

## Important dates to remember:

December 9th—Angel Tree gifts due back.

December 15th—Holly Jolly Hayrides at the Erath County courthouse to benefit Meals on Wheels.

December 23-26th—Christmas. Meals on Wheels offices closed.

January 2—Meals on Wheels offices closed for New Year's.

January 16—Martin Luther King, Jr. Day. Meals on Wheels offices open, but routes will not run.



### Erath County Senior Citizens, Inc.

dba Meals on Wheels of Erath County  
1306 E. Washington, Ste M  
Stephenville, TX 76401

Or contact us at:  
Phone: 254-965-3510  
Fax: 254-965-3591  
[www.erathmow.org](http://www.erathmow.org)



### Erath County Senior Citizens, Inc.

*Meals on Wheels of Erath County*

## ▶ Providing Home-Delivered Meals, Transportation, Nutritional Supplements and Referral Services



December, 2011

Volume 6, Issue 1

## Worried about an older relative's driving?

### Be prepared before bringing up a touchy subject

(ARA) When families are gathered together this holiday season, you may start to notice changes in an older relative's driving behaviors and begin to have some concerns. You are not alone.

With the number of drivers 70 and older increasing - and one in five Americans caring for an older loved one - the number of adults dealing with concerns about their older relative's driving abilities is on the rise and many are unsure on how to address their concerns.

"Taking time to prepare can alleviate concerns and help you start out on the right foot with a thoughtful, positive conversation," says Jodi Olshevski, an expert on aging for The Hartford, an insurance company. "Once you get the facts and educate yourself about the resources available, you will be in a better position to help."

Just because your loved one is older, it doesn't automatically mean you should be concerned about their ability to drive. Plenty of people over the age of 70 get around just as easily as their more youthful counterparts.

If you're concerned about your loved one's ability to drive, the first thing you should do is get in the car to observe them firsthand. A comprehensive list of warning signs for older drivers and other resources for older drivers can be found at [www.safedrivingforalifetime.com](http://www.safedrivingforalifetime.com).

"Making a single, minor driving mistake doesn't mean that a person needs to

stop driving," says Olshevski. "Families need to look for patterns of warning signs and an increase in frequency and severity of the warning signs."

Serious warning signs include: Trouble making left-hand turns, driving in the wrong lane of traffic, stopping in traffic for no reason, consistent and frequent mistakes.



There's nothing that can make this conversation an easy one, but there are ways you can promote productive dialogue. If you determine that there's reason for concern about your loved

one's ability to drive, approaching the situation in a thoughtful and nonthreatening way is important.

"Comments about how much more congested traffic has become recently or about an accident in the news can be a good way to start a conversation about driving safety," says Julie Lee, vice president of the AARP Driver Safety Program.

To learn more about initiating a productive conversation about driving with your loved one, visit The Hartford's website and download a free guidebook titled "We Need to Talk: Family Conversations with Older Drivers."



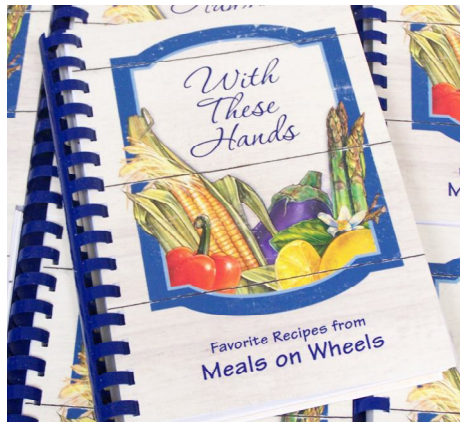
# Serving the needs of our home-bound elderly



## "With these Hands"

### Meals on Wheels cookbooks for sale

Meals on Wheels of Erath County (MOWEC) has collected the best recipes from volunteers, clients, staffers, board members, family and friends - and compiled them into an attractive keepsake cookbook.



The one-of-a-kind cookbooks are on sale now for **\$12 each**. They may be purchased at the Stephenville office, located at 1306 E. Washington, Ste M; or the Dublin office at 118 E. Live Oak. All proceeds will go to MOWEC.

The cookbook, titled "With These Hands," contains 327 well-loved and time-tested recipes. Categories include appetizers, main dishes, desserts and many more. Recipes include the contributor's name, making it easy to find favorite recipes from friends and family.

For more information call MOWEC at **965-3510**, or visit **www.cookbooks4sale.com** and search for Meals on Wheels of Erath County under Community Cookbooks.

## Quarterly Snapshot

### Home-delivered meals served

August: 4103  
September: 3739  
October: 3699

### Ensure/Glucerna cans delivered

August: 1158  
September: 1344  
October: 1320

### Transportation units provided

August: 260  
September: 297  
October: 294

### Clients receiving services

August: 248  
September: 247  
October: 245

### Contributions received

August: \$5,101.41  
September: \$8,588.24  
October: \$4,478.00

## Did you know...?

- \$30 provides transportation services for a month.
- \$16 provides a case of Ensure.
- \$29 provides a case of Glucerna.
- \$25 can provide a senior with meals for a week.
- It takes about 1 hour to deliver a single route of hot lunches.

## Christmas wishes

### Meals on Wheels Angel Trees are up

The City of Dublin and the Stephenville Senior Citizens' Center are each hosting an Angel Tree for Erath County Meals on Wheels "Angels". Angel Trees are located in the Dublin City Hall administrative offices and at the Stephenville Senior Center at 164 E. College.



Please choose an angel from the tree and purchase gifts for your angel from local businesses. Your generosity will bring Christmas cheer to a lonely senior or disabled citizen. Your donation will go to a local citizen who needs to know that others still care. Angels can be picked up between Monday through Friday through December 8. Gifts will be collected for distribution at noon on December 9 in Stephenville and December 12 in Dublin.

The suggested gifts on the back of each angel are the requests of each Meals on Wheels client who asked to participate. Many of them are still talking about how much they appreciated gifts that they received last year.

## Volunteers always needed

Meals on Wheels of Erath County serves hot meals to homebound senior citizens Monday through Friday. We depend on volunteers to deliver those meals to our clients.

**"Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas."**

~Dale Evans Rogers, (1912-2001) American actress, singer and author.

Volunteers pick up meals between 10:15 - 10:45 a.m. and spend less than an hour, one day a week, delivering.

Volunteers are needed for both Dublin and Stephenville routes. Fill-in drivers are also needed to cover routes when our regular drivers are absent.

If you are able to volunteer or would like to get your church, place of employment, civic organization, friends or family involved, please call us at 254-965-3510. Join approximately 100 other volunteers who make a positive difference in the lives of our senior and disabled citizens.



### Thank you!

To the local Knights of Columbus for preparing and serving a wonderful lasagna dinner at our annual Volunteer Dinner.

### Dear Meals on Wheels:

I'm so grateful to have been a recipient of Stephenville's Meals on Wheels. The meals were nutritious and delicious and were always delivered to me by drivers whose smiles and friendships brightened my day.

Thank you, Whitney and Dennis, for your many kindnesses and for always being there for me. I appreciate you, the drivers, and the meals received with all my heart.

Most sincerely,

Jo Ann Patterson