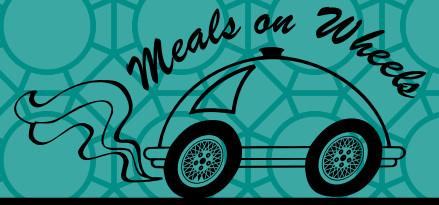


NEWS

on wheels



A QUARTERLY PUBLICATION OF LUBBOCK MEALS ON WHEELS • VOLUME 36, NUMBER 2 • APRIL 2015 • WWW.LUBBOCKMEALSONWHEELS.ORG

“The future depends on what we do in the present.”

~ Mahatma Gandhi

What do Lubbock Meals on Wheels and the Mars Society have in common?

Both depend on volunteers to accomplish their mission, and they are both focused on growth.

Thanks to the dedicated work of our 13 staff members and many, caring volunteers, Lubbock Meals on Wheels served over 700 meals per day in 2014. It seems that we write about our growth in every newsletter these days, and that is a trend that will only continue with the population growth in Lubbock and the increase in the aging population nationwide. The National Institute on Aging estimates that, by the year 2030, 1 in 5 people in the United States will be elderly (65+). This is an increase of 30% over the number of elderly in 2010.

In 2014, LMOW prepared and delivered 13% more meals than in 2013. While our volunteer base grew 6%, they logged 11% more hours (20,167 hours) than in 2013. Our volunteers worked the equivalent of almost 10 full time staff. Clearly we could not accomplish our mission without these amazing people.

Let me tell you a bit more about our volunteers.

- Our volunteers range in age from 3 years to 97 years. (We love that our volunteers bring their children, grandchildren, and yes, great grandchildren to help deliver)
- 65% of our volunteers are female.
- 52% of our volunteers are 55 or under.
- The volunteer with the most longevity started with LMOW on April 1, 1971.
- 34% of our current volunteers started with LMOW since January 1, 2014.

Most people know that LMOW volunteers deliver meals to people that are homebound. In truth, they do so much more...

- They not only donate their time, they donate their fuel as well.
- They take a few minutes (or more) to visit with those that wish to visit.
- They tell us about anyone that seemed not to be home when we thought they would. Then we follow-up to make sure they are alright.
- They give us information about both good and not so good things happening with the recipients so that we can celebrate with them and try to help them.
- They deliver a birthday cake and a card on our recipients' birthdays (sometimes they even sing a song).
- They deliver weekend meals to 190 of our recipients on Fridays.
- They deliver holiday meals prior to each holiday.
- They deliver fresh flowers with the meal on Fridays.
- They take a daily newspaper to those who want one.
- They follow new directions almost every time they come in because of constant route changes.
- They brave all kinds of weather throughout the year.
- They help with fundraisers.
- They decorate the volunteer center.
- They help serve and package the meals for delivery.
- They help with clerical tasks around the office.
- They package pet food for our Pet Program.
- They do many other things.
- They not only make the recipients smile; they make us smile.

This is truly an awesome, caring, dedicated, slightly wacky group of folks. They are family.

Despite our similarities, the Mars Project and Lubbock Meals and Wheels do have a few differences. Our volunteers **will** be coming back, and our focus is **all local!**

Lubbock Meals on Wheels will show our appreciation for our many volunteers at the **Annual Volunteer Appreciation Reception**, to be held at **6:00p.m. Friday, April 17th, at Indiana Avenue Baptist Church, 9507 Indiana Avenue.**





LAISSEZ LES BONS TEMPS ROULER!

Thanks to the hard work of many staff and volunteers, Lubbock Meals on Wheels' Mardi Gras 2015 on March 3rd was a hit! This year we raised **over \$85,000** (topping last year's proceeds) and matched our attendance from last year with **over 1,500** in attendance. Thirty seven restaurants featured their food along with a variety of entertainment, a large silent auction, the ShutterShack Photo Booth (new this year) and much more! The Mardi Gras King and Queen (David Collier & Terri Furman) reigned over the event, as always, along with their Krewe (Kristin Goodspeed & Rachel Briers), all in full Mardi Gras regalia. Next year's Mardi Gras will be on March 1, 2016. **SAVE THE DATE NOW!! Sincere thanks to the following for making this spectacular event possible:**

