

THE MEAL TIMES

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MEALS ON WHEELS
CENTRAL TEXAS



MOWCTX TAKES "A LOAD OFF OF MY MIND"

"I was born in Winston-Salem, North Carolina, and we moved a lot, for reasons unknown. I used to say my daddy stole chickens and my mother told fortunes," says Victoria Kashe with a chuckle. But that nomadic lifestyle obviously left a deep impression on her; after graduating from high school in Ft. Worth, she went to work for Braniff Airways as a flight attendant. "[Airlines] fascinated me [and] I wanted to see places other than Ft. Worth," she explains.

Ms. Kashe spent five years multi-tasking at 35,000 feet, ensuring the safety and comfort of her passengers. "Anybody who's ever flown [for a living], we've all got stories, and all of mine are in that," she says pointing to a large book on the coffee table in her Round Rock apartment. Using the pen name Cristine Cashay, she wrote "Flying the Colorful Skies of Braniff International Airlines", a collection of first-

hand accounts of life in the air and on the ground told by those who flew for the Dallas-based carrier back in its glory days.

Her journey from Braniff attendant to author was not a direct flight, though. There



Round Rock resident and MOWCTX client Victoria Kashe holds the four books she's written

were several stops in between - different jobs in different places, including, at one point, working as a costumer and wardrobe assistant on several films and

TV commercials. She also found time in her mid-40's to go to college, graduating four years later with a degree in Psychology. Five years after that, her life changed in an instant.

In 2002, Ms. Kashe suffered a massive stroke that left her partially paralyzed. "I never regained full use of my left hand or my left leg or my left side. I can't walk by myself," she says. She uses a cane or a wheelchair to get around the apartment she rarely leaves. But that didn't slow her down. She decided she wanted to be an author and went on to write four books: the one about Braniff, as well as three works of fiction.

While the writing may come easy, cooking for herself does not since it's difficult for her to stand. But our home-delivered nutritious meals help her maintain her health and her independence. "I'm a diabetic. I was borderline

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CHURCH VOLUNTEERS DELIVER FOOD AND FELLOWSHIP

“Churches are gathering places, they’re gathering places where people come together to share in community. But community doesn’t end at our [church] doors; community is out beyond our doors.” That’s how Laura Tomaszewski describes how she and several other members of the St. Julian of Norwich Episcopal Church in Round Rock formed a Meals on Wheels volunteer team in 2016.



Laura Tomaszewski, from the St. Julian of Norwich Episcopal Church’s Meals on Wheels volunteer team, delivers lunch to MOWCTX client, Joy B.

“We were looking for something to do right in our neighborhood where our church is [located]. We noticed that Meals on Wheels Central Texas had a need for help

in Williamson County and so we thought it was a good fit,” she adds. Nearly 20 members of the St. Julian’s congregation donate their time to help MOWCTX; most of them as meal delivery drivers. But some team members volunteer for our PALS program, which provides free pet food and veterinary care for our clients’ beloved four-legged friends. “We all really enjoy being able to help people out with those things that are important to them in their daily lives,” says Ms. Tomaszewski.

The team takes turns driving the meal route - which means Ms. Tomaszewski delivers about once a month. “There isn’t one favorite part of this experience, I enjoy the whole thing. I look forward to greeting John when he answers the door and seeing how he’s doing, and talking to Ms. Julia, we both share a love of the national parks system,” she says, describing some of the homebound clients on the St. Julian’s route.

When asked about her favorite

volunteer memory so far, she tells the story of a client who had been bed-ridden when she first began receiving our meals. One day, not too long ago, the client answered the door when Ms. Tomaszewski delivered her lunch. “She was up and mobile for the first time in a very long time! It was just such a happy moment - to see that she had been getting the nutrition, and the ability to heal, and the strength to be up at the door. It was just like ‘you’re doing great!’, that joyous moment of knowing that impact,” Ms. Tomaszewski says. “That was great!”

**MEALS ON WHEELS
CENTRAL TEXAS**
thanks UWWC for their
continued support of our
life-sustaining Meals
on Wheels program,
and bringing fresh
lunchtime meals to
homebound clients living
in Williamson County.

United Way of
Williamson County



MOWCTX TAKES “A LOAD OFF OF MY MIND” *(cont.)*

for years, but after the stroke I was full-fledged. The meals I receive [from Meals on Wheels] are good for diabetics, which is a load off of my mind. I don’t have to think about it. I just eat it,” says Ms. Kashe. She also enjoys the visits from our dedicated volunteers who deliver her lunch- especially Bill Edlund, who rings

her doorbell every Monday, hot meal in hand. “Bill gives me a weather report, because I don’t go outside. He’s always in a good mood” she says.

She credits our meals and volunteers for nourishing her body and spirit: “I know the food is good for me because I’m not

the world’s best at sticking to a diabetic diet. And I get to see Bill.”

Sit back and enjoy your flight, Ms. Kashe. Meals on Wheels Central Texas is honored to provide you with first-class service!