



# Meals on Wheels Central Texas 2023 Impact Report

# A Message of Thanks



## Dear Supporters of MOWCTX,

I hope this message finds you well, and I want to express my sincere gratitude for the unwavering support you have provided Meals on Wheels Central Texas throughout the years. Your dedication as volunteers and donors has been instrumental in allowing us to meet the diverse needs of our neighbors.

As we enter 2024, I reflect on our incredible journey together since I joined MOWCTX. What began as a humble initiative in a small East Austin kitchen with just eight volunteers has evolved into a robust operation, thanks to our volunteers' and donors' passion and generosity. We now proudly serve over 3,000 meals every business day.

The landscape of Austin has transformed considerably over the past five decades, and in response, we have expanded our efforts to keep pace with the growing demand. According to US Census data, the aging population is anticipated to double for those 65 and older. At the same time, the number of individuals over 85 is projected to triple over the next 50 years. This rapid demographic shift presents us with the challenge and opportunity to continuously expand and evolve, ensuring

that we can consistently meet the changing needs of the neighbors we are serving.

I am thrilled to be part of an exceptional team as we courageously navigate this next chapter of growth. Meals on Wheels Central Texas offers a chance to witness community in action through the vital services we offer and the positive spirit that permeates our organization, leaving a lasting impression on the older adults and disabled in our community. Your continued presence and support on this journey are immensely appreciated.

Thank you for standing with us as we embrace this next chapter in our growth. Together, we can continue to make a meaningful difference in the lives of those we serve.

## In Mission,

*Henry Van de Putte, President and CEO*

A handwritten signature in black ink, appearing to read "Henry Van de Putte".

# Meal Delivery

74.3% OF MEAL DELIVERY RECIPIENTS ARE 65+

77.5% OF MEAL DELIVERY RECIPIENTS ARE LIVING WITH A DISABILITY

54.1% OF MEAL DELIVERY RECIPIENTS LIVE BELOW THE POVERTY LINE

**96.4%** OF NEIGHBORS ARE LIVING BELOW **250%** OF THE POVERTY LEVEL



“

I love hearing that knock every afternoon. It gives me something to look forward to.

–Gregoria



“

I don't know what I'd do if I didn't have this meal delivery every day.

–Carlos



# PALS

PALS (Pets Assisting the Lives of Seniors) assists in caring for the pets of current Meals on Wheels Central Texas neighbors.

A pet can provide much-needed companionship and help to reduce the isolation and loneliness that many of the homebound seniors and adults with disabilities we serve experience. One client wrote, “They treat them with tender loving care so I have no problem entrusting my pets to them. I need every little bit of help I can get.” The PALS program keeps neighbors and their pets together, living at home with dignity.

## FOSTERING FRIENDS



# 217

NEIGHBORS AND THEIR PETS RECEIVED FREE VET CARE

# 1,785

VOLUNTEER HOURS WERE CONTRIBUTED

# 40,526

POUNDS OF PET FOOD AND LITTER DELIVERED

# Home Repair

# SAFE SHELTER



Before



After

A Texan through and through, Leon Benford was born in 1951 in Bastrop, TX. He served proudly in the Air Force for ten years in the early '60s. He honed his skills as a mechanic, working on airplanes and military trucks. Returning to Bastrop to care for his aging parents, he met his lovely wife, Betty, who became his partner for 30 years. Leon was a truck driver for many years, traveling across the state. A job that took a toll on his back. Later in life, he took a job with the City of Austin, also working as a mechanic. Unfortunately, due to exposure to chemicals on site, Leon developed asthma and had no choice but to retire.

Leon was always good at building and repairing, so it was no surprise that he built his own family home from the ground up in Elgin, TX in the mid-nineties. According to his son Joseph, it's a sprawling home that needed upkeep. Something that Leon had trouble with after several heart attacks and a bout with cancer. The house needed significant work, and Joseph set out to find resources for his father. "I had a mission to make that house comfortable for my father," he stated.

Joseph found the Meals on Wheels Central Texas Home Repair program and immediately signed his father up. In no time, construction teams were on-site working to make vital upgrades around the property. Leon's home got a brand new roof, a raised foundation, and two new porches in the front and back of his home. Affording Leon a great spot to visit with his family and get outside.