RESTAURANTS:

Apple Country
 Apple Tree Café and Bakery
 Bakery Creations
 BJ's Restaurant & Brewhouse
 Chop Chop Japanese Steakhouse
 Courtyard by Marriott Downtown
 COWamongus
 Danny's Fins & Hens
 Dickey's BBQ Pit
 Dynamic Foods/Furr's
 Essence Bottled Water
 Folger's Coffee
 Gandy's
 Gator's Bayou
 Grand Court
 Harrigan's
 Honeychild Catering
 Hub City Wings
 Keva Juice
 McDonalds
 Nestlé Professional Beverages
 North Catering
 Nothing Bundt Cakes
 Pecan Ridge
 Pure Water Ice & Tea Company
 Raider Ranch
 Raising Cane's Chicken Fingers
 Red Lobster
 Rockfish
 Ruby Tequilas
 Rudy's
 Salvation Army
 Seasoned With Love
 Shrimp Galley
 Smoothie King
 Tea2Go
 The Cakery

PURPLE LEVEL

City Bank
 Tyler Technologies

GREEN LEVEL

Chapman Harvey Architects, Inc.
 Gorilla Law Firm/Davis W. Smith, P.C./Injury Attorneys
 Suddenlink
 Sysco West Texas

GOLD LEVEL

Affordable Storage/Postar Family
 Alliance Federal Credit Union
 Andrus Bros. Roofing
 Atmos Energy
 BBVA Compass
 Calvert Home Health Care, Ltd.
 Caprock Home Health
 Civic Lubbock, Inc.
 Home Instead Senior Care
 Hospice of Lubbock
 Interim Home Health & Hospice
 KAMC/KLBK
 Lam & Company PC
 Lubbock County District Attorney's Office
 Lubbock National Bank
 Mullin Hoard & Brown LLP
 Prosperity Bank
 Sanders Funeral Home
 South Plains Electric Coop

SILVER LEVEL

Alderson Enterprises
 American National Bank
 Covenant Health
 Crown Point Health Suites
 Lubbock Avalanche-Journal
 McMahon Vinson Bennett, LLP.
 Myatt Blume & Fidaleo, LTD, LLP
 Sanford & Tatum Insurance Agency
 Teinert Commercial Building Services
 Texas Homeland Security & Sound
 The Garrison

CHILDREN'S LEVEL

Chad and Karen Caddel
 Gandy's
 Mesa Pivot Irrigation
 Peoples Bank

OTHER RECOGNIZED PARTNERS:

AmeriPride Linens
 Baker Office Products
 Body Works
 College Flowers
 Dominos Pizza-Victor
 Heinz
 Hidden Valley
 International Delight
 Jane O. Burns
 Jerry's Jumpers
 Kingsford
 Krispy Kreme Donuts
 Lawry's
 Mardi Gras Towels
 McCormick
 Ore Ida
 SES Southwest Exposition Service-a division of Grady Henly Decoraters, Inc.
 ShutterShack Photo Booth Rental
 Southwest Airlines
 Wig Trend

MARDI GRAS 2015 COMMITTEE

DeAnn Britton
 Mary Gerlach
 Larry Gilliland
 Lisa Gilliland
 Lance Gowens
 Daniela Hernandez-Salas
 Carrie Monje
 Camille Powe
 Cody Williams

2015 SILENT AUCTION COMMITTEE

DeAnn Britton
 Salty Bulen
 Mary Gerlach
 Lisa Gilliland
 Elizabeth Gowens
 Dodie Grinnell
 Kara Henslee
 Marcy Jackson
 Beverly McBeath

Becky Postar
 Conny Schmidt
 Gayle Smothers
 Paula O'Donnell Thompson

2015 COMMITTEE ASSISTANTS

Sharon Anderson
 Marlise Boyd
 Herb Craghead
 Lea Feasel
 Brent Guinn
 Colleen Henson
 Mike McKaskle
 Kitty Petmecky
 Sharon Reese
 Tom Stalcup

