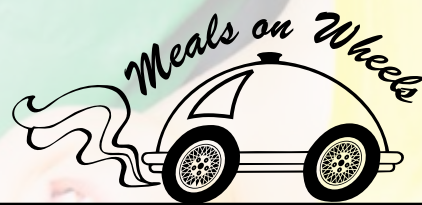



# NEWS

## on wheels



A QUARTERLY PUBLICATION OF LUBBOCK MEALS ON WHEELS • VOLUME 36, NUMBER 3 • JULY 2015 • [WWW.LUBBOCKMEALSONWHEELS.ORG](http://WWW.LUBBOCKMEALSONWHEELS.ORG)



**“While the spirit of neighborliness was important on the frontier because neighbors were so few, it is even more important now because our neighbors are so many.”**  
~Lady Bird Johnson

## Keeping it Local

Have you ever heard the story of the North Platte Canteen in North Platte, Nebraska? For five years, between 1941 and 1946, “volunteers welcomed every single troop train that came through North Platte with something good to eat and words of encouragement,” Bob Greene wrote in his book, *Once Upon a Town: The Miracle of the North Platte Canteen*. “More than 55,000 volunteers from 125 communities in Nebraska, Kansas and Colorado came to help.” By 1946, North Platte had nurtured 6 *million* soldiers on their way to war—and on their way home, too. Years later, the *North Platte Telegraph* published part of a thank you note written by a soldier. “To think that you people, to whom we all were strangers, would do all you did for us,” he wrote. You “showed us that this was the real America, this is what we had fought and worked for and wanted to come back to.”

This story is real, and it is about the real America. I’m lucky enough that I get to see people caring for others, individuals working together for the common good, on a daily basis. It is because of this caring spirit in the “real” Lubbock, Texas that in 1981, Lubbock Meals on Wheels Board of Directors chose not to receive any more government funding. Since 1981, our important decisions are all made locally by people who live in the community and will feel the impact of their decisions. It is because of the citizens in our community that we are now able to help over 700 people, each weekday, remain at home and independent, well fed, with the services that fit their needs. Because of the wisdom of our board, the people that we serve don’t have to worry that budget cuts during a legislative session may impact their ability to stay in their own home. Our supporters believe that helping those that need help in our community makes us all stronger. It’s just what we do.



# We need YOU and your CLASSIC CAR!



Every year, Lubbock Meals on Wheels and **Sonic Drive-Ins** offers a special treat to our recipients while promoting public awareness with the **Big Wheels Deliver Meals** event. On Friday, September 18, local celebrities chauffeured in classic cars, will deliver a meal of Sonic burgers and tator tots to LMOW recipients. Our recipients enjoy the special visit, nostalgic cars, and the yummy Sonic burgers. All celebrities and drivers are provided a Sonic lunch when they return from the route. This year we need **53 classic cars and drivers** to accommodate all our daily routes. **If you own a classic or unique car and would like to participate in this very special promotion, please call Mary or DeAnn at 806-792-7971.**

**TRIVIA:** In the 1940's, the average car cost \$800, and the average cost for a gallon of gas was 0.18. Before the U.S. entered WWII, the automobile capital was St. Louis, Missouri.

**TIP:** Aluminum foil and Coca-Cola® will remove rust from your bumper. If your wipers are beginning to wear down, you can extend their life by rubbing sandpaper along them a few times. Clean hard to reach areas of your auto (dashboard, cup holders) with a dampened sponge tipped paint brush.



## "It is more blessed to give than to receive."

In April of this year, 11-year old Sean Streider was assigned an essay. Sean has been delivering meals to our folks for since 2006 and decided to write his essay about his experience with LMOW. We are grateful that Sean's mother forwarded this beautiful essay along to us. Thank you, Sean, for allowing us to share this in our newsletter.

### Blessings

Paul said in Acts 20:35, "In everything I did, I showed you by this kind of hard work we must help the weak, remembering the words the Lord Jesus Himself said: 'It is more blessed to give than to receive.'" I am immensely blessed by volunteering at Meals on Wheels every Friday. Meals on Wheels is a non-profit organization that delivers delicious lunches to people who need help, such as the ill and the elderly.

I have been volunteering with my mom at Meals on Wheels since 2006, when I was two years old. I was somewhat a mascot then, because all I did was hand out flowers, smile, and be cute. Now, at age eleven, I load the car, hand the recipients their meals, and sometimes even read the route address sheet to my mom.

Because the route doesn't change much from week to week, I get to know the recipients, who become my friends. It takes about one hour, but I love it so much it feels a great deal shorter. When I get hugs of appreciation, I feel cheerful. I thoroughly enjoy the special conversations my family and I have with the recipients. I know it is better to give than to receive, because when I give them their meals, their satisfaction is a gift in itself. Volunteering teaches me empathy, and makes me appreciate all that God has given me, such as my family and friends. I believe the recipients feel as loved as I do when I visit them. As Mother Teresa once stated, "Not all of us can do great things. But we can do small things with great love."

## HELP SPREAD THE WORD!

LMOW has t-shirts and car magnets for sale. Purchase one or both and help us get our name out in the community! T-shirts must be ordered in advance.



