

Delivering meals and so much more . . .



For Immediate Release
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Mayor to Deliver Cake to Haltom City Resident Who Recalls Days of Old West

Haltom City, TX – A longtime Haltom City resident and pioneer is celebrating her **100th birthday** Friday, July 16, 2010. Haltom City **Mayor Bill Lanford** will stop by to wish her a happy birthday as well as deliver a birthday cake, compliments of Ridglea Country Club in Fort Worth. Ms. Argo, who is a Meals On Wheels client, remembers when her family arrived in Texas from Oklahoma in a covered wagon when she was just a little girl. She spent much of her young life plowing the fields. "We did it by mule back then," she said. "There were no fancy machines." In her 20s, she worked for the Swift-Armor meat packing company. Over the years, she has raised her family of three children, four grandchildren, seven great-grandchildren, and two great-great-grandchildren. When asked her secret to her long life, she said, "working hard."

You are invited to join us in celebrating this special day. The client will be available for interviews and photo opportunities with Mayor Lanford during this time. Please contact Meals On Wheels at the number provided above for time and directions.

About Meals On Wheels

Meals On Wheels, Inc. of Tarrant County is a nonprofit agency dedicated to providing hot, nutritious meals and services to homebound people who are unable to prepare meals for themselves and have no one to help them on a regular basis. This service supplies much-needed food and daily visits to elderly, disabled, and chronically ill people in Tarrant County. Meals are prepared in Meals On Wheels' own kitchen to ensure the highest quality food at a reasonable cost. The meals and services that the agency provides allow homebound people to remain in their home for as long as possible, maintaining their independence and dignity.

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