

Meals On Wheels Needs Volunteers!

Meal delivery takes about an hour and your route can be close to your home or place of employment. Make a difference today and volunteer to help those less fortunate.

Do you already deliver meals? Then help spread the word! Take a friend along on your next delivery. Let them see the faces of the homebound and disabled individuals that need help to remain independent in their own home. You can also call our Marketing Department and schedule one of our experienced speakers for your church, civic group or corporation. We have special volunteer opportunities at our fundraisers throughout the year, too! Call today to find out how you can help!



Pet food volunteer, Harriet Waring, sits and visits with Ms. Manning and her chihuahua, Pepper.

Are you a pet lover? Meals On Wheels also delivers pet food to our clients' furry friends. The need for a pet food program was recognized by Meals On Wheels' personnel after discovering that a number of clients were sharing their hot meals with their pets when they could not afford to purchase pet food each month. The goal of the Companion Pet Program is to support the needs of lower income clients and their pets by providing supplemental pet food on a monthly basis. Donations of unopened bags of pet food 3-8 lbs. bags and monetary donations are being accepted today!

Make a difference and call today!
For information please call Nedra Cutler at 817-336-0912 x 126 or Susan Chappel in our Arlington office at 817-277-3705.

Enrich your life by enriching the lives of others.

**• Mayors for Meals 2007 •
Wednesday, March 21, 2007**

Tarrant County Mayors will deliver meals to Meals On Wheels' clients in their city.

Participating Mayors

- | | |
|--|--|
| Mayor Linda Arrington
City of Azle | Mayor T. Oscar Trevino
City of North Richland Hills |
| Mayor Jerry Dittrich
City of Benbrook | Mayor Dorothy Alderholt
Town of Pantego |
| Mayor David Kelly
City of Colleyville | Mayor David Regan
City of Richland Hills |
| Mayor Billy Davis
City of Crowley | Mayor Herman Earwood
City of River Oaks |
| Mayor Mary Lib Saleh
City of Euless | Mayor Andy Wambsgans
City of Southlake |
| Mayor Bill Lanford
Haltom City | Mayor Harry Jeffries
City of Watauga |
| Mayor Richard Ward
City of Hurst | Mayor Dr. Robert Cluck
City of Arlington |
| Mayor Julie Tandy
City of Keller | Mayor Charles England
City of Grand Prairie |

Mayors, you still have time to sign up and be part of this community awareness event. Don't see your mayor on the list? Constituents call your mayor to be part of this event! Please call Alley Morado, 817-336-0912 for more information.

Board of Directors

- | | |
|---------------------------------|----------------------------------|
| Mark Hill, <i>Chairperson</i> | Barbara Nance, <i>Vice Chair</i> |
| Leslie Fraser, <i>Treasurer</i> | Amy Caster, <i>Secretary</i> |
| Anne Boulware | Leona Johnson |
| Jason Bradshaw | Rev. Floyd Kinser |
| Norma Carethers | Kurt Kulpa |
| Kathy Cox | Les Lehner |
| Susan Drake | LD Lewis |
| Stan Effertz | Carol Lukert |
| Michael Flynn | Pamela Nelson |
| Bob Francis | Kathy Robertson |
| Brian Gibson | Jack Steward |
| Emily Grimes | Luis Valle |
| Teresa Harwood | Carlela Vogel |
| Linda Hill | Melynda Wester |
| Galyn Wilkins | |

Endowment Board

- | | |
|--------------------------------|--|
| Walt Jennings, <i>Chairman</i> | Cleve Lancaster, <i>V. Chair & Treasurer</i> |
| Adam Auten | Barbara Nance |

Development Council

- | | |
|--------------------------|------------------------------|
| Mary Palko, <i>Chair</i> | Lynne Manny, <i>Co-Chair</i> |
| Al Dimberger | Bill McDanel |
| Eric Hahnfeld | Quentin McGown |
| Michele Hahnfeld | Kevin McVey |
| David Ivory | Buddy Moses |
| Judi Ketchum | Tom Struhs |

Staff

- | | |
|---|--|
| Carla Jutson, <i>Executive Director</i> | Nedra Cutler, <i>CVA, Director of Volunteers</i> |
| Lynell Bond | Sherry Brooks |
| Director of Case Management | Director of Operations |
| Shery Simon, R.D./L.D., <i>Director of Nutrition</i> | Barbara Lundgren, <i>Director of Development</i> |
| Susan Chappel, | |
| <i>Director of Arlington, Mansfield & Kennedale</i> | |

Meals On Wheels, Inc. of Tarrant County

320 South Freeway, Fort Worth, TX 76104
Phone 817/336-0912 Fax 817/338-1066
Arlington, Kennedale, Mansfield Office
4002 W. Pioneer Pkwy, #100
Arlington, TX 76103
Phone 817/277-3705 Fax 817/277-2592

Thank you for your continued support!

