, MOWCTX President/CEO, with Wells Fargo's Theresa Alvarez, VP of Community Affairs; David A. O'Neil, Region Bank President; and Christopher Nguyen, V-P, Marketing Manager.

equivalent of more than 40,000 of our hot, nutritious meals.

But the Bank also provides vital assistance to us in other ways. Many of its team members are also Meals on Wheels volunteers. Wells Fargo employees have logged nearly 2,000 combined hours (and counting!) of volunteerism which has saved MOWCTX nearly \$50,000 (and counting!) in transportation costs.

Thank you, Wells Fargo, for your continued support of our mission—and congratulations on your newest Austin location!

Austin Mayor Delivers Meals

Austin Mayor Steve Adler took time out of his busy schedule recently to deliver meals and some companionship to some of our homebound clients. The delivery was part of March for Meals, a month-long national celebration of Meals on Wheels programs and the seniors they serve. MOWCTX President/CEO Adam Hauser and MOWCTX Board Chair-Elect Meg Youngblood joined the Mayor on his March 29 route.

While delivering a meal to 84-year-old Lino Martinez, Mayor Adler got to see first-hand the positive impact



During his recent Meals on Wheels delivery route, Austin Mayor Steve Adler presented MOWCTX client Robbie Gibson with a city proclamation in honor of her 104-birthday.

our Home Repair program can have on a client's health and safety. We recently repaired the foundation of Mr. Martinez's home, removed carpeting (which posed a tripping

hazard) and replaced it with vinyl tile, and installed central air and heat in the 90 year-old house.

At Mayor Adler's final stop, he delivered a meal and a proclamation to Robbie Gibson, who had turned 104 a week earlier. The proclamation declared March 29, 2018 as Robbie Gibson Day in Austin!

Thank you Mayor Adler and the great City of Austin you lead for your support of our mission, and Happy Birthday, Ms. Gibson!

Local Client & Volunteer Star in National PSA

MOWCTX volunteer Dana Wills has been delivering lunch to 87-year-old Conway Leon Noren every Friday for more than a decade. The two have become fast friends and their friendship is now the focus of a new national public service announcement for Meals on Wheels.

The PSA is part of a campaign called "America, Let's Do Lunch", a joint effort by Meals on Wheels America and the Ad Council to encourage Americans to spend one lunch hour a week delivering meals, safety checks, and companionship to homebound older adults.

You can watch the PSA online by visiting: bit.ly/MOWCTX-PSA



“We Didn’t Know Anything About Computers”

MOWCTX Program Connects Seniors with Technology

“I thought they were trying to sell me a computer until they told me it was a program at Meals on Wheels,” says Jose Castro of his and his wife Pauline’s introduction to Connecting Seniors with Technology (CSWT).

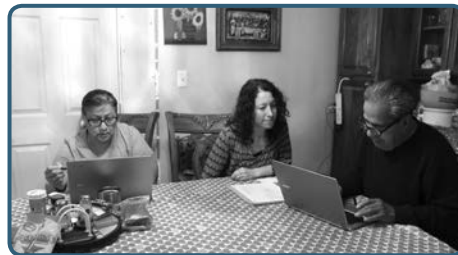
CSWT is our free service that helps older adults increase their knowledge and comfort level with computers and technology. This program is funded and supported in part by the City of Austin through the Grant for Technology Opportunities Program. MOWCTX provides technological hardware and training to help isolated seniors and individuals with disabilities learn to connect with the internet and the outside world. All tutoring is done by dedicated CSWT volunteers.

The Castros, who are clients of our home-delivered meals program, were eager to sign up for CSWT. “We didn’t know anything about computers,” says Ms. Castro. “I couldn’t wait until whoever it was was going to come teach us,” she adds.

Their teacher turned out to be Elisa Saslavsky, a longtime Meals on Wheels volunteer who decided to also donate her time to CSWT.

“Being a Meals on Wheels volunteer all of these years, you recognize the loneliness and the separation some people have from being in their homes all of the time,” she says.

After attending an introductory training session, she was assigned the Castros. “I started with them back in November. I [taught] them how to log onto a computer, what



Connecting Seniors with Technology volunteer Elisa Saslavsky (center) helped Pauline and Jose Castro learn how to use a computer and navigate the internet.

a password is, how to treat your password, what to do to get into the computer, and then from there we kind of went with their likes and interests. They’ve been so much fun to work with,” Ms. Saslavsky says of her pupils.

