

CHECK OUT OUR NEW WEBSITE!

Meals on Wheels Central Texas' new website make it easier than ever to learn more about our vast array of free services, find a substitute for your Meals on Wheels route, or become involved in our mission.

Our previous site was almost 10 years old, which is ancient in digital years. Thanks to a generous

grant from the St. David's Foundation, we were able to replace it with a website that is much easier to navigate regardless of whether you're using a computer, tablet, or smartphone.

Amy Atchley, our Director of Marketing, worked closely with Trademark Media, the company that designed and built the new

site. The end result is beautiful and very user-friendly.

Meals on Wheels Central Texas thanks the St. David's Foundation and Trademark Media for making all of this possible! Be sure to visit www.mealsonwheelscentraltexas.org to see the site for yourself.

PALS COORDINATOR TO LEAD NATIONAL GROUP

Heather Allard, our PALS Program Coordinator, has been named Chairperson of Meals on Wheels America's recently formed Pet Advisory Council.

The council's goal is to help Meals

on Wheels agencies around the nation start and grow pet assistance programs just like the one we began several years ago. The group will also work to build partnerships with pet food suppliers

and manufacturers.

Congratulations, Heather, and thank you for helping our clients care for their furry friends!

MOWCTX AND TEAM DEPOT HELP HEROES



Members of Team Depot receive last minute instructions before repairing the home of veteran Andrew Ramirez.

Meals on Wheels Central Texas' Home Repair Program recently teamed up with The Home Depot to transform the homes of two Central Texas veterans.

On Thursday, September 8,

three dozen area Home Depot associates spent the day painting, putting in new flooring, appliances, building a wheelchair ramp, and many other much-needed renovations to the homes of Raul Lopez and Andrew Ramirez. The two men live a block and a half from one another in East Austin's Holly neighborhood. Mr.

Lopez served in the Army during the Vietnam War and struggles with mobility issues. Mr. Ramirez served in the Army during Operation Desert Storm. He suffers from chronic back pain.

The volunteer project was part of Home Depot's annual Celebration of Service campaign, a nationwide effort to give back to veterans between September 1 and Veterans Day.

Our Home Repair program also performed vital renovations to the two veteran's homes – including new roofs, electrical upgrades, and bathroom modifications. It's all part of Meals on Wheels Central Texas' focus on helping families in the Holly neighborhood. We've invested more than \$2,000,000 in home repairs in the area over the last 18 months.

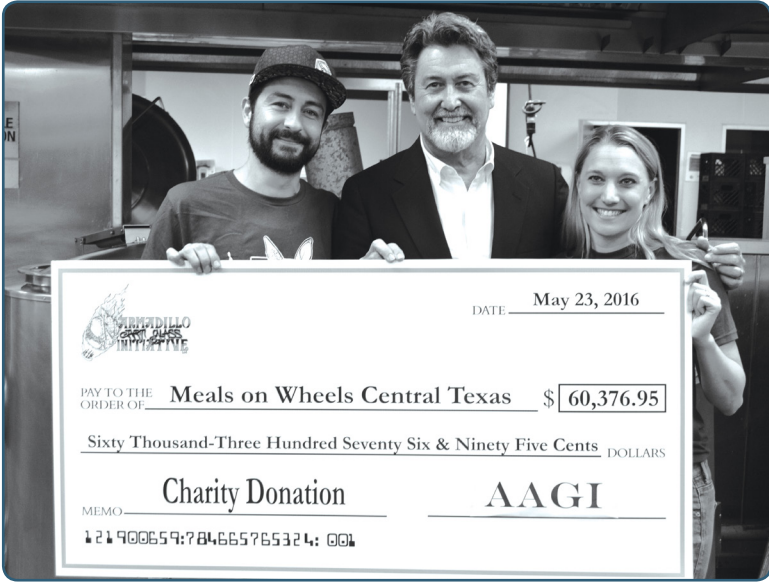
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GLASS ARTISTS SHATTER EXPECTATIONS

The artists with Armadillo Art Glass Initiative crafted yet another outstanding fundraiser benefitting Meals on Wheels Central Texas!

Armadillo Art Glass Initiative (AAGI) is an organization of glass artists dedicated to helping people in need. AAGI's annual spring festival spotlights dozens of artists from across the Lone Star State and features live glass blowing demonstrations, a silent auc-



Craig Lewis and Sarah Hauser from Armadillo Art Glass Initiative with MOWCTX CEO Dan Pruett

tion, music, and food. All proceeds benefit MOWCTX.

This year's event raised more than \$60,000! Since the festival began in 2013, AAGI has raised more than \$145,000 for our agency – that's enough to pay for 58,000 of our hot, nutritious meals!

