

SEE AND FEEL THE IMPACT!

You can be a Meals on Wheels volunteer driver or do other jobs that help the seniors. It's a real joy! As a volunteer, you deliver much more than a meal. You deliver moments of connection and love!

Volunteering is also a great opportunity for kids! It teaches them the joy of serving and helping others. It's a lesson that they'll cherish all their lives!

Find out more at www.mowsatx.org/volunteer
Or call Community Engagement Services at **210.735.5115**

UPCOMING EVENTS

January Volunteers needed to help deliver meals. Call **210-735-5515** for more information

March for Meals: We're celebrating Meals on Wheels' birthday with lots of volunteer opportunities and events. Find more info on our website.

Spring Break March 11-15, a great opportunity for kids to volunteer!

The Big Give March 28th

Let's Do Lunch March 29th

YOUR LASTING LEGACY OF COMPASSION

Many friends like to leave a gift in their will to Meals on Wheels San Antonio. It's a great way to have an enormous impact on our community long after you have passed!



You get the deep satisfaction of knowing that your legacy will mean so much to others.

For more information about putting Meals on Wheels in your will, contact Forrest Mayne at forrestm@mowsatx.org or 210-735-5115.

Does your employer match your donations?

Your gift to Meals on Wheels San Antonio could be matched dollar for dollar by your employer! Many employers sponsor matching gift programs and will match any charitable contributions or volunteer hours made by their employees, retirees and/or employees' spouses. To find out if your company has a matching gift program, please check with your employer to see if they can help you double your support.

MY GIFT TO PROVIDE MEALS

Enclosed is my gift to deliver delicious, nutritious Meals on Wheels meals to our elderly neighbors who need a hand staying independent at home! Enclosed is my gift of:

\$XX1 \$XX2 \$XX3 \$XX4 Other: \$ _____



ID and Code
Mr. Sam Sampleton
1234 Anywhere Street
San Antonio, Texas 78229

PLEASE RETURN TO:
MEALS on WHEELS SAN ANTONIO
4306 NW Loop 410
San Antonio, Texas 78229

Give safely and securely online at www.mowsatx.org



MealTimes

The newsletter for Friends of Meals on Wheels San Antonio | January 2019

Long-time San Antonio nurse now gets meals that help her stay independent -- thanks to YOU, <Mr. and Mrs. Sample>!

Clara Etta Williams had no idea she'd one day receive meals from Meals on Wheels San Antonio. But, thanks to your support, what goes around comes around for this long-time East Side resident.

Clara has been helping and serving others all her life. She was one of the first African American women to graduate from St. Philip's College in nursing.

"Being a nurse was not easy work, especially back in those days," she says. Discrimination was a constant problem, but she stayed tough, working as a nurse at Christus Santa Rosa for more than 40 years.

Helping people through their medical care often showed Clara the other challenges they faced. And she tackled those issues with the same energy and determination, working to help the poor and on civil rights issues through the years.

It was during the 70's that



Clara Etta Williams helped found Meals on Wheels San Antonio. Now she's grateful for the kindness you are providing her through your donations.

Clara discovered a friend was starting a new organization to serve hot meals to elderly shut-ins. "I knew I had to help," she says. "Back then, it used to be common for us to treat senior citizens for malnutrition. Because they couldn't keep themselves fed!"

When the work started, they were delivering eight meals a day to elderly shut-ins. The impact was immediate, and has grown to 3,800 meals a day -- thanks to the generous support

of neighbors like you, <Mr. and Mrs. Sample>.

That practical and life-saving outreach turned into Meals on Wheels San Antonio. Clara joined the board and served for many years to guide as it expanded and grew.

Fast-forward through years of dedication and service to 2019. Clara is retired and living in her home. She finds cooking to be a challenge. "All those years being a nurse, I never thought working on my feet would

WHAT YOU ARE REALLY DOING WHEN WE PROVIDE MEALS FOR OUR SENIOR NEIGHBORS

You are *giving back*, <Salutation>!

Sometimes it really hits me just how amazing the work you make possible is.

One of those times was at our annual Thanksgiving Day delivery event back in November. There's yummy food, miniature Christmas trees, and warm blankets for seniors in need. In just under two hours, more than 2,000 meals were picked up for our homebound neighbors. Smiles as far as you could see.

As always, the local media was everywhere. They always ask the same questions about how many turkeys and pies, how many pounds of dressing.... And that's fine, because the numbers are pretty astounding.

But on that day, I decided to change the subject. Away from the huge amounts of food and instead about the people who receive it. I told the reporter about the homebound seniors out there -- the special people who raised us and served us...

- They taught us in school.
- They produced and brought us the food we ate.
- They protected us -- both here at home and in faraway lands.

Name just about anyone who made a difference for your life -- in business, medicine, school, your church ... and that

person is now elderly, maybe struggling with health issues, possibly living alone and needing nutritious food each day.

What an honor it was to be there for these who did so much for us ... and now need our help in this practical, no-nonsense way.

The reporter was quiet for a minute. It wasn't the answer she was expecting. "Wow, I wasn't even thinking about them," she said. Then she asked if she could ride along with some volunteers to deliver meals. She did. And her story was beautiful. One of the best filed that day.

<Salutation>, you are part of that story! Your kind giving to Meals on Wheels is paying back our senior citizens for all they've done for you and me. You should see the smiles on their faces when our volunteers show up at their doors with the meals!

I'm deeply thankful for what you've done. And remember, when you "pay it back," you also "pay it forward!" If some day you need healthy, tasty meals delivered to your home ... we'll be there for you. Because you were there for them!



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LONG-TIME SAN ANTONIO NURSE Continued from page 1

become so hard. Sometimes it just feels like my 'get up and go' got up and went!"

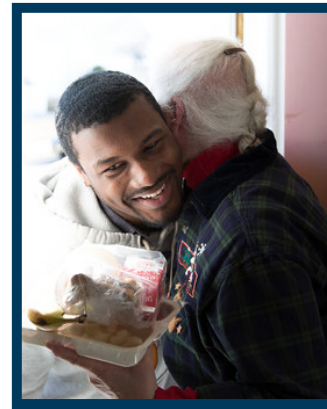
Now Clara cheerfully welcomes her Meals on Wheels driver who brings those nutritious meals that help her stay healthy and independent. "I really look forward to seeing Adriona. We have a great conversation every time!"

Adriona feels the same way. "Clara is just the best!" she says. "She's so warm and friendly, and talking to her is like connecting with the history of our community in an amazing way."

It's an honor to be there for Clara, especially given her long years of selfless and compassionate service. That's what your giving makes possible! You help make the San Antonio area the special, neighborly place it is. We take care of our own!

<Mr. and Mrs. Sample>, the day may come when you will want Meals on Wheels delivered to you. Please know that your support today not only helps special citizens like Clara Etta Williams, but that we'll be here for you if you should need us! Thank you!

THE BLESSINGS OF GIVING AND RECEIVING



"Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy." – **John, Meals on Wheels donor and volunteer**



"Our seniors have done their part, now it's time for me to do mine." – **Beverly, Meals on Wheels donor**

"I want to thank your organization for these services. I am 95 years old and on Social Security. I live alone. With your help with meals I am doing very well." – **Fay, Meals on Wheels recipient**



"I am contributing ... to Meals on Wheels in memory of my wife... We liked all the meals but especially for all of the volunteers who came in to talk to her when she was so sick. That stimulated her mind to make things a little more bearable. The volunteers were so considerate and kind." – **Joe, Meals on Wheels recipient and donor**

"You never know when the shoe will be on the other foot...it feels good to help in any way I can." – **Fred, Meals on Wheels donor**

"It's the best job I ever had. You have never lived a perfect day in your life until you have done something good for someone." – **Peter, Meals on Wheels volunteer**

"Thank you for being here for us. Without y'all I don't know what would become of us." – **Bill, Meals on Wheels recipient**



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Phone: 210.735.5115 • www.mowsatx.org

CHARITY NAVIGATOR
Your Guide To Intelligent Giving
GUIDESTAR