Magnets come in 2 colors and cost \$5.00

T-shirts come in 6 colors, available in youth small - 5X and cost \$12 (additional fee applied for larger shirts)



### ORDER YOUR LUBBOCK MEALS ON WHEELS T-SHIRT

100% preshrunk cotton



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

YOUTH SIZES					ADULT SIZES				
Color	Size	How Many	Price	Total	Color	Size	How Many	Price	Total
_____	YS (6-8)	_____	x \$12	=	_____	Small	_____	x \$12	=
_____	YM (10-12)	_____	x \$12	=	_____	Medium	_____	x \$12	=
_____	YL (14-16)	_____	x \$12	=	_____	Large	_____	x \$12	=
<div>CHOOSE ONE</div> <div>STAFF VOLUNTEER</div>					_____	X-Large	_____	x \$12	=
					_____	2X-Large	_____	x \$14	=
					_____	3X-Large	_____	x \$15	=

Pay with cash, check, or credit (no AmEx)/checks payable to Lubbock Meals on Wheels  
Return order forms to  
Lubbock Meals on Wheels  
2304 34<sup>th</sup> Street/Lubbock, TX 79411  
Phone (806)792-7971\*\*\*Fax (806)791-1835

T-shirts will be available for pick up at Lubbock Meals on Wheels  
Shirts will be ordered in batches of 24 or more.

## you CAN help!

Please bring recyclable aluminum cans to Lubbock Meals on Wheels. Regular trips are made to recycle these materials, and the money received provides funds for programs. You can help the environment and Lubbock Meals on Wheels by bringing your aluminum cans to 2304-34th Street during office hours, Monday – Friday, 8a.m.-4:30p.m.

**TRIVIA:** One recycled aluminum can saves enough energy to operate a TV for 3 hours. The average American family recycles 150 six packs of aluminum cans a year.





Executive Director

*Lisa Gilliland*

## a note from the executive director

When asked about Lubbock, you often hear people comment on the kindness and friendliness of the people who live here. Most everywhere you go in town people in Lubbock will smile at you, open doors for you, or thank you when you do the same for them. These are simple things that we all appreciate but are so expected here we sometimes take them for granted. So I want to use this article to let you know about some other nice things people in this community do for others that are not as expected and should never be taken for granted. Every single day at Lubbock Meals on Wheels, dedicated volunteers deliver hot meals to those who are homebound, elderly, or disabled which is a tremendous kindness itself but there is so much more happening here. Not only are our clients receiving a hot, nutritious meal they are also receiving a visit from a friend – someone who cares about them, someone who talks to them, someone who listens to them. If all of that was

not enough, many of our volunteers do so much more, not because they are asked to but because they want to. I hear stories each day of how they cry with clients who have just lost a loved one, pray with clients when they need support, and comfort clients who are suffering. Our volunteers don't just drop off a meal and head to the next house - they take the time to visit with our clients, notice if a repair is needed, report to us if someone is not okay, wish someone a happy birthday, and so much more. Thanks to people like this something special goes on every day in Lubbock and takes the meaning of kindness and friendliness to a whole new level. It is truly rewarding to see and hear about this kind of caring every day. The best part is that you too can make this kind of difference and experience these rewards – volunteer today.



## SUMMER VOLUNTEERS ARE SPECIAL

Every summer we get to see our special, summer volunteers. As school lets out and families go on vacation, we need extra help to cover our 54 daily routes. This brings in lots of younger volunteers, and volunteers-in-training! These kiddos bring joy to us and joy to the recipients that they deliver to. LMOW delivery is a great summer activity for you and your children, grands, and greats.

According to Parents.com, volunteering teaches even toddlers and preschoolers about compassion, empathy, tolerance, gratitude, and community responsibility. And children who volunteer are more likely to continue doing so as adults. Kids are very perceptive. By volunteering from a young age, they learn early that

- they have the ability to make a difference in someone else's life
- not everyone lives the same way that they do
- people are happy to see them, they do make a positive impact in their community
- their family can make a difference together when they share a cause.

LMOW has some adult volunteers that used to help deliver meals with their grandparents 20 years ago. Once they became adults, they remembered this childhood experience and came back. So gather up your gang and come help us out LMOW!



## letters from the heart

*"My Dear Friends at Meals on Wheels, Thank you for all you do for me and the other elderly. If not for you, I would be in a nursing home. Your meals and wonderful people that bring them, are such a blessing to me. Thank you for all the extras like the beautiful birthday card & my favorite chocolate cake. It's decorated so pretty... I love you all and pray God's blessing on each of you. - Your 88 year old friend," A.U.*

*"I really appreciate ALL of you and enjoy my meals very much! Thank you!" - C.A.*

*"I like your meals very much. Keep up the good work. You have very nice and respectful volunteers. They are very nice to me and always greet me with a smile." - C.L.*

*"Please accept my contribution in appreciation for all the meals and kindness you showed my mother. She recently passed away but I will never forget the different agencies who offered their help. God Bless and may you continue to be a blessing to others." - S.M.*

## Giving Groups

In May, the **New Neighbors Club of Lubbock** invited us to a lovely lunch and program. They also made a generous donation to LMOW, from part of the money that they raised throughout the year. This group of women seems to have so much fun, and during their program we learned that they have a lot of different things going on. AND... you don't have to be new to Lubbock to become a member. In fact, many of the members have lived in Lubbock for quite some time. If you are looking for a way to meet people and get involved in something, check these folks out. They have a Facebook page – Lubbock New Neighbors, and you can email them at [newneighbors@ymail.com](mailto:newneighbors@ymail.com).

We would also like to thank **The Wayne and Jo Ann Moore Foundation, The South Plains Foundation, James Avery Jewelry, and Girling Home Health Care** for their generous support.

## Check out our new "killer website"!

**"The Internet is becoming the town square for the global village of tomorrow."** ~Bill Gates

We've finally done it! We have updated the Lubbock Meals on Wheels website, with the help of John Chaka and Hartsfield Design. It is our hope that this website will help us continue to grow along with the community that we serve. So check us out at [lubbockmealsonwheels.org](http://lubbockmealsonwheels.org). You are bound to learn something that you didn't know!