2015 ENTERTAINERS/ARTISTS

Dr. Tommy Ferrell & Sons (aka Dr. Giggles)
 Christmann Dance Academy
 Miss Lubbock Texas Teen-Emallie Saljoughi
 Crystal Cutting
 High Class Ladies Line Dancers
 Ballet Folklorico de Oro-LHS
 Music To The Maxx
 Texas Tech Masked Rider-Mackenzie White
 Pittman's Academy of Martial Arts
 Angelina Gamdara & Sandro Perez
 Miss Pre-Teen Lubbock-Kylie Irlbeck

2015 VOLUNTEER GROUPS

Fashion Board
 Lubbock 4-H
 Society of Petroleum Engineers
 WSO
 TTU Honor Group

KING & QUEEN

David Collier
 Terri Furman

KREWE

Kristin Goodspeed
 Rachel Briers

Congratulations to **Hub City Wings** for winning the first place award for the "Best Decorated Booth." **COWamongus** and **Salvation Army** received second and third place, respectively. Congratulations to the benefit drawing winner, Judy Pringle, who won a pair of Southwest Airline tickets! Finally, thank you to the many silent auction item donors, volunteers, Lubbock Meals on Wheels' staff and board members, Grady Henly Decoraters, and Civic Center staff for all of their efforts and assistance to make this event an incredible success.



a note from the executive director

Executive Director

Lisa Gilliland

Welcome to spring time! After many snowy and icy days making our deliveries a challenge, or downright impossible, we are happy to enjoy some sunny days. Something else we are looking forward to this month is National Volunteer Week, April 12-18. This week is about inspiring, recognizing, and encouraging people to seek out imaginative ways to engage in their communities. For all of us at Lubbock Meals on Wheels, it is the time to honor our over 1300 dedicated volunteers for their service at our annual Volunteer Appreciation Reception.

Although our volunteers assist us in many capacities such as in the kitchen, office duties, fundraising events, packaging weekend meals, bagging pet food, and so much more, the most common volunteer job is to deliver meals. We need over fifty volunteers every single day to fill all of the routes required to deliver over 700 meals delivered to the homebound, elderly, or

disabled people we serve. Sometimes this requires us to call in substitute drivers at the last minute. I recall one such occasion when I called a long-time volunteer shortly before delivery time to see if he could fill in for someone else who was suddenly unable to help us. I had to contact this volunteer at his job and he reluctantly agreed to come in to cover a route. He was not his usual jovial self when he arrived at our office, but picked up his route sheet and headed on his way. I did not see him when he returned from his route; however, I received a phone call from him. He said he needed to apologize to me for his attitude this particular day. He explained that he was caught up in some of his own problems and had been feeling pretty sorry for himself. After delivering meals to everyone on his route he felt so much better, was able to gain a new perspective, and was so very glad I had called him to volunteer. This is just one small example of how volunteering not only impacts those you help with your time and service, but how you may be rewarded as well.

There are many volunteer opportunities in our community and I would encourage everyone to get involved and volunteer somewhere. You have the ability to make an incredible difference in someone's life, including your own, and I hope you will seize that opportunity. Thank you to all volunteers but especially those at Lubbock Meals on Wheels who help make our community a much better place to live.



letters from the heart

"As we express our gratitude we must never forget that the highest appreciation is not to utter words, but to live by them." ~John F. Kennedy (Just a few of the notes from our recipients)

"Thanks for all you do!!! Donation for delivering to my Dad." -C.S.

"Thank you I appreciate your help." -J.T.

"Thanks again for all you do for me." -M.S.

"Thank you for Everything you do. I appreciate you all very much. Happy New Year :)" L.G.

"Thank you ALL FROM THE BOTTOM OF OUR HEARTS." - The P. Family

Volunteer Spotlight

If you are interested in more information about volunteering, call us at 806-792-7971! We have many opportunities and would love to include you in our family at LMOW!



