

SUMMER
2024

NEWSLETTER

ISSUE NO. 01

News and views from the Board & Staff

Welcome to our Summer 2024 Newsletter! We are thrilled to share with you the latest developments at Meals on Wheels Waco as we fulfill our mission to nourish the bodies, minds, and spirits of older adults in our community. We would like to express our gratitude to all of our donors and volunteers who have continued to support us through the years. Your generosity and dedication have allowed us to keep our programs running continuously and effectively. Thank you!



Here's what's coming up ahead!

We are excited to announce that we will be hosting **our first-ever charity golf tournament** this coming September. Scheduled to take place at the prestigious Ridgewood Country Club in Waco, the event aims to bring together golf enthusiasts, community leaders and generous donors for a day of fun, camaraderie and philanthropy. Proceeds from the tournament will allow us to get people off our wait list and feed more seniors in need.

If you would like to join this golf event as a player or sponsor, check out our

website for all the details. See y'all on the green this September!

In other news, it is with bittersweet sentiment that we announce the retirement of our Chief Executive Officer, Debbie King, at the end of October 2024. Her pending departure signifies a pivotal moment for our agency.

Debbie joined Meals on Wheels Waco in 2015 as Director of Nutrition and became Executive Director in 2019. Throughout the years, her unwavering commitment to feed seniors has been instrumental in our

success. Debbie proved an especially invaluable asset with the leadership and collaborative spirit she showed during the pandemic. We extend our heartfelt wishes to Debbie as she embarks on a new chapter filled with travel, time with grandchildren, and a well-deserved retirement.

In the meantime, the MOW Waco Board of Directors is spearheading the search for the best qualified candidate to succeed Debbie. Stay tuned as we gear up for this change and determine the best path forward.

We hope you enjoy reading the rest of this newsletter!

MOW Waco Team

Client Spotlight: Meet Myrtle

The spring of 2020 brought a pandemic and a lot of additional funding to feed older adults in the comfort of their homes. Fast forward four years to today. Funding has shrunk significantly, but the need for meals continues to grow.

Myrtle is 82 years old, legally blind, unable to drive, and has no family within 80 miles of her home. She was one of the seniors that benefited from the additional funding and started receiving meals in August 2023. She is also

receiving assistance from our Pet Program. I had the opportunity to sit down with her. This is her story:

“My mother passed in 2010, my husband passed in 2011, and my brother passed away 3 months ago. I’m the only one left in my family. It’s just me and my dog, Trouble, and that she is. The meals have been a blessing because I can’t see to cook, and I can’t drive to get a meal, not safely anyhow. The greatest thing, though, is the visit with volunteers.”



Some just drop the meal off but others stay and talk for several minutes. Some even give you a hug. Do you know how important a hug is? It lets you know they care

about you and that feels good when you’re alone. If you need to cancel my services, I’ll understand, and I’m sure I’ll make it somehow. When things are looking down, I just keep looking up.”

Myrtle’s meals are not being canceled, and she did receive a hug before I left. -- Kelly Conditt, Director of Client Services

99 YEARS YOUNG AND OLDER CLIENTS & VOLUNTEER

We are currently serving 8 centenarians through our home-delivered meal program. Our oldest client is 105-year-old Maxine. Our oldest senior center participant is Myra, who turned 99 in June. Our oldest volunteer is Walter - he turned 100 also in June! ***Their age is more than just a number. It’s a testament to their resilience and wealth of wisdom and experience.***

Small Actions, BIG IMPACT

Meals on Wheels Waco relies on the kindness and support of our community. If you are able to donate your time or resources, please do not hesitate to reach out to us.

Got an hour or two to help deliver meals? Come volunteer with us!

Can’t volunteer but want to help? Join our community of monthly donors today with a [\\$10 recurring donation](#).

To volunteer or donate, visit www.mowwaco.org. Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Thank you for reading and please stay in touch!

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 www.mowwaco.org   [MealsOnWheelsWaco](https://www.facebook.com/MealsOnWheelsWaco)

SMALL BITES

Our third **Wild Game Tasting & Charity Auction** last April was a blast. The event raised \$93,164. Thank you to all our sponsors, donors, guests and everyone who helped to make Wild Game a success.

Each month, we need about **1,300 lbs of pet food** to help feed over 400 cats and dogs owned by our clients. We are currently hosting a pet food drive at the Harrison Senior Center (1718 N 42nd St) and the West Senior Center (200 E. Tokio Rd). If you would like to help, please drop off your donation at the centers. Call our office for more info.

Help seniors beat the heat!

We’re collecting box fan donations through the end of August. Drop off your donation at our office.