A big thanks to the following for their help with this program  
(April 1, 2015 – June 30, 2015)

### Memorials

#### In Memory of • Donor

**Bogart, beloved dog of Scott and Cathy Porter** • Sharen and Robert Musselman  
**Bono, beloved Cocker Spaniel of Becky Burton** • Robby Vestal  
**Brandy, beloved dog of Judy and Rusty Jones** • Joyce Atkinson  
**Callie, beloved dog of Pat and Danny Johnston and Jamie and Jeff Owen** • Sabrina, Scott and Cathy Porter  
**Chewbacca, beloved dog of Robert Lopez** • Doctors and Staff at Acres North Veterinarian Hospital  
**Clio, beloved cat of Richard Peterson** • Doctors and Staff at Acres North Veterinarian Hospital  
**Cooper, beloved dog of Rachel Woodard** • Mary Nell Hales  
**Dakota, beloved dog of John and Carolyn Simpson** • Sabrina, Scott and Cathy Porter  
**Eddie, beloved pet of Theresa Atiee and George Hardberger, John and James** • Julie, Shawn, and Katy Holladay  
**Grace, beloved cat of Katy Nicholson** • M (Martha Basinger)  
**Gretchen, beautiful Aussie of Ronda Clark** • A-Way with Pets—Sue and Johnny Franklin, Doctors and Staff at Acres North Veterinarian Hospital  
**Hannah, beloved dog of Shirley Hahn** • Darla Smiley  
**Hobbes, beloved Yorkie of April Iseral** • Anonymous, Debbie Iseral  
**Holly, beloved dog of The McDaniel Family** • Doctors and Staff at Ark Hospital for Pets  
**Jake, beloved dog of Bonnie Crawford** • Lisa Gilliland  
**Jake, beloved dog of John Huberty** • Doctors and Staff at Acres North Veterinarian Hospital  
**Logan, beloved dog of Magan, Clark and Ella Walker** • Fred and Jackie Kennedy  
**Maggie, beloved dog of Austin, Kim and Ainsley Jones** • Jeff and L'Anna Jones  
**Maggie, beloved dog of Nora Brazil** • Doctors and Staff at Acres North Veterinarian Hospital  
**Maggy, beloved pet of Mark and Cindy Willis** • Bruce and Karen Cottrell  
**Misty, beloved cat of Sue Ellen Parrish** • Doctors and Staff at Acres North Veterinarian Hospital  
**Pepper, beloved dog of Jan and Deaton Rigsby** • Susan Pollard  
**Precious, beloved cat of Sam and Darla Smiley** • Janice Gott, Sam and Darla Smiley  
**Puff, beloved dog of Suzy and Chad Moore** • Suzy and Chad Moore  
**Quincy, beloved pet of Todd and Manda Klein** • J. H. and Anne Klein  
**Rufus, beloved dog of Michael Conner** • Doctors and Staff at Acres North Veterinarian Hospital  
**Rusty, beloved dog of Bruce and Karen Cottrell** • Sharen and Robert Musselman  
**Sadie, beloved cat of Shirley Gentry** • Shirley Gentry, Barb and Salty Bulen, Camille and Jerry Powe  
**Skuzzy, lovable cat of Jan and Mike Holmes** • Doctors and Staff at Ark Hospital for Pets  
**Slye, beloved dog of Bettie Sulser** • Jeff and L'Anna Jones  
**Spanky, beloved dog of Brittani Zakharchenko** • Aunt Sas  
**Spanky, beloved dog of Stacey Anderson** • Elen Deering  
**Suzanne, beloved dog of Kathy Teague** • Doctors and Staff at Acres North Veterinarian Hospital  
**Talulah, beloved dog of Angela Heath** • Doctors and Staff at Acres North Veterinarian Hospital  
**Tango, beloved cat of Lucy Perrin** • Doctors and Staff at Acres North Veterinarian Hospital  
**Tiger, beloved cat of Lynn Simmons** • Doctors and Staff at Acres North Veterinarian Hospital  
**Trixie, beloved pet of Verna Callaway** • Olivia Lemons  
**Wally, beloved dog of The Harris Family** • Donny and Janalee McClendon



Lubbock Meals on Wheels' Pet Program is currently helping recipients care for 169 dogs and 108 cats. Thanks to your generous donations specifically to this special program, we are able to help pets and their humans stay together.

**Cat Trivia:** The stereotype that dogs are more affectionate than cats is just that: a stereotype. In fact, it turns out that cats can be just as good companions as dogs, especially for women. A 2003 Swiss study found that having a cat in the house is the emotional equivalent of having a romantic partner. As well as initiating contact much of the time, studies have shown cats will remember kindness shown to them and return the favor later.

Owning a cat tells people a lot about your personality. While dog lovers tend to be the life of the party, cat owners are quieter and more introverted. However, they score very highly when it comes to how trustworthy they are and how much they trust other people. Cat owners are also less manipulative and more modest.

**Dog Trivia:** Dogs lick people and other dogs for a whole variety of reasons. Puppies will lick their mothers or owners as a sign of affection or when asking for food. Once they're adults, licking becomes a sign of submission to an authority figure. When your dog licks you, they probably want something, like food or attention. Doggy kisses are also a way for your pet to feel better: Licking releases endorphins that calm and relieve stress.

The kind of dog you have tells people a lot about your personality. A study in England found a very clear correlation between people's personalities and what type of dogs they owned; for

example, people who owned toy dogs tended to be more intelligent, while owners of utility dogs like Dalmatians and bulldogs were the most conscientious. Other studies have found that dog owners in general are more outgoing and friendly than cat owners. But be careful: Dogs also take on their owners' personality traits, so if you fly off the handle all the time, it might explain why your dog is so aggressive.

### Thank you

to the following for their help  
with this special program  
(April 1-June 30, 2015)

Ilse Bradley  
 Gyna, David, & Jetta Cole  
 Paige Fletcher  
 Dana Gamble  
 German Hobby Ladies  
 Joe-Ann Hill  
 Ladies Investment 10  
 of Lubbock Investment Club  
 Chad and Suzy Moore  
 Deanna Watson  
 Kristy and Kerry Weinheimer



### DON'T MISS OUT ON

The Lubbock Professional Police Association's 3rd Annual Charity Golf Tournament! Monday October 5, 2015 at Hillcrest Country Club. Proceeds will benefit Santa Cops, Officer Benevolent Fund and Lubbock Meals on Wheels! Last year the LPPA donated \$10,000 of the tournament's proceeds to LMOW! For registration or more information, call 806-470-4984 or email ennaeel@hotmail.com.

TRIVIA: The first golf balls were made of thin leather stuffed with feathers. Tightly-packed feathers made balls that flew the farthest. Feather balls were used until 1848.



## UPCOMING EVENTS

(Please mark your calendar for these opportunities to support Lubbock Meals on Wheels)

### September 18th

**Big Wheels Deliver Meals**  
something fun for our recipients.

### October 5th

**Lubbock Professional Police Association Annual Golf Tournament**  
benefiting Lubbock Meals on Wheels and Santa Cops Hillcrest Country Club

### November 6th & 7th

**Holiday Extravaganza**  
benefiting Lubbock Meals on Wheels and other charities to be named Community Christian Church

### November 13th - 21st

**Feed a Friend, It's as Easy as Pie**  
benefiting Lubbock Meals on Wheels Lubbock area United Supermarkets



# Staff Spotlight

## LISA GILLILAND



**Name, Age, and Occupation:** Lisa Gilliland, not telling, Executive Director

**Start Date:** June 1, 1998

**How did you get involved with LMOW?** I was working for another local non-profit and was ready for a change. I answered a job ad in the newspaper for a Volunteer Director but after my interview they offered me a job as the Assistant Director, which was a position I had for fifteen years prior to becoming the Executive Director.

**Do you have any kids and/or pets?** Two perfect adopted shelter mutts named Katy & Kloey.

**What is your favorite thing about being a kitchen/nonprofit professional?** The variety of job duties and getting to be a part of an organization with an incredible staff that helps so many people in our community.

**Who do you find inspirational?** Our incredible volunteers – they deliver in all kinds of weather, schedule their personal lives around their volunteer work, help us with any crazy project we come up with, show an amazing amount of compassion towards the meal recipients, and are undeniably dedicated to the mission of our organization.

**You are a new addition to a crayon box. What color are you and why?** Plaid – a complicated combination of many things.

**What can you simply not resist?** Puppy breath

**Why are manhole covers round?** Shouldn't they really be called people-holes?

**What would I find in your refrigerator right now?** Homemade dog food and apples.

**What is your middle name?** It starts with an "M"

**What is the number one dish that you absolutely won't eat?** Veal

## SHERYL HIGHT



**Name, Age, and Occupation:** Sheryl Hight, 57, Food Service/Cook

**Start Date:** August 14, 2000 (what a great birthday gift!)

**How did you get involved with LMOW?** I was unhappy with my job, I was a cook for 12 years for another business. I found an ad that LMOW was looking for a cook. The rest is history.

**Do you have any kids and/or pets?** I have 3 wonderful, loving sons and 5 beautiful grandkids. I live with 4 house

cats that are seniors! I've also been adopted by some of the neighborhood felines.

**What is your favorite thing about being a kitchen/nonprofit professional?** We have a good time with our kitchen volunteers. They keep us laughing and tell such great stories!

**Who do you find inspirational?** My late sister, Raynette, is an inspiration to me. She was so strong and brave throughout her illness. She never said "why me", or complained in any way. She never lost her faith and she gave her family comfort.

**You are a new addition to a crayon box. What color are you and why?** Stonewall Gray-I like to blend in with the surroundings and just take everything in without being noticed.

**What can you simply not resist?** Anything sweet of course!

**Why are manhole covers round?** Because they're not square.

**What would I find in your refrigerator right now?** Diet Dr. Peppers, tea, condiments, and of course, Coffee Mate. No real food because I don't cook (REALLY-you're a cook!)

**What is your middle name?** Ann

**What is the number one dish that you absolutely won't eat?** Liver, so gross and nasty looking.



Feed  
Seniors  
Now  
Campaign

According to Feeding America, it can be more difficult for seniors to protect themselves from food insecurity and hunger. One study that focused on the experience of food insecurity among the elderly population found that food insecure seniors sometimes had enough money to purchase food but did not have the resources to access or prepare food due to lack of transportation, functional limitations, or health problems.

Throughout the month of September, **Comfort Keepers of Lubbock** will collect specific food items and monetary donations for Lubbock Meals on Wheels. LMOW will use these donations to fill over 180 weekend meal sacks every week. Weekend meals are provided to those LMOW recipients who have no access to or assistance with food over the weekend. This initiative supports Comfort Keepers' goal to improve the quality of life for seniors and help them maintain healthy, independent lives.

If you and/or your business or church wants to participate in the **Feed Seniors Now** campaign by conducting a food drive or collecting cash donations, please call Comfort Keepers at 806-687-7800.

## MEMORIALS & HONORARIUM GIFTS

A donation to Lubbock Meals on Wheels is a great tribute for a:  
*Birthday • Anniversary • Holiday • Special Event*

DONATIONS MAY ALSO BE MADE IN MEMORY OF A LOVED ONE

With any tribute or memorial donation, an acknowledgment card will be sent to the person or persons you indicate. For tribute and memorial contributions, please cut out card below, complete, and send to:  
Lubbock Meals on Wheels | 2304 34th Street, Lubbock Texas 79411

YOU CAN ALSO HELP OUR PROGRAM IN THE COMING YEARS BY:  
Remembering Lubbock Meals on Wheels in your will | Giving monthly by bank draft.

PLEASE SEND AN ACKNOWLEDGMENT CARD TO: (please print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

This gift is from \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Payment: ☐ MasterCard ☐ VISA ☐ Discover

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_ / \_\_\_\_ Security Code: \_\_\_\_\_ Authorized Amount: \$ \_\_\_\_\_ OR

☐ Check is enclosed for the amount of \$ \_\_\_\_\_

☐ Special Occasion (Specify the occasion) \_\_\_\_\_

☐ Memorial (Name of person to be remembered) \_\_\_\_\_

☐ Pet Memorial (Name of pet to be remembered) \_\_\_\_\_ dog/cat/other \_\_\_\_\_

# IN LOVING MEMORY {MEMORIALS FOR APRIL 1 – JUNE 30, 2015}

**In Memory Of** • Donor  
**Rusty Abell** • Linda and David True  
**Lucille Abercrombie** • NARFE #244  
**Samuel Adams** • Kelly and Cynthia Pratas  
**Margie Albright** • Chris and Candis Conard, Carol Edwards, Kay Stapleton, Ed and Jan Broome  
**Rachel Alburdis** • Bill and Debbie Townley, Charles and Jane Moore, Holly Corbell, Mr. and Mrs. Carroll Haralson, Patricia Marston, Sheila Hartley, Sunset Church of Christ, The Gaydon Family  
**L. E. Anderson** • The Poteet Family  
**Bonnie Ashmore** • The Sharon Williams Family  
**Mary Bagwell** • Olivia Lemons  
**Bob Baker** • Joyce Cantrell  
**Barrett Ballinger** • Express Car Care  
**Anna Lois Billington** • Barb and Salty Bulen, Camille and Jerry Powe, Charles and DeAnn Britton, June Linker, Kara and Ron Henslee, Margie and Larry Miramontes, Mel and Delores Billington, Roberta Schroyer, Sharon Anderson, Stephen and Marilyn Fannin, Dale Gunnels  
**Kay Blackstock** • Gene and Cookie Noland, Jeri Lott Mangum  
**Erlene Blakney** • Charles and DeAnn Britton  
**Eileen Bloechl** • Mary McCrary  
**Evelyn Bookout** • Kim and Jeff Klotzman  
**Jim Brannon** • Neily Bell  
**Sissum Brown** • Paula Bearden  
**Weldon and Ruth Brown** • Herschel and Patty Vanoy  
**Elsie Joe Buchanan** • Ellen Dearden and Harold Mooberry, Joe and Tommie Mercer, Vance Gibson, Wayne and Lana Sue Rogers  
**Mr. and Mrs. Gary Bullard** • Helen Delmar Smith  
**Gary Bullard** • The Gary Bullard Family  
**Mrs. Jessie Burke** • Mr. and Mrs. K. A. Wigner  
**Carl Burket** • Fred and Debbie Harvey  
**Richard Burton** • Mr. and Mrs. K. A. Wigner  
**Gerald Bush** • Kim and Jeff Klotzman  
**Joyce Campbell** • Barbara and Jimmy Joe Stanford, Don and Chris Jones, J. E. Murfee & Son, Key & Terrell, Laurin and Sharon Prather, Mr. and Mrs. James Boen, Mr. and Mrs. John Owens, Mrs. Tom Locke, Nancy Gummelt, Terry and Charlene Key, Wanda Parker, Gwen and Dwight Sanders, Lee Tarbox  
**Guadalupe Campos** • Terri Costilla  
**Dorothy Carpenter** • Ed and Jan Broome  
**Betty Coley** • George and Margaret Clay  
**Paulette Cooper** • Don and Lavon Mosher  
**Don and Evelyn Copenhaver** • George and Karen Dawson  
**Evelyn Copenhaver** • Beverly Rosenow, Billie McMinn, Bonnie Crawford, Carrol Reese, Doris West, Karen and John Sims, Kerry Heskett, Lucille and Stan Sedgwick, Lucille Tune, Mr. and Mrs. Harold Landrum, Nell Thompson, Roberta Schroyer, Samuel Ayers, Sean Dahmer, St. Luke's UMC John Wesley Class, Terry and Lonnie Eakle, Vicky Cole, Virginia Adams, Bernadine Duryea  
**Norma Couch** • Maureen Davis, Don and Chris Jones, Margie Springer, Les Proffitt, Carolyn Taylor, Lucy Williams, Glenna Wylie, L. W. and Marda Utley, Joan Brown  
**Shirley Crawford** • Gaynell Donaldson  
**Goldie Craycroft** • George and Margaret Clay  
**Travis Wesley Crow** • City of Lubbock Communications and IT Employees  
**Robert and Elfrieda Crowell** • Dale Lange, June, Gerald, Helen, Joy, and Cinthia  
**Lovess Curlee** • Jennifer and Cosby Morton, Kay Richardson, Sheryl Hight, Dodie and Mike Grinnell, Debbie and Barbara Dominski, Shirley Gentry, Donna and Craig Morris, Kara and Ron Henslee  
**Gail Davies** • Carol Daugherty and James Wallace  
**Alice Davis** • Chuck and Jake Donaldson  
**Dr. Walter Wayne DeWeese** • Mozelle Bice  
**Wanda Dobson** • Billie and Larry Conley  
**Alvin Doshier** • Ronnie and Sue Miller  
**Jim Dow** • George and Judy Carpenter  
**Claudine Elliott** • J. E. Murfee & Son  
**Sandra Elaine Ellis** • Erwin Vallance  
**Ray and Idella Escobar** • Roberto and Janie Esparza

