SONYA HAS A SENSE OF SECURITY
Thanks to your support, Sonya doesn’t have to worry.

Sonya is bedridden and unable to walk due to lupus and other health problems.

Her daughter used to care for her full-time, but then she had to return to work. Her three grandchildren also help when they’re able to, but with busy, growing families of their own, they aren’t able to help out as much as they would like to.

Sonya called several organizations for help but received no response. That’s when someone suggested she call Meals on Wheels of Johnson and Ellis Counties. Immediately, Sonya’s situation was assessed, and she began receiving the help she needed.

Sonya has been receiving meals and friendly visits for the past year. Even better, she now has a sense of security knowing that the Meals on Wheels volunteers will be there every day — and it’s all thanks to friends like you.

“The volunteers are such good, friendly people.”
Dear Friend,

At this time of year, most of us are getting ready for the holiday season. We’re looking forward to festive meals shared with family and friends.

Unfortunately, too many seniors in our community face a holiday season filled with hunger and isolation. We can’t let that happen to people who have worked hard all their lives.

I hope you will take a moment to read about some of the local seniors you’re helping through your support.

Then, I hope you’ll consider continuing your support so seniors in need will receive nutritious meals and friendly visits this holiday season.

Thank you for caring about seniors this holiday season!

Sincerely,

Christine Hockin-Boyd
Executive Director

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TJ is a decorated Vietnam Army veteran who is proud of his service to our country.

Now in his mid-70s, TJ lives alone in a modest home in Ellis County. His adult children visit him when they can, but they aren’t able to come over every day.

“Your food is better for my health.”

In 2014, TJ’s mobility began to diminish, and he wasn’t able to go out to the store or really cook for himself. That’s when he called Meals on Wheels of Johnson and Ellis Counties, and began receiving healthy meals and friendly visits.

“Your food is better for my health than what I’d make for myself,” TJ says. “It keeps me from eating junk food.”

Thanks to the support of friends like you, TJ receives the nutritious foods he needs to maintain his health, and he’s so grateful for it. Thank you!

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SUBARU SHARE THE LOVE EVENT
Nov. 2019 — Jan. 2020

For every new Subaru leased or sold, a donation may be made to Meals on Wheels. To learn more, please visit www.mowjec.org/share-love
MARY DEPENDS ON MEALS ON WHEELS AND YOU

Mary lives alone and is unable to go to the grocery store or cook for herself. Because of her health challenges, she’s on medications that make it unsafe for her to drive. So most days, Mary stays in her home.

“Meals on Wheels is a life-saver for me.”

If it weren’t for the nutritious meals and friendly visits she receives from Meals on Wheels of Johnson and Ellis Counties, Mary would need to move into an assisted living facility. But thanks to the meals you help to provide through your support, she is able to stay in her home.

“The volunteers are all such nice, wonderful people trying to do good for us,” Mary says.

Mary has no children and usually spends the holidays alone, but because of your support, she knows she will always have a hot meal no matter what.

Even better, Mary is comforted knowing that thanks to the AniMeals program, she doesn’t have to worry about how she’s going to feed her beloved cat, Mattie.

Thank you for helping seniors like Mary, who would be forced to leave their homes if it wasn’t for the meals they receive from Meals on Wheels. Your support means the world to them. Thank you!

WHAT IS ANIMEALS?

AniMeals is just one of the special services provided by Meals on Wheels of Johnson & Ellis Counties to homebound seniors and disabled people in local communities. Once a month, volunteers deliver donated dog and cat food to Meals on Wheels recipients in their community.

WHAT ARE THE BENEFITS?

- PREVENTS clients with limited resources from sharing their home-delivered meals with their pets
- ENABLES individuals to keep their companion animals, providing a special quality to their lives
- PROVIDES basic preventative vet care: vaccinations, spaying or neutering and flea treatment
When Jeannette retired, she didn’t want to just sit around her house. She knew she wanted to give back.

So for the past five years, Jeannette has been volunteering with Meals on Wheels. Along with her husband, Bobby, she delivers meals and brightens the day of seniors throughout the community.

“I want to help take care of others that can’t do for themselves by delivering meals,” Jeannette says.

Like Jeannette, you care about helping seniors in need. Thank you.

Many seniors are grateful to receive meals from Meals on Wheels, but often enough, the volunteers who deliver the meals are just as grateful.

That was the case for 82-year-old David and his daughter, Jeannine.

David and his wife knew the importance of helping seniors live independently in their homes, so David started volunteering for Meals on Wheels of Johnson and Ellis Counties over 10 years ago.

“They’ve been a blessing, not only to the elderly, but to us as volunteers as well.”

But when David’s wife passed away a few years ago, it became even more important to him.

“It really saved my dad’s life,” Jeannine says. “It made him go do something, and it gave him something by someone needing him.”

Today, the whole family helps out. Jeannine joined her father in volunteering a little over two years ago, and her grandchildren (David’s great-grandchildren) even get involved sometimes.

“People getting meals love to see the kids, and the kids love seeing them,” Jeannine says. “Meals on Wheels has been a blessing to not only to the elderly, but to us as volunteers as well.”

MY GIFT TO HELP SENIORS IN MY COMMUNITY!

Yes! I want to help seniors this holiday season. Enclosed is my gift of:

$___________

☐ My check payable to Meals on Wheels of Johnson & Ellis Counties is enclosed.
☐ Please charge my credit card.

☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS ☐ DISCOVER

Amount $___________
Phone Number: ___________—__________
Credit Card Number: ____________________________
CVV: _______ Exp. Date: _______/______
Signature: ____________________________