



MEALS on WHEELS

JOHNSON & ELLIS COUNTIES

TOGETHER, WE CAN DELIVER.

BREAD BASKET



Allie, Max
and Luke

A GROWING LOVE FOR MEALS ON WHEELS

One look on her Facebook page and it is obvious Lindsay loves tacos and Meals on Wheels. “Meals on Wheels is an organization that is very dear to my heart. I grew up delivering with my mom. When I moved to Burlison, I knew I wanted to get involved with the local program so I could directly serve our community. I also love that it is something that my kids can do right along with me.”

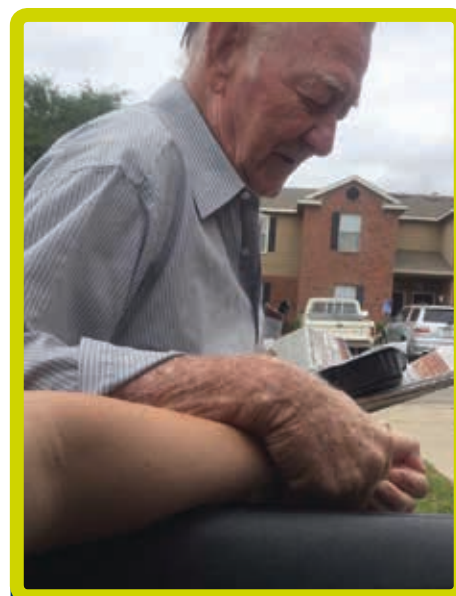
A family with servant hearts... Lindsay’s husband is a Firefighter and she is a Registered Nurse turned stay-at-home mom of three, Allie, Max and Luke.

“We try to find ways to help us raise kids who live to serve rather than be served. With Meals on Wheels, they see people right here in our community that need help and then see the need being met immediately. They also see people on all ends of the spectrum...from people who can’t prepare meals for themselves to those that live in poverty.”

A memory that stands out for Lindsay happened when she was a teenager delivering with her mom. “It was a brutally, cold day. We rang this sweet lady’s doorbell. As soon she opened the door, we could tell that her electricity had been shut off. She led us into her kitchen where she had been warming her hands on the gas stove. With a phone also not working, there was no way for her to contact anyone. We immediately starting making calls to help her. It was in that moment that I realized that this organization is so much more than delivering food. It is someone to check on these sweet clients and advocate for any needs they may have that are not being met.”

And sometimes, that need is just some basic human interaction... a smile, a hug and some simple conversation. That is what is so important for people who are homebound.

“I love the smile that comes to their faces when they see my children. It melts my heart.”



One of our clients walks Lindsay to her car every time she delivers to him. Of the client, Lindsay says, “He walked me to my car just like he does every time, but this time he asked if he could hold my hand while he prayed. This man, y’all...gentle, thankful, joyful, chivalrous. If he only knew that I probably needed him today more than he needed me!”

You, like Lindsay and her family, can make a lasting impact on the people we serve. To learn about the many ways you can support Meals on Wheels now and in the future, contact Christine Hockin-Boyd, Executive Director, at 817.558.2840 or 972.351.9943.



WRITE A LEGACY LETTER

TELL YOUR LOVED ONES YOUR STORY

The most cherished thing you leave behind when you pass away won't be a car, house or bank account. It'll likely be something much more personal, like insight into who you truly are. A legacy letter can be a touching way to pass down lessons. Here's how:

- **Write a letter.** It's the easiest way to create a permanent record of your values and will not become outdated with changing technology.
- **Add photos to your letter.** Pictures of you, your adventures and your relationships help tell your story.
- **Consider creating a website or a social media post** to complement the letter and provide a share-ready version for your family. Film a video testimonial to provide an added dimension and tell your story in your own voice.

Once you've jotted down some initial thoughts, you can begin to weave those values and beliefs into your legacy letter. Remember to share your connection to Meals on Wheels in your letter and feel free to contact Christine Hockin-Boyd at 817.558.2840 or 972.351.9943 if you would like to include a gift to us as part of your legacy.

QUESTIONS TO ASK

In preparing your story, think about the experiences that shaped your values. The following questions can help you get started.

- What values are most important to you?
How do you follow these in your daily life?
- What major events affected your view of life?
- Who has been your biggest influence?
How have you influenced others during your lifetime?
- What are you most grateful for personally and professionally?
- What are the most important lessons you have learned from your loved ones, friends or colleagues?
- What are your hopes and dreams for the future?
- What advice do you want to leave your loved ones?