Sanford & Tatum Insurance Company

Volunteer Name: Steve Owen and Sanford & Tatum Insurance Team

Start Date: 15 Years ago

Volunteer Duties: Deliver Meals

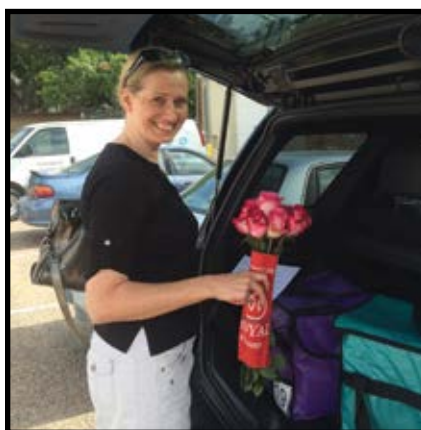
Why did you decide to volunteer? Office project to help Lubbock Meals on Wheels.

Why do you continue to volunteer? It is a great community service and we enjoy partnering with LMOW.

Most memorable volunteer experience? Tom Brown on our route invited us in and played his guitar and sang for us. Very talented man that Tom is.

Why do you think your volunteer work is important? We take pride in giving back to our community and serving our neighbors in need.

What do you want people to know about Lubbock Meals on Wheels? A great community service that pays the volunteer back many times over for their efforts.



Cornelia (Conny) Schmidt

Start Date: August 2013

Volunteer Duties: Deliver meals Monday and Fridays, occasionally prepare weekend sacks, supported Mardi Gras event.

Why did you decide to volunteer? My husband and I came from Germany in 2012. We were welcomed so nicely by everybody in town that I decided I really want to give something back to the community.

Why do you continue to volunteer? Once you started to deliver meals, you just can not stop. There is a growing relationship with every client over the time and every time I see them and I get a smile from them, that makes my day.

Most memorable volunteer experience? There are really uncountable moments and memories for me. For example one old lady that in the beginning just took the meal and quickly closed the door. Later we started to talk a few words on her porch and today I cannot leave without sitting down with her and have a chat. And she is asking me every time "What happened in your world?"

It is every time I deliver the meals I feel how important it is for the clients, even beyond the food and this gives me strength for the whole week. I don't want to miss any single day I worked for Meals on Wheels

Why do you think your volunteer work is important? There are so many people in need and they are depending on the work of Meals on Wheels. In the essence delivering food is about assuring the very basic needs of a human being but in reality it is so much more. Many clients do not have any friends and family that look after them. With LMOW at least once a day somebody is checking on them if everything is ok and they have at least one small contact to the world outside of their home. This might be as important as the food.

What do you want people to know about Lubbock Meals on Wheels? I believe everybody should know that LMOW is a wonderful group of people that not only do an important work but they are a great community by themselves. Everybody is welcome and you become friends. And although it is a big community already more helpers are always needed and very welcome.



Those of you that know us at Lubbock Meals on Wheels know that we are obsessed with our 4-legged friends. LMOW has a Pet Program to try to make sure that our recipients are able to care for their furry friends and keep them at home with them. Currently 114 cats and 178 dogs benefit from the Pet Program. At this time we send out over 1,800 pounds of pet food each month. We appreciate all of the donations that support this very special program.

A big thanks to the following for their help with this program
(January 1, 2015 – March 31, 2015)

Memorials

In Memory of • Donor

- Ahri, beloved dog of Brad Jackson** • Doctors and Staff at Acres North Veterinarian Hospital
- Ajacks, beloved dog of K. C. Bohner** • Jill Watkins
- Bailey, beloved dog of Stephanie Boyd** • Doctors and Staff at Acres North Veterinarian Hospital
- Bogart, beloved dog of Cathy and Scott Porter** • Cathy and Scott Porter
- Caesar, beloved dog of Patty Funck and Family** • Joyce Atkinson
- Casey, faithful friend of The Wilson Family** • Doctors And Staff at Ark Hospital for Pets
- Cutter, beloved dog of Laura A. Smith** • Doctors and Staff at Acres North Veterinarian Hospital
- Daisy Mae, beloved dog of Patty Funck and Family** • Joyce Atkinson
- Deuce, beloved dog of Doyle Vogler** • Chris, Fenwick and Gimel
- Dexter, loving four-legged friend of The Robert Storrs Family** • Doctors And Staff at Ark Hospital for Pets
- Duncan, sweet pup of The Detrixhe Family** • Mary Gerlach and Wence Magari
- Ellie, beloved dog of The Coker Family** • The Caddel Family
- Ginger, beloved dog of Barbara Harrington** • Doctors and Staff at Acres North Veterinarian Hospital
- Ginger, beloved dog of Shirley Hahn** • Darla Smiley
- Gracie, beloved dog of Shelby Jackson** • Doctors and Staff at Acres North Veterinarian Hospital
- Gypsy, beloved poodle of Chris and Kristin Sanchez** • Jan and Ed Broome
- Hannah (banana), precious girl & beloved dog of Diane Moore & Wendy Pollock** • Mary Gerlach & Wence Magari
- Huey, beloved dog of The Paula White Family** • Doctors and Staff at Ark Hospital for Pets
- Joey, beloved pet of The Begg's Family** • Susan Pollarad
- Kona, lovable giant of The Munoz Family** • Doctors And Staff at Ark Hospital for Pets
- Lizzie, beloved dog of Nena and Larry Nix** • Karen McCain, Doctors and Staff at Ark Hospital for Pets
- Maverick, sweet pup of The Detrixhe Family** • Mary Gerlach and Wence Magari
- Rocky, beloved pet of Shawnice and Robert Pollard** • Susan Pollarad
- Rusty, beloved dog of Margaret Lutz** • Doctors and Staff at Acres North Veterinarian Hospital
- Sabin, beloved pet of Debbie Wamoth** • Sharon Ennis
- Sadie, beloved dog of Hilary Peterson** • Pam and Mike King
- Siegfried, beloved pet of Don and Julia Scoville** • Iris Hodge
- Speedo (Peddy), beloved dog of Juan and Terri Contreras** • Darla and Sam Smiley
- Strider, beloved dog of Doyle Vogler** • Robby Vestal, Chris, Fenwick and Gimbel
- Tanner, beloved dog of Shandy Higgins** • Doctors And Staff at Ark Hospital for Pets
- Wyatt, beloved cat of Julie Clements** • Doctors and Staff at Acres North Veterinarian Hospital

Tributes

Glen and Sallie Lloyd • City Bank



Thank you

to the following for their help
with this special program
(Jan 1-March 31, 2015)

Donny and Janalee McClendon, Jr.
Ashley Laycock
Tipton Pet Hotel

PET LOVER QUIZ

(are you obsessed with your pet?)

- You have an Instagram/Facebook page for your pet.
- You have a nickname for your pet.
- You've bought a hoodie or sweater for your pet.
- You dress your pet up for Halloween.
- You let your pet sleep with you...he/she takes up most of the space.
- You include your pet in your holiday card.
- Your screen saver is a photo of your pet.
- You've downloaded games for your pet on your iPad
- You have a framed picture of your pet.
- Your clothes are constantly covered in fur and you couldn't care less.
- You love your pet more than you thought humanly possible.

UPCOMING EVENTS

SAVE THE DATE for these upcoming events

April 11th

Annie's Chat & Chew 11:00am-1:00pm
Mae Simmons Senior Center, 2004 Oak Avenue.
In memory of Annie Sanders to benefit LMOW.
Come eat the best catfish you've ever had!

April 17th

LMOW Volunteer Appreciation Reception
6:00p.m. Indiana Avenue Baptist Church,
9507 Indiana Avenue

May 29th & 30th

McPherson Cellars 4th Annual Wines & Vines Festival
(benefiting Lubbock Meals on Wheels)
1615 Texas Avenue. Starts Friday at 6:00pm

September 18th

Big Wheels Deliver Meals Promotion
something fun for our recipients.

October 5

Lubbock Professional Police Association Annual Golf Tournament
(benefiting Lubbock Meals on Wheels)

"I read about eight newspapers in a day. When I'm in a town with only one newspaper, I read it eight times." -Will Rogers
Thanks to the Lubbock Avalanche-Journal for providing 250 newspapers per day (Monday - Friday) to be distributed free of charge to clients in Lubbock and Idalou.

Staff Spotlight

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 Roberta and Barbara.

BARBARA BULEN



Name, Age, and Occupation: Barbara Bulen, 63, Volunteer Coordinator

Start Date: June 3, 1998

How did you get involved with LMOW? I knew a friend of the Executive Director in 1998, and she gave me the job lead.