112

HOMES  
REPAIRED



OVER 60% OF HOME REPAIR  
NEIGHBORS ARE VETERANS  
OR SPOUSES OF VETERANS



70% OF HOME  
REPAIR NEIGHBORS  
ARE DISABLED

# Congregate

# 65,223

HOT MEALS WERE SERVED TO OUR SENIOR NEIGHBORS AT OUR 21 CONGREGATE SITES



## Connection

Earlonda feels true ownership over the program she runs at the Derwood Congregate Senior Center. “This is an awesome opportunity for me. It’s a way to give back,” she states. She prides herself on creating a sense of family for the older adults who arrive daily to socialize and have a warm lunch. “For some, it is the only family they have,” says Earlonda. “We use pet names with each other like mama and sister. It’s an extended family for sure.”

A typical day at Derwood has neighbors arriving as early as 9 am to participate in the food pantry and market. Afterward, coffee, snacks, socializing, and bingo

make up the morning until lunchtime. Every afternoon offers a main activity that fosters movement and mobility, like a Zumba class, or keeps minds active with games and puzzles. Earlonda usually welcomes upwards of 20 neighbors daily, and the center is full of activity and laughter. Congregate fosters friendships between participants like Marcos and Enrique (pictured), who moved from Cuba and were delighted to find each other. They have become fast friends and spend most days sharing stories over lunch. “We try to offer educational opportunities and handouts for them daily,” says Earlonda. “It’s a one-stop shop for resources for older neighbors.”

# 1,785

NEIGHBORS WELCOMED AT OUR CONGREGATE CENTERS

# 86.3%

OF NEIGHBORS AT OUR CONGREGATE SITES ARE 65 YEARS OF AGE OR OLDER

# Volunteering

MOWCTX could not exist without the input of our volunteers. Last year, **3,326** volunteers dedicated **88,132** hours of their time. The equivalent to more than 53 full-time employees.



I volunteer at Meals on Wheels Central Texas because I can see the impact it makes when I show up at the door.

**–Travis**

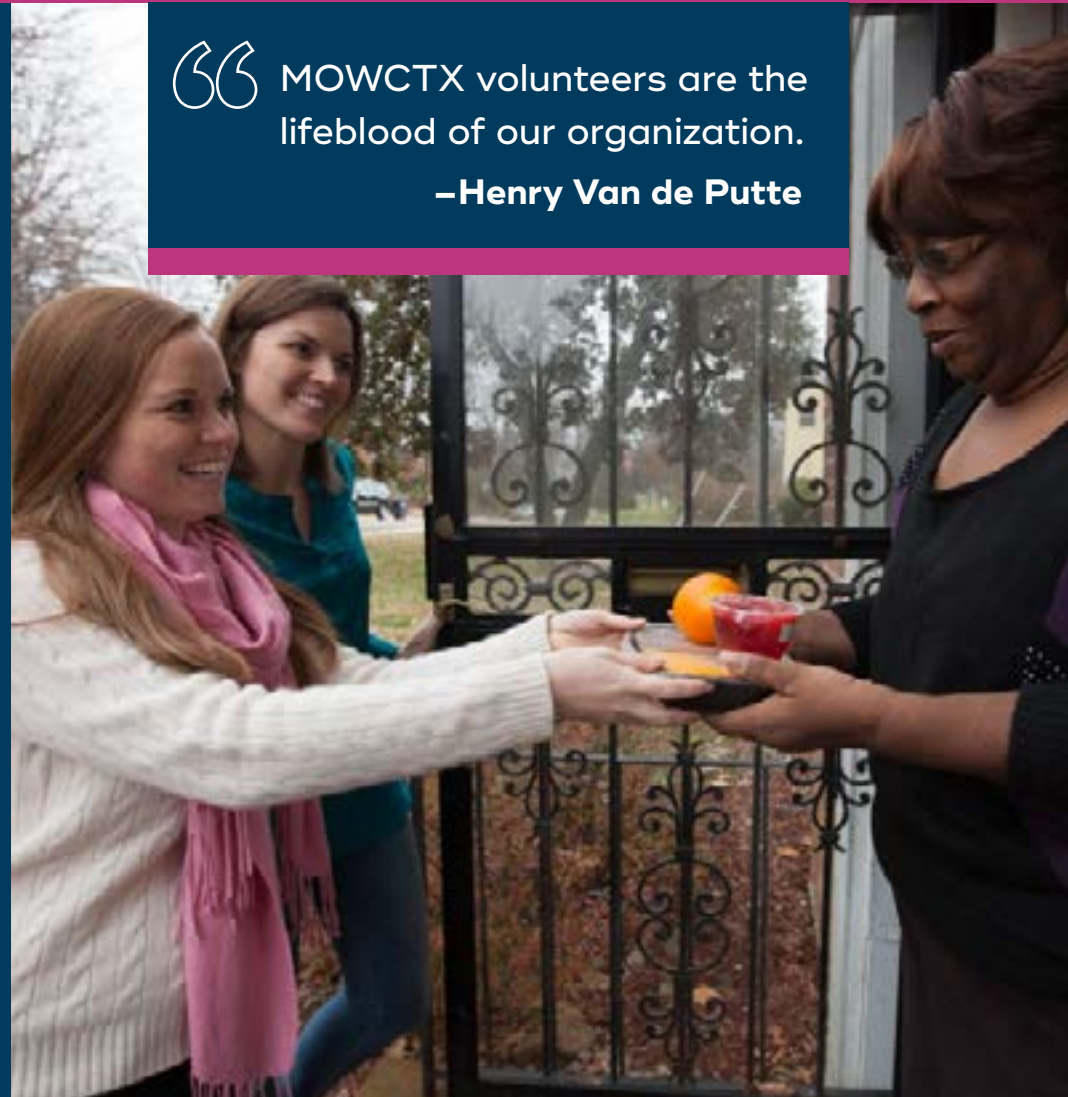
My volunteer is always so kind when she shows up. It makes me smile to see her every day.