Our Mission

"To promote the dignity and independence of the disabled, the elderly and other homebound persons by delivering nutritious meals and coordinating needed services."

You can make a difference.

Volunteer. Spread the word. Make a contribution. Take the first step, call us at 817/336-0912 or visit www.mealsonwheels.org.

With your help, we can make Tarrant County a caring place to grow old.

320 South Freeway
Fort Worth, Texas
76104-3525

Nonprofit Org.
U.S. Postage
PAID
Fort Worth, TX
Permit No. 691

More Than Just Meals

Meals On Wheels volunteer, Judith Williams, knew something was wrong when she noticed that Ms. Steven's kitchen looked as if it had been turned upside down. "The fridge was open, the water was running and the kitchen was in complete disarray," Judith commented.

Judith called out to Ms. Stevens and heard a faint sound come from the bedroom. She found her lying in bed and disoriented. Judith called 911 and stayed with Ms. Stevens until medical attention and Ms. Stevens' children arrived. "I don't remember much, but I do remember her saying 'I'm not going to leave. I'm staying with you until help gets here.' I don't know that I would be sitting here if she didn't find me when she did," shared Ms. Stevens.

Ms. Stevens was going into diabetic shock and her health was in critical condition. She is grateful to Judith, not only for helping her, but for being so comforting during her time of need. "She held my hand and kept touching my face while we waited for help," said Ms. Stevens.



Ms. Stevens, Meals On Wheels client



Volunteer, Judith Williams, and client, Ms. Stevens, share a laugh.

Clients Receive Diabetes Information

Meals On Wheels, Inc. of Tarrant County received a grant from the United Way and Area Agency on Aging of Tarrant County Advisory Council to fund a program from November 2006 to June 2007 to provide in-home visits and printed education material to elderly diabetic clients at risk or diabetic.

Elderly, homebound individuals are often unaware of the danger signs of diabetes and do not take action to control the disease in its earliest form. At times, individuals diagnosed with diabetes do not understand the consequences that follow poor management of the disease.

Caseworkers surveyed all current clients to identify potential risk of developing diabetes. Incoming clients will also be screened as they participate in the meal program.

Sherry Simon, RD/LD, Meals On Wheels Registered Dietician will follow-up with any at risk clients to encourage them to speak to their physician. Diabetes education material in both English and Spanish will be provided for known diabetic clients and clients determined to be at risk.

The Diabetes Education Program will also provide in-home medical follow up and additional literature by a certified diabetes educator, registered nurse or medical student from the University of North Texas Health Science Center to diabetic clients residing in targeted areas within Tarrant County.

Family centered diabetes education workshops will also be provided for Meals On Wheels clients and their families.

With this grant, Meals On Wheels looks forward to furthering their mission of improving the lives and independence of homebound persons as well as providing additional needed services for those in greatest need.

Did you know?

More than 1.3 million Texans have diagnosed diabetes and another 343,000 Texans are thought to be undiagnosed.

When visiting your doctor always talk about your potential risk.

Feinstein Offers Another \$1 Million Giveaway to Fight Hunger

For the tenth straight year, Alan Shawn Feinstein will divide \$1 million among hunger fighting agencies nationwide using it to help them raise funds during March and April 2007.

"Whatever you donate to this agency, I will add money to it. The more you give, the more of my \$1 million they'll get- thanks to you!"

Why am I doing this? Because I believe each of us was put here on earth to do what we can to help those in need. You got this letter because we feel that YOU believe that, too.

This has become the greatest grass roots campaign ever to fight hunger in our country. Your donation makes you a partner in it with me!

My money started this campaign but it is YOU who will help decide how many needy people in your city or town will be fed this year. I'm only here to give you some support and to remind you of this: That all that will matter to us someday is what we did while we were here to help those who needed us."

- Alan Shawn Feinstein

Thank You!

On Behalf of our clients, the Meals On Wheels Board would like to thank the 5,111 contributors that donated in 2006. Because of you, 566,567 meals were served to 3,538 unduplicated individuals. In lieu of listing all donors, the cost for paper printing and postage was used to deliver 3,000 additional meals.