Do you have any kids and/or pets? 3 Children (oldest is 38, then 36 and 35), 6 grandchildren, and 2 dogs.

What is your favorite thing about being a kitchen/nonprofit professional? Our mission, of course. It is incredible to know we give so many the ability to remain in their homes as long as possible. Our clients' families are so appreciative knowing someone is coming by every day to check on their loved one.

Who do you find inspirational? The volunteers! We have the absolute best volunteers. They not only give of their time but they do so with a huge heart. I have met so many wonderful individuals in my position. It is so great to be able to visit with our volunteers and hear their experiences from delivery. They amaze me every day.

You are a new addition to a crayon box. What color are you and why? Aurora Borealis! Why? Because it is beautiful and colorful. I've seen it once... won't ever forget it.

What can you simply not resist? My grandchildren....and then homemade bread....in that order.

Why are manhole covers round? I am sure there is a deep dark answer here or even a really simple answer. However, the only one that comes to me is because pipes are round. And besides if there wasn't a cover people would fall in, right?

What would I find in your refrigerator right now? Leftovers.

What is your middle name? Jean

What is the number one dish that you absolutely won't eat? Easy, BEETS, YUK!!!!

ROBERTA SCHROYER



Name, Age, and Occupation: Roberta Schroyer, 63, Food Services Director

Start Date: August 4, 1997

How did you get involved with LMOW? I was working in the LISD school cafeterias where the meals were being prepared for Lubbock Meals on Wheels, at the time. When the kitchen was built on-site at LMOW, I applied for the job and became a part of the LMOW family. It has been a great ride.

Do you have any kids and/or pets? I have a son, Woody, and his wife Kathy. I have two grandkids, Brandon and Jennifer. And I have my furry friend, a 15 year old cat named Wil-

low, who loves taking showers and playing in the snow.

What is your favorite thing about being a kitchen professional? I just love everything about being in a kitchen because I love to cook. Working for a non-profit that is not funded by the government cuts down on a lot of regulations and allows us to fulfill our mission.

Who do you find inspirational? My grandkids are my inspiration. They teach me something new every day. They also leave great little notes on my refrigerator when they come to my house.

You are a new addition to a crayon box. What color are you and why? Bubble Gum Pink and Sky High Blue twisted together so you can color with two colors at the same time.

What can you simply not resist? Watching old TV shows from the 70's like Starsky & Hutch, Emergency, Adam 12, and all of the old westerns.

Why are manhole covers round? Because the round cover can't fall through the hole.

What would I find in your refrigerator right now? Diet A&W Root Beer, asparagus, cheese, milk, and coffee.

What is your middle name? Kay

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

"Grief is the price we pay for love."
~Queen Elizabeth II

In the past year, we have lost several of our phenomenal volunteers. May special memories comfort all of their families and friends, and may their loved ones find peace very soon.

Eliseo Garcia	Rick Ribordy
Ed Davis	Hazel Foster
Ewell Booker	Madge Webster
Martha Thomas	Ann Wolf
Rachael Pattillo	Wanda Means
Mark Moorhead	Johnnie Leslie
Charles "Chuck" Hester	Kay Allen
Jerry Melton	Jackie Henderson
Robert Keys	

Pick up an Express Care of Lubbock oil change card at our office. When you present this card during an oil change or State inspection, LMOW will get a \$6.00 donation!

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 JANUARY 1 – MARCH 31, 2015}

In Memory Of • Donor

L. E. Anderson • Owen and Francine Gilbreath
Mr. and Mrs. Fred P. Armstrong • Herb Armstrong
Lou Austin • Ralph and Val Meixner
Barrett Ballinger • Gaynell Donaldson, Arlen and Jeri Wesley
Audrey Banks • Mr. and Mrs. Harvey
Betty Barnett • Grace Ann Bryan
Clark Barnett • Okie Rice, Betty Davis and Willey Jr., Lissa, Trey and Jeff, Dr. and Mrs. Jay Pennington, Kenneth and Dolores Bowen, Maureen Davis, Mr. and Mrs. Edward Markham, Frances Austin, Lloyd Davis, Bobby and Wanda Williams, J. E. Murfee & Son, Heritage Study Club, Ruth Earsley, Don and Jean Keith, Betty Asbill, Sammy and Sharron Holt, Ann Blake, Martha Barnett, Sue Barnett, Betty Davis, Sue Gonzales, Carolyn Matthews, Dorothy Vaughn, Wanda Williams, Glenn and June Clayton, Dorothy Vaughn
Mr. Tej Bham Batra • Dr. and Mrs. Misra, Dr. and Mrs. Subhash Batra
David Bell • Wayne and Joan Attebury
Phillip Bellah • Margaret L. Richardson
Julia Billingsley • Don and Jean Keith
Linda Blair • Art and Jody Cook
Wayne Blaylock • Wayne and Joan Attebury
Mr. and Mrs. Gerald Bonner • The Krahmers
Thelma Box • Bill and Mickey Garrett
Kimberly Bradley • F. M. and Clydell Hoffman, Margaret Tilley
Lillie Frances Breeden • Melinda Shanklin, Lynn and Buddy Forbess, Cathy Mathis, Gerald and Paula Clark, Jackie Kern, Suzan and Lynn Stephens, David George, Greg and Holly Welch
Nina Brown • J. C. and Marjorie Pointer
Elsie Joe Buchanan • Loya and Mike Cobb, Jim, Linda and Joe Cox, Dale and Tonya Gober, D'aun Green, Guy and Kayla Morrison, George and Roy Reed, Robby Vestal, Randy and Sherry Wright, Chuck and Keri Mize, Rex and Susan McCloy, Lesa Wood, Benny and Mary Pryor, Terri Lloyd, Larry D. Johnston, Mary and Roy Turner, Paul and Anna Belle Mohr, Valerie Hlavaty
B. L. and Carrie Bulen • Jim and Ruby Bulen
H. D. Bunn • Shirley Moran
Waylon Carroll • Betty Knight, Judy Norman
Ima Jean Cassel • John M. Cassel
Alfred Caviel • Dana and Bob Craig
Joy Charles • Neva Bullock
Ermagene Chewing • Ann Shelby
Darrol Clawson, Jr. • Paul and Frances Beane
Nina Combest • Your Lunch Bunch Friends
Florene Gail Conner • Covenant Christian School, Mary Ramsey
Bob and Pauly Cope • Pat and Judy Dunne
Julia Paz Cortez • Joe and Danee Nino
Rebecca Darlene Crooks • Laurie and Kelly Kireilis
Gail Davies • Marc and Rhonda Greco
Connie Deckard • Gerald Hudson, CPA, Hudson Wealth Solutions
The Rev. Ted Dotts • Carolyn F. Moore, Sylvia Winder, Judy and John Burnett, Charles and DeAnn Britton, Arlen and Jeri Wesley
Gwendolyn Dubose • Mark and Ruth Ann Surface
Andy Elliott • Jeri and Arlen Wesley
Elvin Evatt • Jana Winter, Hudson Wealth Solutions
Norma Faulk • Maye and Karen Payne
Sawyer Burlison Flache • Phyllis and Byron Nicholson
G. W. Gill • Kenneth and Sammie Hancock
Ann Gilmer • Lou Diekemper
Mrs. Gleghorn • Bobby and Mignon Brown
Carolyn Goebel • Kay Geiger
Nancy Louise Ward Griffith • Mitzi Taylor
Barbara Hamlett • Glenna Keesee
Janice Hargrove • Ann Shelby
Paul Harph • Tristan Wilbrandt
Jackie Henderson • Virginia and Choc Hutcheson, Glenda King, David and Lugene Pickering, Vicki Dalrymple, Arden Hawkins, Wanda Parker, Tommy Middleton, Don and Marilyn Burney, Derrell and Kathy Oliver, Doris R. Kochanek, Donald and Jonette Walker, Margaret Kennedy