**–Margaret**



MOWCTX volunteers are the lifeblood of our organization.

**–Henry Van de Putte**



**95%**

OF MOWCTX NEIGHBORS REPORTED FEELING SAFER KNOWING A MOWCTX DRIVER WILL BE COMING TO THEIR HOME FOR MEAL DELIVERY

**93%**

OF NEIGHBORS REPORTED THE MEALS DELIVERED BY MOWCTX ARE AN ESSENTIAL PART OF THEIR DAILY NUTRITION



## Community Service

As many of our volunteers do, Tanvir Hyder found Meals on Wheels Central Texas while searching for a volunteer opportunity. In 2018, he found himself retired and was looking for something to fill his time after a long, successful career as a CPA. “I worked for companies like Xerox and American Airlines,” he stated. “I was looking for a worthwhile activity.” Initially, Tanvir volunteered in Arlington, TX, where he lived with his wife, Ana. “This was the one charitable organization where she approved of me spending my time,” he laughs. But the couple decided to move to Austin, and Tanvir quickly signed up to be a sub volunteer, ensuring he would have a route daily. “I wanted to be busy every day. Subbing was the best way to do it.”

Tanvir quickly noticed the need of the senior neighbors he delivered to, and he committed himself to serving his community from 2018 to now. “Most of them need the food. They can’t cook it for themselves,” he stated. After his wife passed in 2020, Tanvir became a fixture at Meals on Wheels Central Texas. He shows up ready to deliver on wherever route he gets. When asked what aspect he liked most about volunteering, Tanvir replied, “I like the organization. It gives me something to do. Seeing all these people gives me a sense of gratitude, and I’m glad I am delivering food instead of having food delivered to me.” Tanvir is committed to serving his community as long as he can. “I get more from Meals on Wheels Central Texas than I give,” he remarks. “It’s not an even exchange.”



Looking for a way to rally your team? Volunteer with Meals on Wheels as group. Corporate and group opportunities are perfect for team building and giving back to the community!

[Find out more at mowctx.org](https://www.mowctx.org)





# In-Home Care

# 248,978

HOURS OF  
IN-HOME CARE  
PROVIDED



It's so much more than a job for me. It's a real connection between me and my neighbors. I really feel like I am making a difference in their day.

–Marisol, Caregiver



REPORTED IHC SERVICES HELPED THEM MAINTAIN A HEALTHY AND SAFE HOME

# 61,690

VISITS MADE BY CAREGIVERS



REPORTED THE VISIT WITH THEIR CAREGIVER HELPS THEM FEELS LESS LONELY AND ISOLATED



My caregiver is so kind. He makes sure I have everything I need before he leaves in the afternoon. I have peace of mind knowing he is there.