Six months later, the Castros are able to navigate the internet and send emails without any assistance. “We’re not great, but we’re giving it a try and it’s helping us a lot,” says Mr. Castro. “Elisa was such a great teacher,” his wife adds.

Ms. Saslavsky says she believes she got just as much out of the experience: “I find it extremely rewarding. It makes me feel good knowing that I’ve opened their world to something bigger.”

Our Connecting Seniors with Technology Program is looking for volunteers—particularly in East Austin. Email cswt@mealsonwheelscentraltexas.org for more information!

GRATITUDE

- Animal Lovers of Austin, Inc. for supporting PALS veterinary services
- Austin American-Statesman for supporting MOWCTX in the Season for Caring
- Boomerang’s for Platinum Sponsorship of the 2018 Golf Tournament
- Carl C. Anderson, Sr. & Marie Jo Anderson Charitable Foundation for supporting Meals on Wheels Central Texas
- Home Depot Foundation for supporting veteran home repairs
- IBC Bank for the Beverage Sponsorship of the 2018 Golf Tournament
- INTERA – Geoscience and Engineering Solutions for Title Sponsorship of the 2018 Golf Tournament
- James R. Dougherty, Jr. Foundation, Inc. for supporting Meals on Wheels
- Lola Wright Foundation for supporting Breakfast Meals
- Maxwell Locke & Ritter for the Gold Sponsorship of the 2018 Golf Tournament
- St. David’s Foundation for supporting Meals on Wheels, Senior Centers, MOWCTX In-Home Care, and Building Expansion Phase III of MOWCTX Headquarters
- Strake Foundation for supporting Breakfast Meals
- Sway for supporting Meals on Wheels Central Texas
- Texas Capital Bank for sponsoring the 2018 Golf Tournament
- Theodore P. Davis Charitable Trust for supporting Meals on Wheels Central Texas
- TMF Health Quality Institute for supporting Meals on Wheels
- Topfer Family Foundation for supporting Meals on Wheels
- Uber for supporting Meals on Wheels
- Wheatsville Co-op for supporting Meals on Wheels Central Texas

Adam's Corner

Dear Friends,

Where's your happy place?

Fortunately, mine is just a few steps from my office—which makes it easy on days when I want a vivid reminder of our mission here at Meals on Wheels Central Texas.

You see, my happy place is Mike's Place, our free respite care program for people with Alzheimer's, dementia, or other memory loss. It's a perfect example of our multi-layered holistic approach in helping those we serve stay healthy, safe, and independent.

Every Tuesday and Wednesday, caregivers bring their loved ones to our headquarters on East 5th Street where our staff and volunteers provide four hours of fun and stimulating activities such as musical performances, exercise, pet therapy, gardening, sing-alongs, and much, much more. Every client is assisted by a 'buddy', a friendly, dedicated volunteer who helps the client get the most out of each day's festivities. And, our incredible kitchen staff whips up a healthy morning snack and a nutritious lunch for clients and volunteers.

Mike's Place, the only program of its kind in East Austin, provides caregivers with a much needed break from the often exhausting duties of looking after their loved ones. We also offer caregivers classes, support groups, and panel discussions designed to give them the knowledge and emotional tools they need.

We have space for more clients at Mike's Place. If you'd like to learn more about this wonderful program, I invite you to contact me. You will not find a more welcoming, comforting, and loving community than at Mike's Place, as I personally witness every week when I visit my friends there.

I look forward to hearing from you and would welcome the opportunity to show you around my happy place!