**Ruby Ewald** • Floyd and Harriet Boone, Gaynell Donaldson  
**Hazel Field** • Roberta and Garry Grau, Frank and Mazie Ryburn  
**Dora Flores** • Elaine Atkinson  
**Dillon Flowers** • Kim and Jeff Klotzman  
**Britt Fraim** • Jackie and Shirley at Accents  
**Mary Ann Cobb French** • Jeri and A. L. Mangum, J. Q. and Loretta Warnick  
**Dan Fry** • Paul and Frances Beane  
**Mamie Sue Gibbs** • Kathleen Kuss  
**Rodney Goebel** • Dora Geiger, Tom and Linda Tenner  
**Dr. Chester Golightly** • Sandy Lehman  
**Ron Graham** • Employees of Compliant Power Systems  
**Louise and Tony Greco** • Mike and Dodie Grinnell  
**Louise Greco** • Bonnie Crawford, Calvert Home Health, Cookie Noland, Don and Beverly McBeath, Harold Love, Jody and Kevin Acrey, John and Gayle Smothers, Johnny and Sue Franklin, Joseph Greco, Larry Ackers, Lubbock Meals on Wheels Staff, Mary Lynn and Bobby Malone, Mike and Rose Chase, PCT Properties, Robison, Johnston & Patton, LLP, Roy and Elizabeth Towle, Sharon Anderson, Susan McEndree, Suzan and Lynn Stephens, Teresa Scoggins and Promise Land Assisted Living, The Gilliland Family, Barbara Bravo  
**Charlotte Greene** • Don and Cray Pickering, Jeff and Kim Klotzman  
**Nancy Griffith** • Sherry Baker, Louise Gilkerson  
**Rebecca Hall** • Don and Jean Keith, Heritage Study Club  
**Marge Harris** • James and Sue Wagner  
**John L. Hasselmeier, Sr.** • J. E. Murfee & Son  
**Velda Holcomb** • Carmon and Karen McCain  
**Dick Hopping** • Arlen and Jeri Wesley  
**Bill Jamison** • William and Hazel Knowles  
**Papa Joe** • Twain Henry  
**Leon Jones** • Shadow Hills Women's Golf Association  
**Ron Karvas** • Connie Karvas  
**Martha Kelly** • Elaine Atkinson, Roy and Lois Cooper  
**Jean Kelly** • Vance Gibson  
**Raymond Kelton** • Tom and Eleanor Homer  
**Jimmy Kieth** • Barbara Allison  
**Dorothy Anita Kirby** • Emily Ratcliff and Linda Gaither  
**Luis Labrado** • Margaret Richardson  
**Larry LaRoe** • Robert and Betty Carr  
**Pat Lewis** • Miles and Jennifer Hornak  
**Larry M. Lonis** • Bob and Bonnie Iseral  
**Albert Lynch** • Beverly Stirman, Sue Garrett, Jay and Martha Elms, Don Hevern  
**Brandy Martin Marley** • Peggy Dyess  
**Louise Plumlee Massey** • Linda and David True  
**Pauline Mauldin** • Juanita Horton  
**Martha McClendon** • Jeri & A.L. Mangum  
**David McDonald** • David and Rosalyn Hunt  
**Loy McGee** • Joyce Wright and Bryan Wright, Craig and Brenda Patterson  
**Robert Melvin** • The Voyles Family, The Bolton Family  
**Michael Miller** • Myra Boykin, Pansy Hill  
**Gay Morgan** • Jeff and Kim Klotzman  
**Daisy Moyer** • NARFE #244  
**Betty Murray** • Susan Hall  
**Joe Muscat** • Kyle, Leigh Ann, Brogan, and Brynnlee Plumlee  
**Patti Neilsen** • Marilyn Neill  
**Vic Nelson** • Jackie Armstrong  
**Geneva Nolte** • Robert Melcher  
**Jackie Norrell** • Joe-Ann Hill and Ilse Bradley  
**Gene Passmore** • Heritage Study Club  
**Sam Patrick** • Mary Anne and Bill Smith  
**Yvette Peel's Mother** • Fred and Debbie Harvey  
**Dwight Phillips** • Evelyn Armstrong, Glen, Cindy, Derrick, Kerri, Travis, and Kathleen McCullough, Mickey Coleman, Sean and Sherry Childers, TTU-Physical Plant Engineering Services  
**Doris Phillips** • 42 Group  
**Lucille Martin Phillips** • Edna Henson  
**Doris Chapman Phillips** • Arlen and Jeri Wesley  
**Louise Pinc** • Sylvia Winder  
**Carol Rackley** • Dale Lange, June, Gerald, Helen, Joy, and Cinthia  
**Jon Randles** • Clyde and Debbie Lynn