MATCHING GIFT OPPORTUNITY ABOUT TO END!

Donate to Meals on Wheels Central Texas during the month of October and you can double the impact of your gift!

A generous donor has offered to match donations dollar-for-dollar, up to \$25,000. That means

you'll be helping twice as many homebound older adults maintain their independence.

Here's how it works: If you're giving by check, simply write "matching gift" in the memo portion of your check. If you're do-

inating by credit card, visit www.mealsonwheelscentraltexas.org, click on the "Match Your Gift" icon and follow the easy instructions.

This wonderful opportunity ends October 31.

FILLS A NEED (CONT.)

Dr. Namkee Choi from UT, who also is a member of our board of directors. Ms. McKay credits TTSD with helping her overcome depression. "The project came at just the right time for me," she says.

"It's so much more than meals," Ms. McKay answers when asked

what Meals on Wheels Central Texas means to her. "It fills a need in my life. It encourages me and it feeds me to keep going and to do the mission I've been given to do, which is working with prisoners and allow me to be the change agent I'm meant to be."

She adds, "If Meals on Wheels

had not come into my life at the time it did, I wouldn't have had the energy, or the care, or the love to feed me to keep me going, and I know that."

THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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MEALS ON WHEELS FILLS A NEED IN MY LIFE

When asked her age, Ruth McKay replies, "81, but only in biological years." Mentally, she says, she feels much younger: "I'll never get old."

In her younger days, Ms. McKay worked hard in such varied jobs as hotel manager; running a group home for boys; and teaching at Job Corps, a free education and training program for young people. She also volunteered for Prison Fellowship, a global outreach program for inmates and their families. There's no doubt Ms. McKay's brain still runs full steam ahead these days; her body, however, moves a bit slower down the tracks. Her physical condition makes it challenging for her to get around. But that doesn't stop her from still donating her time to Prison Fellowship. Sitting in her South Austin apartment, armed with a phone and her computer, she helps re-



Ruth McKay has been a MOWCTX client since 2006.

cruit and train volunteers.

She began receiving our hot, nutritious lunchtime meals 10 years ago. As much as she enjoys the food, she loves the folks who bring it to her door even more. "The volunteers, they're everything. That's my social world," she says with a smile. She rattles off the names of volunteers and

the day on which they deliver her lunch.

Once a month, Ms. McKay receives a bag of shelf sustainable groceries as part of our HOPE (Healthy Options Program for the Elderly) program. We also help her care for Maizey, the little mixed-breed rescue dog she refers to as "my little buddy." Our PALS program provides Ms. McKay with monthly supplies of dog food as well as basic veterinary care for Maizey.

Ms. McKay appreciates all of our free services. She's especially thankful for our Telehealth Treatment Service for Depression (TTSD), a program in which we've teamed up with the University of Texas School of Social Work. TTSD provides free, short-term, evidence-based treatment for our clients who are 50 or older. The program is led by

(Continued on back page)

IT’S AN ACTIVITY I ENJOY

Bill Phillips has no need for GPS while navigating South Austin. “After 11 years, I’d say I know all of the streets without using a map,” he says of his time as a dedicated Meals on Wheels volunteer in that part of town.

Bill is a substitute driver, which means he fills in for other volunteers when they are unable to deliver their routes. Our Volunteer Services Department calls Bill on an as-needed basis. He’s always free to say he can’t drive that particular day. But he rarely does. The 74 year-old native Iowan is retired and it’s not unusual for him to sub five days a week, and he says he wouldn’t have it any other way. “It’s fun because I usually get to do two, frequently three routes every day; so I get to see many



Volunteer Bill Phillips delivers meals all over South Austin.

different people. It’s an activity I enjoy doing,” says Bill.

He also enjoys playing tennis, but even that takes a back seat when he gets that call from Volunteer Services: “Since I play two or three times a week, I might be on the court. My tennis partners are used to me carrying my phone around and when the

phone rings, play stops.”

Since Bill lives in Southwest Austin, he picks up meals at our Holy Cross Lutheran, United Methodist, or Prince of Peace Lutheran distribution sites, depending on where he’s needed. His wife, Gay, who’s also retired, often pitches in. “Frequently, on days when she doesn’t have volunteer activities of her own, she drives for me,” he says.

“At this point, I don’t see myself stopping,” he answers when asked how long he plans to volunteer. “If I can still play tennis and deliver meals every day, then I’m very much happier.” It turns out Bill Phillips doesn’t need a GPS to find contentment in life.

WE NOW OFFER IN-HOME CARE!