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Bridget T. Caro
Rick and Paige Harris
Buz and Tracy Robinson
Damien Woodard
David and Betty Woodard

Mrs. Billie Wylie
Jerene Morrow
Cara Young
Steve Young
Russell Zerwekh
Joseph Zerwekh

AniMeals
Pet rabbits
Marveene Aday
Sister Cat
Jane Boyd

WHY YOUR SUPPORT MATTERS

TOO MANY SENIORS IN JOHNSON & ELLIS COUNTIES ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

9,737 are isolated, living alone

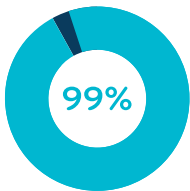
51,140 are threatened by hunger

23,200 are living in or near poverty

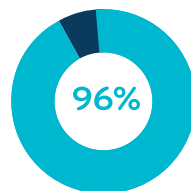


Nationally, 1 IN 6 seniors struggles with hunger

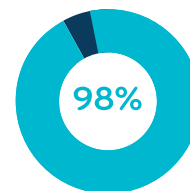
MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



MOWJEC's clients say it improves their overall health



MOWJEC's clients say it enables them to remain living at home



MOWJEC's clients say it helps them eat healthier

MOWJEC PROGRAM PROFILE

TOTAL INDIVIDUALS SERVED IN 2017

Home-Delivered
Senior Centers

1,286
1,059
227

TOTAL MEALS SERVED IN 2017

Home-Delivered
Senior Centers

225,680
212,931
12,749

2017 ANIMEALS' STATS

Pets served
Pounds of pet food delivered

400+
18,129



WE CAN HELP

We are so grateful for your generosity. Please contact Christine Hockin-Boyd at 817.558.2840 or 972.351.9943 to discuss how your gift can make a difference in the lives of seniors in your community.

BEST CHARITABLE GIFTS TO MAKE IN 2018

With the introduction of tax reform this year, you may be looking at your finances and wondering how you can continue to be charitable in 2018. There are many ways you can make a difference at Meals on Wheels of Johnson & Ellis Counties while enjoying financial benefits for yourself.

HERE ARE SOME SMART WAYS TO GIVE IN 2018:

- **Donate appreciated stock:** With the stock market at or near all-time highs, give your appreciated stocks to a nonprofit like Meals on Wheels and eliminate capital gains tax.
- **Name us as a beneficiary of retirement plan assets:** These assets remain taxable when distributed to a loved one but are tax-free when given to a nonprofit organization like Meals on Wheels.
- **Give from your IRA (if age 70½ or older):** Regardless of whether you itemize your taxes, this gift helps you fulfill your required minimum distribution and is not considered taxable income.
- **Gifts of real estate:** Many real estate markets are enjoying gains. Appreciated real estate may be subject to capital gains tax unless donated to charity or transferred to a charitable trust.

TALK WITH YOUR TAX PROFESSIONAL

There are many ways you can give this year that not only make a difference at Meals on Wheels, but offer you benefits as well. Please consult with your tax or financial advisors to determine the best charitable giving strategies for you.



50 CARS FOR 50 YEARS

In celebration of its 50th anniversary this fall, Subaru donated 50 new 2018 Outback vehicles to select Meals on Wheels programs throughout the country to be used in the delivery to an estimated 3,700 seniors across 39 states. Meals on Wheels of Johnson & Ellis Counties is proud to be one of the 50 recipients.

On average each month, MOWJEC drives almost 20,000 miles to deliver meals, and the donated 2018 Subaru Outback enables our staff to reach more seniors and serve more meals each month. This vehicle allows us to be more efficient in our deliveries, and will help us reach our long-term goal to add additional routes and serve more people throughout Johnson & Ellis counties.

MEALS **on** WHEELS™

JOHNSON & ELLIS COUNTIES

106 E. Kilpatrick Street • Cleburne, Texas 76031
817.558.2840

1311 Ferris Avenue, Suite C • Waxahachie, Texas 75165
972.351.9943

mowjec.planmylegacy.org

www.mowjec.org

MAKING A DIFFERENCE IN THE LIVES OF MANY BY HELPING:

- feed the hungry.
- break the isolation of a lonely day.
- allow people to live independently.
- allow families to care for their loved ones.
- improve the overall quality of life.

www.facebook.com/MOWJEC

