November 2017 | Erath County Senior Citizens, Inc. | Phone: 254-965-3510

Volume 12, Issue I

Meals on Wheels

Superhero Scramble 5K and Fun Run

Meals on Wheels of Erath County is excited to announce the first ever Superhero Scramble 5K & Fun Run benefitting MOWEC!

Race day is Saturday, May 12, 2018 at the Stephenville City Park. Both races start at 8:30 am.

Registration fees are $25 per individual runner for the 5K or $20 for the 1 mile fun run. Teams of 4 or more can register a 5th runner for free if you register before May 1.

Awards will be given to the top 3 times in each race for men and women, regardless of age. Awards will also be given to the best costume!

Sponsorships are available. For more information, visit www.erathMOW.org or call 254-965-3510.

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Find us on: facebook

Angel Gift Tags are up!

The Stephenville Senior Citizens' Center and the Dublin Public Library will host an Angel Tree for Erath County Meals on Wheels "Angels" this holiday season.

You can help make sure area senior citizens still experience the holiday spirit by adopting an angel from the tree. Simply choose a tag from the tree and purchase gifts for your angel from local businesses. The suggested gifts on the back of each angel are the requests of the Meals on Wheels Clients. Your donation will go to a local citizen who needs to know that others still care. Angels can be picked up between Monday and Friday, November 14 through December 12.

Your generosity will bring Christmas cheer to homebound senior citizens and disabled citizens.

The Stephenville Senior Citizen Center is located at 164 E. College Street. The Dublin Public Library is at 208 W. Blackjack.

49,163 meals were served in FY17

What our clients say

In April 2017, we surveyed our Transportation and Meals on Wheels clients about their services. This is what they had to say:

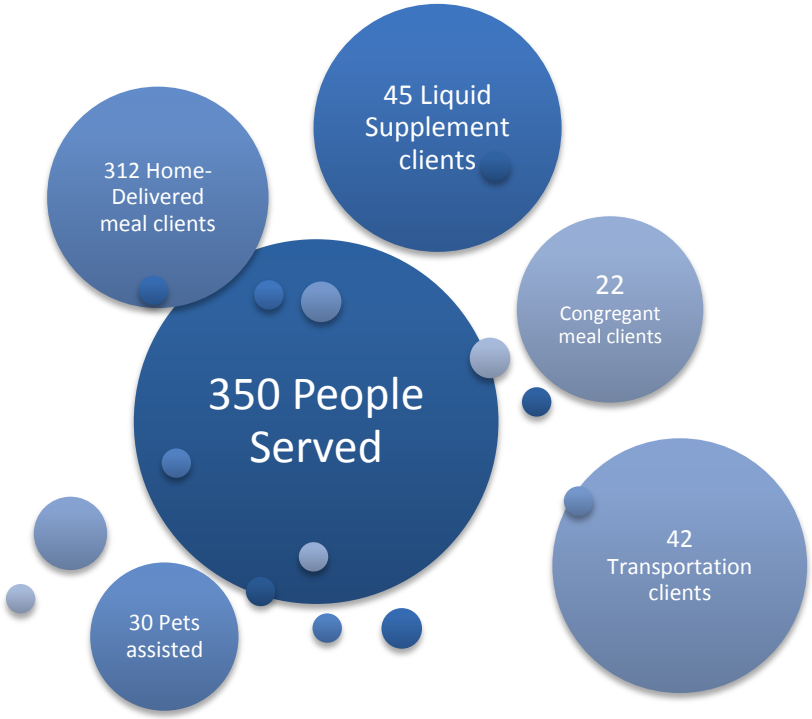
81% of the transportation clients said the service has helped them maintain mobility and independence.

55 of the Meals on Wheels recipients said they would benefit from frozen weekend meals.

Hamburgers ranked as the most popular meal with BBQ Pork patties close behind.

80% said Meals on Wheels helps them live independently and stay in their own homes!

Annual Report for Fiscal Year 2017



39,497 meals delivered to someone's home

17,094 cans of Ensure and Glucerna provided to frail clients

1,119 lunches shared at the Stephenville Senior Citizens Center

2,932 rides provided to senior citizens

Driven by Volunteers

Volunteers donated more than $50,430 as in-kind services during FY17.

Leave a Lasting Legacy

You can support the efforts of Meals on Wheels for years to come. Speak to your financial planner about remembering Meals on Wheels of Erath County in your estate planning. Leave a lasting legacy for future generations.

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Serving the needs of our home-bound elderly.

Find us on the Web:
www.erathmow.org

Did you know…?

- $30 helps provide transportation services for a month.
- $17 helps provide a case of Ensure; $32 for a case of Glucerna.
- $30 can help provide a senior with meals for a week.
- It takes about 1 hour to deliver a single route of hot lunches.
- MOWEC delivered 39,497 home-delivered meals in FY17.

Thank you for making it all possible

Meals on Wheels of Erath County wouldn't be what it is today without the generous support of the community. Funding for our services is provided in part by: local donors, including civic groups, churches, family members, clients, individuals and businesses; Erath County United Way; Erath County; Honor Veterans Now Foundation; Meals on Wheels America Pet Assistance Grant; and supporters of annual fundraising events such as Superhero Scramble and Handsome Hunks of Erath County.

Meals on Wheels of Erath County also holds service contracts for the state and federal government through North Central Texas Area Agency on Aging; The Texas Health and Human Services Commission; and the Texas Department of Agriculture.

Sign up for text alerts

Meals on Wheels of Erath County (MOWEC) would like to communicate with you via text messaging when we have important messages for the whole group.

It's fast and easy to sign up and you will get all the important updates from MOWEC.

From your cell phone, text MOWEC to 84483

You will get a text message confirming your enrollment. That's all you have to do. We will use this system for bad weather days, important news, events and more. Don't miss out on all the up-to-date happenings with Meals on Wheels!

Email Newsletter

Would you rather get your news in an email instead of snail mail?

Check out our new email newsletter. You can easily sign up on our Web site at:

http://www.erathmow.org/newsletter.html

Important Dates to Remember:

- November 7 – Angel Tree Gift tags available
- November 23-24 Meals on Wheels offices closed for Thanksgiving
  - Valley grove Baptist Church to deliver Holiday meals
- December 12 – Angel Tree Gifts due back
- December 22-25 Meals on Wheels offices closed for Christmas
  - Faith Lutheran Church, First Baptist Church, and Graham Street Church of Christ to deliver Holiday meals
- January 1 Meals on Wheels offices closed for New Year's