**Libby Rich** • Johnny and Marsha Zobac  
**Judy Richardson's Mother** • Fred and Debbie Harvey  
**Rosa Rios** • Your Favorite Thursday MOW Lady  
**Jim Ronzo** • Sharon Ronzo  
**Lonnie Rowlett** • Grant and Terre Carthey  
**Evelyn Rysz** • Debbie and John Zak  
**Florence Schuelke** • Lubbock Dental Implant Center Staff  
**Lois Shafer** • Fred and Debbie Harvey  
**Rosemary Shafer** • Fred and Debbie Harvey  
**Mike Sherrod** • Elaine Sherrod  
**Glee Showalter** • Jim and Sharon Nelson  
**Charles Shue** • Gaynell Donaldson  
**Rosie Sims** • James and Georganna Sims  
**Eugene Sims** • JoAnn Blake  
**K. J. Sorenson** • AniLois Matthews  
**Donna Soules** • Juanita Horton  
**Helen South** • Marilyn Neill and Anna Moore  
**Claudia Stephens** • Bettie Sims and Family  
**Geneva Stofel** • The Billy and Melba Boyd Family  
**Glenna Stubblefield** • Bonnie and Wayne Morris  
**Reba Swim** • Ladies Investment 10 of Lubbock Investment Club  
**Duane Swofford** • Howard and Dorathy Harvey, Jack and Virginia Norwood  
**Gaye E. Tanner** • Wilburn G. Tanner  
**Joann Tatkenhorst** • Nelda Jett  
**Bharti Thakrar's Mother** • Dr. and Mrs. Gurdev Gill  
**B. J. Thomas** • Irene Cox  
**Wyonna Thorne** • Burns and Ginalu Hamilton  
**Lou Pat Turner** • Carolyn Moore, Bill and Benita Parker  
**Cecil Tuttle** • Fred and Debbie Harvey  
**Crystal Vinderslev-Major** • Dr. Frederick G. and Deborah A. Harvey  
**Max Walden** • Anonymous, Mr. and Mrs. Doyle Lowe, Sue Swinson  
**Gordon Lee Walker** • Dewey Rogers, Ronald Miller  
**Jane Ward** • David and Rosalyn Hunt, Gayle Settle, NALC Branch 2589  
**Carrie Wardroup** • Carolyn Moore, Joan N. Brown  
**Paulette Watkins** • Curtis Ruff  
**Bill Watson** • Burns and Ginalu Hamilton  
**Fern Weaver** • D'Aun and Herb Tavenner  
**Madge Webster** • Robert and Betty Carr  
**Tony Weehunt** • Tommy Chrestmon and Janet Omidoar  
**Howard Yandell** • Jeri and A. L. Mangum

## TRIBUTES

{APRIL 1 – JUNE 30, 2015}

**Curry Blackwell** • Mom and Dad  
**Jan Broome** • Babs Rogers  
**Helen Burns** • Robert and Mary Beth Niehaus  
**Pat and Ray Carden** • Lakeridge UMC Foundation Class  
**Sherry Blackwell Cate** • Mom and Dad  
**Tyson, Derek, and Miles Cooper** • Mozella and Donald Tew  
**Leeta Godard** • FOE Auxiliary 4271  
**Carolyn Guess** • Bonnie Crawford  
**Dr. Ted and Jean Hartman** • Glenna Wylie  
**Gene Henry** • E. C. and Johnnie Leslie  
**Rheba Herman** • Eta Rho Chapter of Delta Gamma Society  
**Opal Keith** • Jonnie Cogdell  
**Charles Key** • Beth and Brax Wright  
**Dr. and Mrs. Rustam Mehdiabadi and Family** • Dr. and Mrs. Gurdev Gill  
**Shelly and Charley O'Connor** • George and Margaret Clay  
**John Osborne** • Heritage Study Club  
**John Pitman** • Lubbock Lions Club  
**Randy Rogers** • Barbara Bruster  
**Lucille Sedgwick** • Lyla Kehr  
**Beth Wright** • Charles and Paula Key  
**Steve Wright** • Charles and Paula Key  
**Kelley Zarbock** • Charles and Elaine Weed  
**Doug Zarbock** • Charles and Elaine Weed





## Holiday Extravaganza

Yes...we are already talking about the holidays! **The 6th Annual Holiday Extravaganza** is scheduled for **Friday, November 6th**, and **Saturday, November 7th** at the **Community Christian Church** at 3417-96th (96th & Indiana). Proceeds from this festive event will benefit **Lubbock Meals on Wheels** and several other local charities. The Extravaganza Group is currently looking for volunteers to help make baskets and work the sale. For more information or to donate items from the list below, please contact **Greta Cullers** at **(806)790-5140**.

If you have any of the following items in new condition, (or other items you think would be helpful) that you would like to donate for the Holiday Extravaganza please call Greta Cullers at 806-790-5140. You can drop items off at the church Monday-Thursday from 9:00am-1:00pm

Baskets (medium & large)  
 Ribbon in all colors  
 Towel sets - all sizes  
 Decorator items  
 Household items  
 Glassware  
 New candles  
 Floral items

# Cheers!

**"Wine makes daily living easier, less hurried, with fewer tensions and more tolerance."** -Benjamin Franklin

The **4th Annual Wines & Vines Festival**, hosted by **McPherson Cellars** was a resounding success! The event hosted 18 wineries from across Texas, beer tasting, vendors with locally made items, food trucks, the Hub City Chef Competition, live music, and beautiful weather! Thanks to the generosity of **Kim McPherson**, **Emily Simpson**, and the **McPherson staff**, the festival participants, and the Lubbock community, **McPherson Cellars** raised over **\$18,000** to help people remain at home, nourished, and independent as long as possible.

## FAQ's

It is our goal to help people remain at home, well fed, and independent. Lubbock Meals on Wheels prepares and delivers over 700 meals each weekday. As important as the meal is the companionship that comes along with it. Our volunteers come to the door with a meal and a smile. They let us know if someone is not doing well. They let us know if someone doesn't answer their door. They are the eyes and ears and wheels of LMOW.

Here are of the few frequently asked questions that LMOW gets.

### What are the eligibility guidelines?

To qualify for Lubbock Meals on Wheels, one must meet the following three criteria:\*

A person must be homebound or need assistance to leave the home.

A person must be unable to prepare a well-balanced meal each day.