In service together,



BOARD OF DIRECTORS

Meg Youngblood, Board Chair
Maxwell Locke & Ritter LLP

Norine Yukon, Chair-Elect
Community Volunteer

Nick Weynand, 2nd Vice Chair
Mighty Citizen

Michael C. Brown, Treasurer
Texas Capital Bank

Samuel Lee Houston, Secretary
Houston's Computer Software Services

Benjamin M. Hanson, Immediate Past Chair
EQ Capital Strategies, LLC

Namkee G. Choi, Ph.D
University of Texas at Austin

B.J. Friedman, Ph. D
Texas State University, San Marcos

Julian Rivera
Husch Blackwell LLP

Stewart Whitehead
Winstead PC

Adam Hauser
President and CEO
Meals on Wheels Central Texas

MANAGEMENT TEAM

Adam Hauser
President and CEO

Larry Cosper, C.P.A.
Executive Vice President & CFO

Michael Wilson
Sr. Vice President & COO

Marsha Wier
Executive Director/MOWCTX
In-Home Care

Melanie Alexander
Vice President for Human Resources

Charles Cloutman
Vice President for Home Repair Program

Theresa Medlin Crawford
Vice President for Volunteer Services
and Distribution

Demereal Owens
Vice President for Client Services

Nicole Sarkar
Vice President for Development

Thad Rosenfeld
Vice President for Communications



MOWCTX Uses Science to Help Hungry Seniors

Did you know that MOWCTX employs the science of nutrition to help us effectively combat elderly hunger in our community? Our licensed dietitian and public health professional use industry standard tools to efficiently identify clients who are most at risk of going hungry. We then use this information to enroll them in our Breakfast Meals Program, which provides weekly supplies of frozen, nutritious breakfasts that augment our lunchtime meals.

The U.S. Department of Agriculture's food security questionnaire helps us determine the need for those breakfasts. Clients are asked a series of questions such as whether they ever run out of food, have to skip meals due to a lack of food, or go hungry because they can't afford groceries. Scores range from 0 (high food security) to 6 (very low food security), and clients who score 2 or higher are referred to our Breakfast Meals Program. Those morning meals can make a significant difference

in the health and wellbeing of our most vulnerable neighbors. "The connection between food insecurity and health outcomes, especially for older adults, is strong," says Seanna Marceaux, MOWCTX's Director of Nutrition Services.

MOWCTX is proud to use proven scientific methods to identify our hungry neighbors and offer meal programs—with your vital support—that help alleviate hunger in our community.

Wheatsville Co-op Delivers Nourishment and Love

Wheatsville Food Co-op and Meals on Wheels Central Texas have some things in common—we both got started in Austin during the 1970's and we both provide the people we serve with healthy food choices and outstanding customer assistance.

The 42-year-old co-op, which is the only retail food cooperative in the



Wheatsville Co-op team members recently delivered meals to some of our homebound clients. Wheatsville has been a longtime supporter of MOWCTX. Credit: Wheatsville Facebook page

state, has been a longtime supporter of our mission to help older adults and people with disabilities maintain their health, safety, and independence. In fact, MOWCTX was the focus of Wheatsville's Community Action campaign this past December, which raised more than \$12,000 for our agency. All told, since 2005, Wheatsville has given MOWCTX nearly \$50,000 to help Central Texans in need!

Wheatsville team members recently got the chance to meet some of the folks their philanthropic efforts help. The employees volunteered to deliver meals and a little bit of love to some of our homebound clients on Valentine's Day. Our Volunteer Services Department gave the Wheatsville crew an orientation on meal delivery and off they went.

"The MOWCTX team was very thorough and got us all trained up super quickly. They really do a good job of getting volunteers to understand how important it is for the recipients to maintain their dignity while accepting help. I felt super honored to be able to deliver HOT meals to people in my community. I could see that our efforts were relied upon and that was a great feeling. I love that MOWCTX is an integral part of their lives," says Dana Tomlin, Wheatsville's Fresh Manager.

By the way, Wheatsville's 21,000+ invested owners have already selected MOWCTX to be the food co-op's Community Action charity for September 2018. We deeply appreciate all that Wheatsville does for those we are honored to serve!

"I Look Forward to a Visitor Everyday" (cont.)

suggested he call Meals on Wheels Central Texas. "I said yes because I'm not a good cook and I've been with Meals on Wheels ever since," says Mr. Sulflow. "They're very good," he says of our hot nutritious lunches. But he also looks forward to visiting with the volunteers who

bring him his meals: "They (the visits) mean a lot. I'm not quite as lonesome as I was before. I'd sit here and think and start getting sad-eyed. But it's gotten better since I've been with Meals on Wheels. I think my life is better....because I look forward to a visitor every day.

So I feel good about that."

Follow us:

