



**MORE THAN
A MEAL**

IMPACT REPORT 2018



MEALS on WHEELS
CENTRAL TEXAS

OUR MISSION

Meals on Wheels Central Texas seeks to **nourish** and **enrich** the lives of the homebound and other people in need through programs that promote **dignity** and **independent living**.



2 out of 3 **new Meals on Wheels clients** who were malnourished or 'at risk' **improved** in just **3 months**

DEAR FRIENDS

Are you familiar with the term “health span”?

If not, it describes the period of your life during which you’re free from serious disease. It’s also the perfect description of the impact our holistic programs make in the lives of those we serve. Simply put, Meals on Wheels Central Texas, with our **“More Than a Meal”** philosophy, extends the health span of those we serve. As a community-based health care provider, we believe extending the “well period” of one’s life not only benefits the thousands of homebound older adults and people with disabilities we serve, but our Central Texas community as well.



Our programs, which focus on alleviating the social determinants of poor health, work in concert to keep older adults and people with disabilities healthy, happy, and safe inside their own homes—allowing them to age in place with dignity and independence. MOWCTX services, such as our signature Meals on Wheels program, and our In-Home Care and Home Repair programs, reduce falls, trips to the emergency room, and hospital readmissions. And, we also address our clients’ emotional health with our PALS program, which provides free pet food and veterinary care for clients’ pets, and our technology-based Telehealth Treatment for Depression and Connecting Seniors with Technology programs.

None of this could take place without your incredible support. Thanks to your generosity, we delivered vital services to 5,000 Central Texans in need in 2018. Elsewhere in these pages, you’ll meet some of the wonderful people we are honored to assist. As you read their stories and see the impact our services have on the lives of those we serve, we hope you’ll know that we could not do it without you.

We deeply appreciate your continued support of our mission!

Yours in Service,

A handwritten signature in black ink that reads "Meg Youngblood".

Meg Youngblood, Board Chair

A handwritten signature in black ink that reads "Adam Hauser".

Adam Hauser, President/CEO

DELIVERING MORE THAN A MEAL

“I’ve got a walker, and I can’t take a step without it,” says 80-year-old Jean Lunan of the chronic health issues that impair her mobility.



Ms. Lunan, who lives alone in her northeast Austin apartment, relies on our holistic platform of programs in order to age in place with dignity.

volunteers who deliver the meals: “I chat with every one of them.”

Our home-delivered meals and safety checks go a long way in helping Ms. Lunan live independently. But she also needs assistance with the activities of daily living beyond cooking. That’s why MOWCTX In-Home Care attendants help her with house cleaning, laundry, running errands, grocery shopping, and much more.

And the help doesn’t stop there. MOWCTX’s Handy Wheels program even installed a door



of clients report that our meals are an **essential** part of their **daily nutrition**

Her physical condition makes it extremely painful for her to stand for any period of time. Our nutritious meals, hand-delivered by dedicated volunteers, mean she doesn’t have to worry about cooking. “I get the lunches every day—Meals on Wheels prepares such delicious food,” she says. Ms. Lunan also enjoys the daily visits from our dedicated

bell in her home to make it easier for her to know when she has visitors.

Ms. Luhan appreciates all of the assistance: “Meals on Wheels Central Texas is just the best organization! Social Security doesn’t cover very much. So, it’s very helpful to [have Meals on Wheels]!”

HELP FOR HOMEBOUND ELDERS BATTLING DEPRESSION

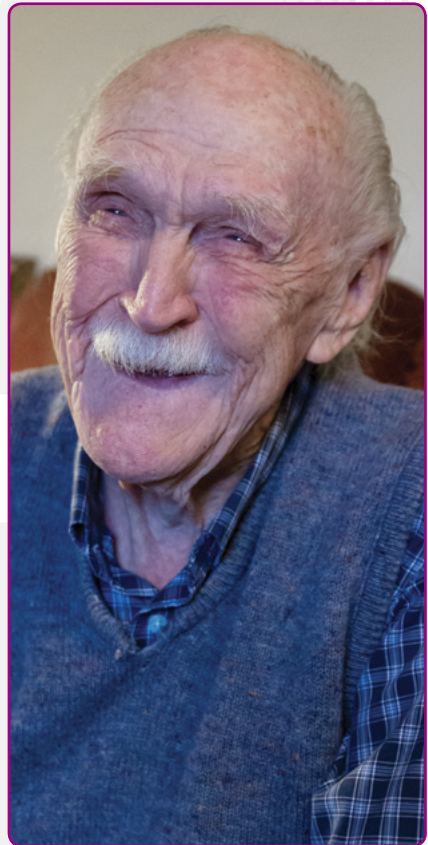
“I was very depressed. I had become a recluse,” recalls 88-year-old Conway Noren. “At my age, sometimes you have a tendency to get depressed.”

Mr. Noren is correct - homebound older adults do face a higher risk for depression than the general population. That's why Meals on Wheels Central Texas teamed up with the Steve Hicks School of Social Work at the University of Texas at Austin to provide free, short-term, evidence-based treatment for our clients who are 50 or older. MOWCTX's Telehealth Treatment for Depression program features mental health counselors who help the homebound people we serve build skills to better manage their depression, and all services include in-depth, in-home assessment sessions.

Mr. Noren, a retired architect, says a loss of eyesight due to macular degeneration contributed to his depression. “I was afraid to go out. I was afraid of getting lost, and I was becoming an isolate,” he says. But our Telehealth program gave him the tools he needed to

conquer those feelings. “I get out now. I ride the bus everywhere I go. [The counseling] really did open up my life again!”

The Meals on Wheels Central Texas Telehealth Treatment for Depression program is generously funded by the National Institutes of Health and the St. David's Foundation.



REPAIRING HEROES' HOMES

When American General Douglas MacArthur walked ashore at Leyte in the Philippine Islands in October 1944, two years after he famously vowed “I shall return”, 20-year-old Joe Celestino of Austin was there. “[MacArthur] returned with a bunch of people, and I was one of them,” says Mr. Celestino, who served in an amphibious tractor battalion during World War II.

After the war, Mr. Celestino got married, and he and his wife, Nancy, eventually had six children. He worked for 30 years in facility maintenance at Bergstrom Air Force Base in Austin. Ms. Celestino passed away eight years ago, and her husband lives alone in the house the couple bought 55 years ago in East Austin.

Recently, the home needed attention. The central air and heating system had to be replaced as did the plumbing—and old carpet and tile posed serious tripping and slipping hazards.

The foundation needed work and so did the bathroom – a walk-in shower would be much safer for Mr. Celestino to use than the existing bathtub.

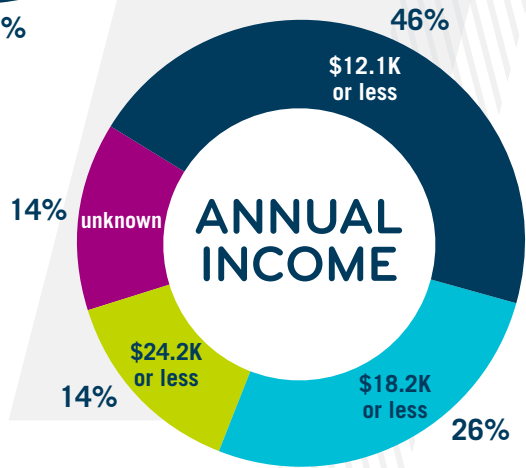
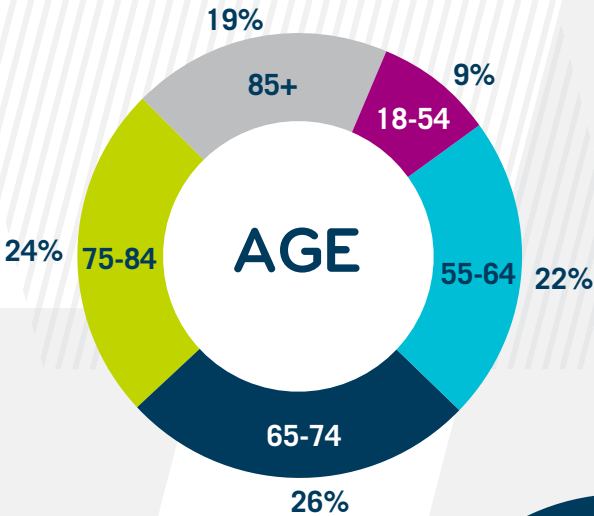


Through funding generously provided by The Home Depot Foundation, Meals on Wheels Central Texas' Home Repair Program transformed his house into a safer place for him to live, and Mr. Celestino could not be happier: “I’m 94-years-old and I don’t want to move! This is home!”

256

Home Repair projects in **178 homes** to help improve the **safety** and **wellbeing** of seniors, veterans and the economically disadvantaged

WHO WE SERVE



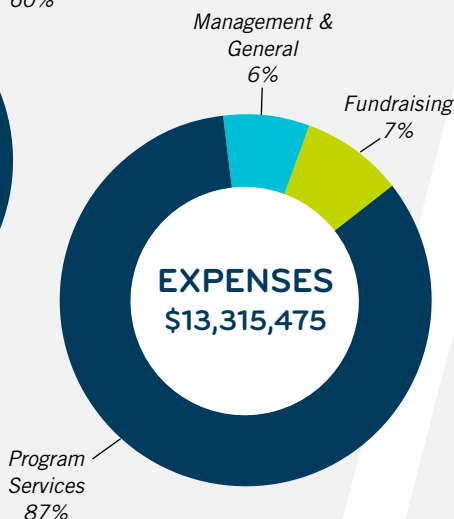
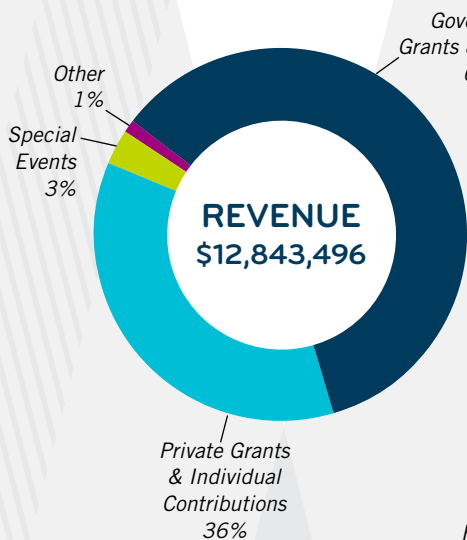
OUR VOLUNTEERS

Total number of MOWCTX volunteers: **8,650**

Total number of MOWCTX volunteer hours: **133,881**

Many thanks to our dedicated volunteers—each of whom helps us deliver **more than a meal!** We, along with the 5,000 people we serve every year, deeply appreciate their continued volunteerism!

OUR FINANCIALS*



LIABILITIES & NET ASSETS

Current Liabilities	\$1,561,426
Non-Current Liabilities	\$2,589,634
Fund Balances	\$7,678,669

TOTAL LIABILITIES & NET ASSETS **\$11,829,729**

ASSETS

Cash	\$3,904,468
Other Current Assets	\$2,267,261
Other Non-Current Assets	\$5,658,000

TOTAL ASSETS **\$11,829,729**

* Unaudited. Audited financial results will be available in July 2019. Please contact email@mealsonwheelscentraltexas.org or call our Development Department at 512-476-6325.

OUR PROGRAMS*

MEALS ON WHEELS

Nutritious home-delivered meals

Volunteers delivered 565,727 meals!

HOME REPAIR

Major home repairs/renovations done by professionals

178 homes transformed into safer places to live!

IN-HOME CARE

Assistance with the everyday activities of daily living

200,652 hours of in-home care provided!

SENIOR CENTERS

Meals and activities at local senior centers

109,260 congregate meals provided!

CASE MANAGEMENT

Designed to fit specific needs of clients, including technology assistance

9,450 hours of case management provided!

PALS

Pet food and medical care for our clients' pets

37,712 pounds of dog and cat food delivered!

MIKE'S PLACE

Respite and activity center for those with Alzheimer's or dementia

3,567 hours of fun and respite provided!

GROCERIES TO GO

Grocery and prescription shopping assistance

8,189 volunteer hours dedicated to helping clients!

BREAKFAST MEALS

Additional meals for those who are food insecure

Clients received 42,860 breakfast meals!

COUNTRY WHEELS

Home-delivered meals for those living in rural areas

30,091 meals delivered to rural clients!

HANDY WHEELS

Safety-related minor home improvements and repairs

849 jobs completed!

HOPE

Shelf-stable groceries for our most at-risk clients

94,907 lbs. of food delivered!

**All statistics from FY2018*

OUR DONORS

Many thanks to our major Government, Corporate, and Foundation Partners:

3M Austin Center

Advanced Micro Devices (AMD)

American Red Cross

Amerigroup

Applied Materials Foundation

Area Agency on Aging of the Capital Area

Armadillo Art Glass Initiative

**Austin American-Statesman, Season
for Caring**

Austin Community Foundation

Austin Empty Bowl Project

Barkitecture Austin

Best Single Source Plus

Big Lots

Boomerang's Food, Inc.

**Carl C. Anderson, Sr. & Marie Jo Anderson
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**City of Austin Grant for Technology
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Community Foundation**

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IBM Employee Charitable Giving

INTERA Geoscience & Engineering Solutions

Isla Carroll Turner Friendship Trust

Jacob & Terese Hershey Foundation

James D. Abrams Foundation

**Joni Templeton Charitable Trust, Bank
of America, N.A.**

**LGR Foundation Community Fund #3 at
Austin Community Foundation**

Lola Wright Foundation

Maxwell Locke & Ritter LLP

Meals on Wheels America

Orangetheory Fitness

Philip Theodore Bee Charitable Trust

Planet K

Redman Foundation

R.L. Mace Universal Design

Roy F. & Joann Cole Mitte Foundation

Shield-Ayres Foundation

Silicon Labs

St. David's Foundation

**Steve Hicks School of Social Work at the
University of Texas at Austin**

Subaru Share the Love

Texas Capital Bank

Texas Department of Agriculture

**Texas Department of Housing and
Community Affairs**

**Texas Department of Housing and Community
Affairs-Amy Young Barrier Removal Program**

**Texas Department of Health and
Human Services**

Texas State Affordable Housing Corporation

Texas Veterans Commission

Texas Veterinary Medical Foundation

The Emergency Food and Shelter Program

The Home Depot Foundation

Theodore P. Davis Charitable Trust

TMF Health Quality Institute

Topfer Family Foundation

Travis County

Uber Austin

UnitedHealthcare

**United Way of Williamson County
Valley, an Elior Company**

Wells Fargo Bank

Wheatsville Co-Op

Winkler Family Foundation

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Executive Director/MOWCTX
In-Home Care

Melanie Alexander, SHRM-CP
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Charles Cloutman
Vice-President for Home Repair

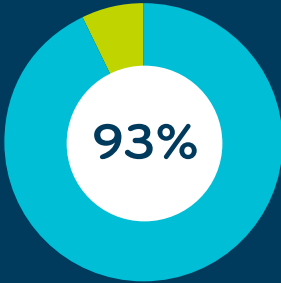
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Vice-President for Volunteer Services
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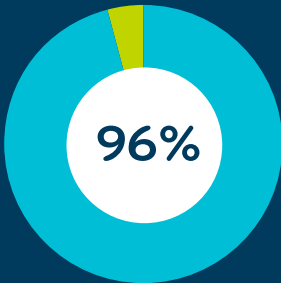
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Vice-President for Development

Thad Rosenfeld
Vice-President for Communications



of **clients** report feeling more **socially connected** because they enjoy visiting with the person who delivers their meals



of **volunteers** report that the interaction with clients is **important** and **meaningful**



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CENTRAL TEXAS

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www.mealsonwheelscentraltexas.org