Mark Hill

Mark Hill, Chairman of the Board
Meals On Wheels, Inc. of Tarrant County

Who Needs Meals On Wheels

It could be your next door neighbor, friend, or family member. There are homebound, elderly and disabled people throughout our community that need Meals On Wheels. These meals, plus daily contact with caring volunteers and professional case managers, allow frail homebound people to remain in their own homes, where they want to be.

Eligibility and Application Process

Meals On Wheels, Inc. is for Tarrant County residents who are homebound, unable to prepare meals for themselves and have no one to help them on a regular basis. Eligibility is based on need not age or income. Anyone may recommend a person to be considered for receiving Meals On Wheels. Most of our referrals come from family members, hospitals, home health agencies, friends or the clients themselves. It's simple. Call Meals On Wheels 817/336-0912 and make a referral. After basic information is obtained over the phone, a professional caseworker is assigned to make a home visit with the prospective client usually within two (2) working days of the referral. At that time, the caseworker assesses the clients eligibility and level of need.

Special Thanks!

Thank you to all the corporations, civic groups and individuals that provided special gifts for Meals On Wheels' clients this holiday season! Several of our clients have little or no family and may have spent the holidays alone, but your thoughtfulness in providing them with a special gift provided them with the hope that someone does care. A homebound person shouldn't live a life of isolation. With your help, we were able to bring a little joy into the homes of our clients.

Help Us Make a Difference

Please consider using our bulletin inserts and marketing handouts to help our outreach efforts. There are people in all areas of the county that could benefit from a hot noon meal delivered by a caring volunteer. Help us help others.

Please contact Alley Morado, Marketing Coordinator at 817-336-0912 x 114.

Join Our Legacy Society Today!

When making your annual gifts, planning your will or making sure your favorite charities are included in your estate planning, please keep Meals On Wheels in mind. Different types of gifts are appreciated including gifts in kind, corporate gifts, life insurance, IRAs, retirement plan benefits, charitable remainder trusts, charitable lead trusts, etc. To determine the best option for you and your family, we encourage you to seek professional guidance from your attorney or financial planner. With your help we can continue serving others, now and in the future.

www.mealsonwheels.org

2007 Holiday Schedule

Meals On Wheels offices will be closed in observance of the following holidays. Holiday meal packs are delivered to clients in advance.

Good Friday
April 6, 2007

Memorial Day
May 28, 2007

Independence Day
July 4, 2007

Labor Day
September 3, 2007

Thanksgiving
November 22 & 23, 2007

Christmas Holiday
December 24 & 25, 2007

New Year's Eve/ New Years Day
December 31, 2007 & January 1, 2008

Client Corner

As we sometimes sit and wonder,
At the evil our world is in
We would have never known forgiveness,
Had we not experienced sin.
We would have never known the comfort,
That a gentle hand can bring
Had we not first known the anguish
Of grief and sorrows sting.
We would have never known the loyalty
Of a true and lasting friend.
Had we not first known betrayal,
Of a dire and lying friend.
We would have never known true comfort,
Had we never first known pain.
We would have never seen bright flowers,
Had we never first seen rain.
So when storm clouds mass around you,
Remember the skies of blue,
For there will always be a rainbow,
When the stormy days are through.
Mr. Simons, 75, MOW Client

The meals are getting better and better!
- C.W., Client

All the volunteers are so pleasant.
- A.S., Client

Vegetables are very good.
- C.L., Client

Your meals are God sent and everyone is so cheerful.- L.D., Client

Thank you for all you've done!
- A.N., Client

Ms. Oliver, 83, MOW Client

Everything is great. Irene [volunteer] is my pal.
- M.E., Client

Client Snapshots

Bob Wilson likes to spend time playing some of his favorite hymns on his keyboard. He taught himself to play by ear. "I didn't take the time to learn to read music, I wanted to learn so I taught myself how to play," he shared.

Bob has been a pianist as well as music director for several churches. His goal is to someday buy a baby grand piano.

He is thankful for Meals On Wheels because they have helped him remain independent.

"My health keeps me from standing long enough to prepare a meal," Bob shared. "But the meals are always great, I have no complaints."



Bob plays his rendition of Amazing Grace.

Visitors to the home of Meals on Wheels clients, Bill and Celvy, will find Bill seated in his motorized wheelchair donning a cap commemorating the Korean War.

A veteran of the Korean War, Bill became disabled due to an injury to his leg while serving in 1953. Inside his home are precious memories of his service in the Air Force; a wonderful portrait of 20-year-old Bill in uniform.

Today, with Celvy at his side, it is obvious that there is an aura between these two. Despite her own disabilities Celvy seems entirely dedicated to her husband as his primary caregiver.

Meals allow Bill & Celvy to remain in their home. "The meals are wonderful. We would really struggle without them," Celvy shares.



Bill & Celvy

Client Services Wish List

Meals On Wheels often provides personal items for clients. The client services department is in need of the following items: Depends, Ensure, shower grab bars, Glucerna, bath soap and shampoo. If you would like to donate, please contact Rhonda Kirby at 817-336-0912 x136.

Client Birthdays

Happy 100th Birthday Ms. Carrillo! (Jan. 8)
Happy 103rd Birthday Ms. Gomez! (Jan. 18)
Happy 101st Birthday Ms. Chappell! (Feb.2)
Happy 103rd Birthday Mr. Williams! (Feb. 11)
Happy 103 Birthday Mr. Florence! (Feb. 29)

Meals On Wheels Launches Endowment Campaign

The Meals On Wheels Endowment Fund kicked off a campaign to increase the Endowment Fund to one million dollars during the next two years. The purpose of the endowment is to ensure operational funding for meals in future years to come. Donations to the Endowment Fund are invested with only a portion of the revenue available and distributed each year for current operations.

The kickoff event was held at the home of Walt and Adrienne Jennings. During the event, Cleve Lancaster, Quentin McGown and Walt Jennings outlined ways to contribute to the fund and the benefits to donors and Meals On Wheels. Two

funding options were specifically discussed including Fund A Meal Forever and Named Funds.

Donors that want to Fund A Meal Forever provide an investment of \$24,000 to the Endowment Fund. Assuming a 5% annual return, this gift will provide funding to deliver meals to one person for a year...forever!

Named Funds are available for a minimum investment of \$5,000. This allows a donor to specify a fund within the Endowment Fund and is a great way to pay tribute to someone by donating in honor or in memory of someone special. Named funds generate annual interest to provide funding for 50 meals each year ... forever!

Donors taking advantage of these two offers become members of the Meals On Wheels Legacy

Society. The Legacy Society is comprised of individuals donating \$2,500 or more on an annual basis, donors that have named Meals On Wheels in their will or estate plan, and those that have participated in one of the endowment funding plans outlined above.

The kickoff event was very successful, raising \$87,000 in new gifts to the Endowment Fund through the Fund A Meal Forever and Named Fund options. If you are interested in learning more about the Endowment Fund and Legacy Society, please contact Barbara Lundgren or Carla Jutson at the Meals On Wheels office, 817-336-0912.



Left: Ms. Johnson reads a card from the Dog Scouts of America to her dog, Domino. The Dog Scouts of America Troop #119 provided goodie bags for the pets of MOW clients. *Below:* When Mr. Herman uses his wheelchair, his dog likes to ride in his lap.



Above: Mike Wright, MOW volunteer, entertains Shiloh, Ms. Simpsons' dog. Shiloh receives pet food from the Pet Companion Program. The pets of MOW clients are eligible to receive supplemental pet food once a month. *Below:* Mr. Carothers, MOW client, asks Santa what kind of cookies he wanted on Christmas Eve.



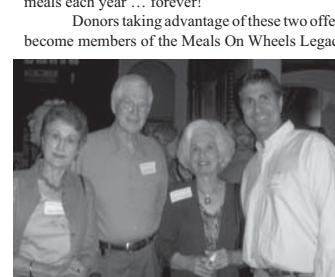
Top right: At 96 years of age, Ms. Bowser takes her very first picture with Santa.

Middle: Ms. Haggard takes a picture with Santa and volunteer Michele Hahnfeld.

Left: The student council at Van Zandt Guinn Elementary School collected items to create gift baskets for MOW clients and delivered them. Students participating in the gift delivery were (pictured left to right) Javier Sandoval, Shanetra Mitchell, Tamara Cook, Thewat Tang, De'Aunte Hall, and Favian Luna. (Not pictured: Ms. Mattie Packer, council leader).



Norma & Lonnie Carethers



Mary Wilson, Bill Wilson, Jareen Schmidt, Walt Jennings



Mary & Ed Johnson, Jr.