Meals on Wheels Central Texas recently acquired HAND, a local non-profit home-care agency that serves low-income older adults. This is exciting news for us. The acquisition adds in-home care to our holistic approach to keeping our clients living independently with dignity.

HAND’s personal care attendants assist clients with activities of daily living: bathing, grooming, dressing, toileting, laundry, shopping, and more.

“The life -sustaining services we are already providing mesh perfectly with HAND’s top-notch in-home care. Together, we can offer our low-income neighbors

the help they so desperately need and deserve,” says Dan Pruett, President/CEO of Meals on Wheels Central Texas.

This acquisition was made possible by our friends at the St. David’s Foundation as well as the boards of directors at MOWCTX and HAND. HAND will be a division of Meals on Wheels Central Texas. At the same time, it will remain a separate 501c3 and will continue to operate out of its 2nd Street location for the time being. MOWCTX Vice President of Human Resources Marsha Wier has been promoted to Executive Director of HAND.



HAND personal care attendant Manuela Hernandez assists client Mary Jo Staton with the activities of daily life.



Thank you for supporting MOWCTX and the homebound Central Texans we are honored to serve!

LOVE AT FIRST SIGHT

Ever since Meals on Wheels client Lee Mills lost her beloved dog, Panda, she’s longed for another pet. Thanks to our partners at

complimentary transportation to and from the shelter as well as assistance in adopting a small pet.

Ms. Mills instantly fell in love



MOWCTX client Lee Mills cradles her new dog, Melody.

Classic Canines, Ms. Mills recently found a new furry friend.

Classic Canines is a volunteer program sponsored by the Friends of Austin Animal Shelter; it finds homes for senior dogs. The organization provided Ms. Mills with

with Melody, a rat terrier mix. Our PALS (Pets Assisting the Lives of Seniors) will provide Ms. Mills with monthly supplies of free dog food. In addition, Melody will receive free basic veterinary care through our partnership with the Texas Veterinary Medical Foundation.

GRATITUDE

- AMD for supporting Meals on Wheels
- Annual Texas Fried Chicken Throwdown for supporting Meals on Wheels Central Texas
- Armadillo Art Glass Initiative for supporting Meals on Wheels
- BBVA Compass Foundation for supporting Meals on Wheels
- Bluebonnet Electric Cooperative, Inc. for sponsoring a new vehicle for Country Wheels
- Donald D. Hammill Foundation for supporting Meals on Wheels and Mike’s Place
- Entergy Services, Inc. for supporting general operations at MOWCTX
- Episcopal Church of the Good Shepherd for supporting general operations at MOWCTX
- H-E-B for sponsoring our Thanksgiving Day Meal delivery
- Keating Family Foundation for supporting Breakfast Meals
- Lola Wright Foundation for supporting a technology equipment upgrade
- Meals on Wheels America for supporting PALS and general operations at MOWCTX
- Patrick and Aimee Butler Family Foundation for supporting Meals on Wheels
- Roy F. & Joann Cole Mitte Foundation for supporting Meals on Wheels
- Snooze A.M. Eatery for supporting Meals on Wheels Central Texas
- St. David’s Foundation for supporting MOWCTX’s acquisition of H.A.N.D.
- Texas Capital Bank for supporting Meals on Wheels
- The Home Depot Foundation for supporting Home Repair for veterans
- Topfer Family Foundation for supporting Meals on Wheels
- Veritas Foundation for supporting Breakfast Meals
- Walmart Foundation for supporting Meals on Wheels and a new meal delivery van
- Wells Fargo Bank for supporting Meals on Wheels

DAN’S CORNER

Dear Friends,

I’m honored to work side-by-side with the folks who make it possible for Meals on Wheels Central Texas to provide life-sustaining services to 5,000 homebound older adults every year.

There’s a lot of people who ensure that happens: our staff, which is the best Meals on Wheels team in America; MOWCTX’s small army of 7,000 dedicated volunteers who deliver our nutritious meals; a board of directors that’s the cream of the crop; and our generous supporters – people like you who share our passion for helping Central Texans in need.

But now it’s time for me to hand over the reins. I’ve decided to retire effective March 31, 2017. As I look back on my 13 years here, I’m struck by how much we’ve accomplished for the sweet folks we serve. We’ve dramatically expanded our holistic approach to keeping our clients living independently. The most recent example of that is our acquisition of HAND, a local non-profit that provides free in-home care for low-income older adults. Your unwavering support of our mission makes all of this possible.

MOWCTX Board Chair Ben Hanson will lead a Transition Committee to conduct a national search for my successor. Meanwhile, I will be fully engaged through my last day on the job. I have great love, admiration, and appreciation for all of you.

Regards,

Dan

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Thad Rosenfeld
Vice-President for Communications



Dan Pruett