–Eunice

# Financials

# Leadership

## Meals on Wheels Central Texas

Year End 9/30/23

<b>REVENUE</b>	<b>\$13,709,709</b>
Private Grants & Individual Contributions	46%
Government Grants & Contracts	44%
Other	10%
<b>EXPENSES</b>	<b>\$16,683,595</b>
Program Services	79%
Fundraising	8%
Management & General	13%
<b>LIABILITIES &amp; NET ASSETS</b>	<b>\$20,425,906</b>
Current Liabilities	\$874,127
Non-Current Liabilities	\$2,305,778
Net Assets	\$17,246,001
<b>ASSETS</b>	<b>\$20,425,906</b>
Cash	\$644,232
Other Current Assets	\$1,128,320
Other Non-Current Assets	\$18,653,354
Total Assets	\$20,425,906

### EXECUTIVE TEAM

**Henry Van de Putte III**  
President and CEO

**Michael Wilson, Ph.D.**  
Chief Operations Officer

**Katy Avenson**  
Chief Financial Officer

**Melanie Alexander, SHRM-CP**  
Chief People Officer

**Paul Secord**  
Chief Advancement Officer

**Seanna Marceaux, MS RDN LD**  
Chief Strategy and Impact Officer

**Marsha Weir, SPHR**  
Executive Director for In-Home Care

**Theresa Medlin Crawford, MS**  
Vice President for Volunteer Services and Distribution

**Bryan Sykes**  
Vice President for Home Repair

### BOARD OF DIRECTORS

**Michael Brown**  
Board Chair, Plains Capital Bank

**Nick Weynand**  
Vice Chair, Mighty Citizen

**Samuel Lee Houston**  
Secretary, Houston's Computer Software Services

**Namkee G. Choi, Ph.D**  
Steve Hicks School of Social Work at the University of Texas, Austin

**Norine Yukon**  
Immediate Past Chair, Affiliate Faculty, University of Texas School of Nursing, United Healthcare Community Plan of Texas

**Jason McBride**  
Senior Vice President of Commercial Product, Superior Health Plan

**Stuart Whitehead**  
Managing Shareholder-Austin, Winstead

# Strategic Plan



# VISION

To be the most effective non-profit in Texas providing nutritious, high-quality meals and a variety of life-enriching services to older adults and others in need.



# MISSION

Delivering care that empowers our neighbors by promoting dignity and independence.

## Strategic Priorities



# Thank You

Thanks to all of our foundation and corporate supporters  
and to our nearly 10,000 individual donors last year.

Adobe Inc.	Dell Computer Corp	I Live Here, I Give Here	Mark IV Capital Inc.	Redman Foundation	The Harry E. and Edna L. Montandon Charitable Trust
AMD Matching Gift Program	Donald D. Hammill Foundation	IBM Retiree Charitable Campaign	Meals on Wheels America	Renaissance Charitable Foundation	The Herndon Family Foundation
American Endowment Foundation	Donald D. Mateer Foundation	Infineon Technologies Foundation	Microsoft Matching Gifts Program	Rotary Club of Austin University Area Foundation	The Home Depot Foundation
American Lebanon Association	Dubose Family Foundation	IPC National Charitable Foundation	Morgan Stanley Employee Giving Program	RWH Foundation	The Pillsbury Winthrop Shaw Pittman Foundation
American Legion Post, No 83	ECG Foundation	J.D. Abrams Foundation	Morgan Stanley Global Impact Funding Trust, Inc.	Samsung Austin Semiconductor	The Rachael & Ben Vaughan Foundation
Andrew Delaney Foundation	Education Foundation, MOD	James D. and Kay Y. Moran Foundation	Myer Family Charitable Foundation	Schwab Charitable	The Thom Charitable Foundation
Apple Inc	Environmental Fund For Texas	James R. Dougherty, Jr. Foundation, Inc.	National Christian Foundation Austin	Shepherd Of The Hills Lutheran Church	The Winkler Family Foundation
Apple Matching Gifts Program	Fidelity Charitable	Jollyville Sertoma Club, Inc.	National Philanthropic Trust	Southside Bank	Topfer Family Foundation
Austin Community Foundation	Finn Family Foundation, Inc.	JustGive	Nightlight Foundation	Springhouse Foundation	Tres Grace Family Foundation
Austin Empty Bowl Project	Friedel Family Foundation	KVUE Austin	Off The Wall	St. David's Foundation	United Way for Greater Austin
Austin Mar Thoma Church	Give Lively Foundation Inc.	Leo & Peggy Pierce Family Foundation	Pflugerville ISD	Strake Foundation	Wheatsville Co-op
Big Lots	H-E-B	Liveoak Venture Partners Management Services LLC	PFS Shared Blessings Foundation	The Arnold Foundation	Wilson Sonsini Goodrich & Rosati Foundation
Covenant MSO	Holy Cross Catholic Church Bingo Account	Lola Wright Foundation	Rapid Express Car Wash LLC	The Barilla Foundation	
Cross Texas Transmissions	Howell Engineer & Co.			The Fifth Age of Man Foundation	





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