

NEWS on wheels



A QUARTERLY PUBLICATION OF LUBBOCK MEALS ON WHEELS • VOLUME 36, NUMBER 3 • JULY 2015 • 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



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	=



Pay with cash, check, or credit (no AmEx)/checks payable to Lubbock Meals on Wheels
Return order forms to
Lubbock Meals on Wheels
2304 34th 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!

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 Hartfield 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. You are bound to learn something that you didn't know!



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.

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.





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

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

LPPA
3rd Annual Charity
Golf Tournament!

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.*



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

In general, our staff likes to stay out of the spotlight, but we've been asked several times to share some info about ourselves. We will feature several staff in each newsletter until we've told you about all of us. Staff are being presented in order of longevity with LMOW. Please meet Lisa and Sheryl.

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 Alburtis • 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 Burkett • 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, Carroll 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, Vicki 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, Teressa 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

Dorthy 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 McClelland • 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 Dorothy 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 Coggell

Charles Key • Beth and Brax Wright

Dr. and Mrs. Rustam Mehdiaabadi 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 America 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

Volume 36, Number 3 | July 2015
Published Quarterly

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

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Jeff Vinson

Food Service Director

Roberta Schroyer

Food Service Staff

Sheryl Hight

Thelma Robinson

Jerry Billington

Janie Sanchez

Accountant

Kara Henslee



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. Include your name, physical address and email address. You can also call 806-792-7971 to sign up!



Summertime Quiche Special CHICKEN & BROCCOLI QUICHE

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.