

# THE MEAL TIMES

NEWSLETTER OF MEALS ON WHEELS CENTRAL TEXAS



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MEALS ON WHEELS  
CENTRAL TEXAS



## “IT MEANS I GET TO SEE A SMILING FACE”

When she was no more than a child herself, Gloria Frederick discovered she possessed a flair for babysitting. “I started babysitting when I was 11 years old. I loved it,” she recalls more than 70 years later.

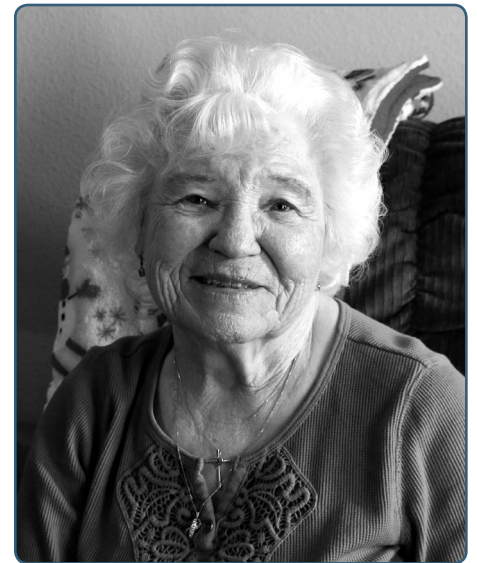
Ms. Frederick got married when she was 18 and became a mother not long thereafter, eventually raising five children of her own – and putting all of that babysitting experience to good use. When asked her secret to caring for kids, she says “just pay attention to the child, make sure they’re in no harm, and play with them if they want to play.”

She and her husband, Earl, who served in the U.S. Army during the Korean conflict, were both active in their church, and she sang in the choir there, as did several of her children.

But her church choir days are now over. Earl Frederick passed away 16 years ago. And last year, chronic pain forced Ms. Frederick, who is 82 and lives alone, to quit cooking her own meals. “I have a bad back and when I go in the kitchen and cook, I’m hurting by the time I get my meal fixed,” she explains. Fortunately, Meals on Wheels Central Texas was there to help. “It was actually my daughter’s idea (to contact MOWCTX). She wanted to make sure I had a hot meal at lunchtime,” says Ms. Frederick.

Five days a week, our dedicated volunteers deliver nutritious lunches to Ms. Frederick’s Round Rock apartment. While she enjoys our healthy meals, the daily visits and safety checks by the friendly folks who deliver the food mean just as much to

her. “They are considerate and very polite. They know me by my name and they’ll say ‘Hi, Gloria, how are you, have a good



*Gloria Frederick enjoys the hot meals and warm smiles our volunteers deliver to her door.*

day’ before they leave. It’s very pleasant. I enjoy it. It means I get to see a smiling face,” she says with a smile of her own.



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## “IT FEELS GOOD TO HELP SOMEBODY”

Brenda and Jack Chisum fell in love scooping ice cream.

Back in the 1960’s, while the two were in high school, they worked side by side as soda jerks at a drugstore in their hometown of New Boston, Texas. “We both were behind the soda fountain making shakes, banana splits, and sandwiches,” recalls Jack. The couple got married in 1968. After a half-century of marriage, the two are still side by side. But instead of making the food, these days they deliver it – specifically to homebound older Williamson County residents served by Meals on Wheels Central Texas.

Ms. Chisum began volunteering first – way back in the 1980’s. Perhaps it was inevitable she would volunteer to help older adults. “I grew up with both of my grandmothers and they were very close to me. Neither of them could drive, so I always did things for them. It was a natural thing for me. [The Meals on Wheels Central Texas clients] are

in need of help and it feels good to help somebody,” she says of her efforts.

Her husband, who worked for State Farm Insurance for more than 30 years, joined her on

a difference in our community,” Mr. Chisum says. He adds that he and his wife have grown close to the clients on their route: “These folks have become friends. We’ve gotten to know them, and it’s good to see them on a weekly



*Jack and Brenda Chisum with MOWCTX client Earl Bissett (left).*

her weekly Round Rock meal route every Wednesday once he retired in 2006. “It’s just a good opportunity that we can be together and volunteer and make

basis and talk to them, smile with them, and wish them a nice day. It’s just like your friends who you’ve known for years.”