A person must not have anyone who is available to prepare meals for him or her.

\*Some exceptions may apply.

### How can someone get on the program?

Anyone can make a referral to LMOW. Just call our office at (806)792-7971, Monday – Friday from 8:00am – 4:30pm.

### Who cooks the food?

Meals are prepared and packaged in our kitchen with care. Early each weekday morning, experienced cooks work very hard to insure that your food is prepared to perfection. We pride ourselves on the cleanliness of our kitchen and the quality of our meals.

### Is there a fee for service?

During the enrollment process, you will be asked if you would like to make a donation toward the cost of your meals, and if so, how much you would be able to contribute per meal. Monthly reminders are sent to those who are able to contribute. Ability to donate does not impact eligibility in any way. Currently, 60% of our recipients are unable to contribute any amount toward the cost of their meal. The recipient donations that we do receive cover 11% of the cost of our home delivered meals.

REMEMBER YOU CAN MAKE ONLINE DONATIONS AT  
**LUBBOCKMEALSONWHEELS.ORG**

## Who puts together all of those delivery routes?

Next time you're in our office, say hi to our new Program Coordinator, Luann Dunlap. Luann began working at LMOW in May of this year and comes to us with previous experience in the home delivered meal business. She has a history in journalism, has lived in Alaska, and is a cat and dog lover! She's fitting in very well and we are glad she is here.



## Save The Date

for next year's Wines & Vines Festival taking place May 13 & 14, 2016.

**TRIVIA:** Texas wine dates back to the 1660s when Franciscan priests planted one of the first vineyards in North American at Ysleta Mission near El Paso.

**RED WINE TIP:** The antioxidants that give red wine its glory in health circles are equally beneficial for your skin. Use leftover wine as a toner or dump it into your bath water and soak the night away. You may not get a buzz, but you'll be left with baby soft skin.

**WHITE WINE TIP:** Add wine to a spray bottle and use it to clean your fruits and veggies. The alcohol in wine will remove impurities far better than water. It can even kill serious bacteria like E. coli and salmonella. Let's hope it even makes those veggies taste better.



## NEWS ON WHEELS

Lubbock Meals on Wheels, Inc.

2304 34TH STREET | LUBBOCK, TEXAS 79411

www.lubbockmealsonwheels.org

Non Profit Org.  
US Postage  
PAID  
Lubbock, TX  
Permit No 48



**LEMONADE DAY** is about providing kids of all ages the opportunity to EXPERIENCE entrepreneurship by planning, starting, owning, and operating their own business: a lemonade stand! And it's FREE! This year the Trujillo gang had TWO competing lemonade stands. In the end, Richard, Cassandra, George, and Vincent came together and donated their proceeds to Lubbock Meals on Wheels! Lubbock youth did a great job with Lemonade Day this year. A special thanks to the Trujillo's for helping people remain at home, well fed, and independent!

## YOU'RE THE BOMB!

These folks keep our folks in treats, water, and flowers, and help keep us shiny and in business!

All About Water  
Apple Tree Café and Bakery  
Express Care of Lubbock  
Fast Pay Payroll Services  
Johnson Pumping & Grease Service  
Lubbock Avalanche-Journal  
Lubbock Wholesale Florist  
Mrs. Field's Original Cookie Company  
Nothing Bundt Cakes  
Racer Classic Car Wash

## News on Wheels

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Published Quarterly

*News on Wheels is available to friends of Lubbock Meals on Wheels as a public service.*



### Have It Your Way

You can now receive your Lubbock Meals on Wheels newsletter via email. If you would prefer to receive your newsletter via electronically, please send an email to [mgerlach@nts-online.net](mailto:mgerlach@nts-online.net). Include your name, physical address and email address. You can also call 806-792-7971 to sign up!

### Executive Director

Lisa Gilliland

### — 2015 — Board of Directors

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### President

Susan McEndree

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Jeff Vinson

Jeff Vinson

Jeff Vinson

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Jeff Vinson

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Jeff Vinson

Jeff Vinson

### Food Service Director

Roberta Schroyer

### Food Service Staff

Sheryl Hight

Thelma Robinson

Jerry Billington

Janie Sanchez

### Accountant

Kara Henslee

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

Jeff Vinson

## Summertime Quiche Special CHICKEN & BROCCOLI QUICHE

Limited time only!  
Available July 15  
until we sell out



### WE MAKE IT; YOU BAKE IT - AVAILABLE ALL YEAR!

Did you know that you can come by Lubbock Meals on Wheels and pick up a quiche for your evening meal? We have quiche available Monday – Friday from 8:00am – 4:30pm. Just pick one up, and put it in the oven frozen! We also offer quiche gift certificates which allow the recipients to select their favorite and pick it up whenever convenient. These delicious, cheesy quiches are perfect for feeding out-of-town company, a weekend brunch, or just whenever you want a great and simple meal for your family. It's a thoughtful meal to take to someone, too! Just pick one up at our office, pop it into the oven and enjoy! For large orders please call ahead of time. These 10-inch, frozen, ready-to-bake quiches come in five varieties: **Quiche Mexicana (vegetarian), Ham & Cheese Quiche, Spinach & Mushroom (vegetarian), Italian Sausage Quiche, and Spinach & Bacon.** Quiches are \$12.99 plus tax or two for \$25.00 plus tax. The bonus is that your purchase is not only feeding your family and friends but also the homebound, elderly, and disabled in our community as all proceeds go to Lubbock Meals on Wheels. **Be sure to get your "frequent quiche" card-buy 10 quiches and get one free.**

For more information or to place a large order, simply call 806-792-7971.



@LubbockMOW | #WhatADifferenceYourLunchHourCanMake