Ruth Hendley • Mr. and Mrs. Bill Hardin
Ruth Hindman • David and Diana Lewallen
Lee Edward Holden • Eddy and Shirley Holloway
Jimmy Holder • Jim Dailey, Jim and Sheri Phillips
Earl Horton • Joann Neal
Med Hunt • Sandy Lehman, Gene and Cookie Noland, Elaine Sherrod
Dan Moody Hurley • Carolyn Moore, Mary Rogers, Lola Bigham, Pat Blanton, Sunny Shaver, Ron and Jackie McInnis, Doris Kochanek, Charlene Hart, Ray and Rhonda Lowry
Mrs. Willie Lou Jeffreys • Helen Delmar Smith
Lila Jones • Paul and Frances Beane
Christine Birdwell Keeney • Jonnie Delle Cogdell
Raymond Kelton • Hudson Wealth Solutions
Dorothy Kimzey • Herschel and Patty Vanoy
Don Kittrell • 42 Group, Dick Tarr, Glenna Keesee
Veda Lacouture-Knight • Shelby Lacouture
Larry LaRoe • Sandy Lehman, Kay Johnson, Jamie Thomason
Jeune Leifeste • Ann Walker and Family
Johnnie Leslie • Maureen Davis, Betty Knight, Charlene Hart, Pat Enloe, Jeri and Arlen Wesley, Judy and John Burnett, Larry and Carolyn Yurcho
Sue Lester • Frankie Martin
John Edmond Long, Jr. • Grant and Terre Carthey
Fred Marble • Acres North Veterinarian Hospital, Carolyn Moore
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Florence Martin • Alyce Harlan, Mary Nell Hales
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{JANUARY 1 – MARCH 31, 2015}

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**You're kind of a big deal.
Don't believe us?
Ask our recipients.**

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

- All About Water
- Bakery Creations
- Express Care of Lubbock
- Fast Pay Payroll Services
- Johnson Pumping & Grease Service
- Lubbock Wholesale Florist
- Mrs. Field's Original Cookie Company
- Racer Classic Car Wash

Going Above & Beyond!

Knight Raiders-TTU Chess Club	Ranked top 4 in nation, donated \$120
Second Baptist Sunday School	Snacks for Weekend Meals sacks several times per month
The Dream Center	Shelf stable food several times per month.
Trinity Christian Junior High	Easter Gifts
Tuesday Sewing Group	Hand sewn gifts for recipients for St. Patrick's Day and Easter

**"Wherever a man turns he can find someone who needs him."
~Albert Schweitzer**

Many groups, organizations, clubs, businesses, schools, and individuals made generous donations throughout the year, and we are truly grateful for their support. Space limitations prevent a complete listing of all the names, but that does not mean our appreciation is any less. To all who were kind enough to bring monetary, food, and other donations or supported us through the purchase of pecans, quiche, or engraved bricks - please know that your gifts made a significant difference in the lives of the homebound, elderly, and disabled right here in Lubbock. On behalf of Lubbock Meals on Wheels' Board of Directors, staff, and recipients thank you for your commitment and support.

Happy Birthday...to Us!



Lubbock Meals on Wheels turns 44 years old in April, 2015! In February, 2015 Lubbock Meals on Wheels served an average of **737 meals** each weekday and **175 weekend meals**. That's 54 routes a day! Currently our youngest recipient is **21 years old**, and our oldest recipient is **105 years old**.

Become a part of LMOW-literally

Mother's Day, Father's Day and Memorial Day are all just around the corner. Consider purchasing the gift of a **Memorial Brick** at Lubbock Meals on Wheels. Our bricks are professionally installed in front of the LMOW office. Each paver includes engraving of three lines of text, fifteen characters per line, and costs \$100. Order forms are available at our office or at www.lubbockmealsonwheels.org

Shout Out to LMOW's Corporate Delivery Volunteers

One way that Lubbock Meals on Wheels is able to ensure meal delivery to so many people is through our **Corporate Volunteer Program**. LMOW currently has **30 corporate volunteers**. These are businesses that commit to deliver meals one or more days each month. **Call 806-792-7971 to get your business/organization signed up!**

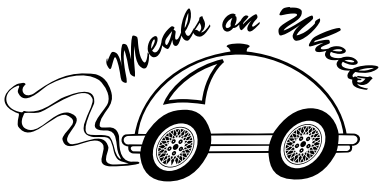
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|---|---|
| Accolade Home Care | Don Lynn Associate Broker-McDougal Realtors |
| All Star Embroidery | Lubbock Christian University |
| Amerigroup | Lubbock County District Attorney's Office |
| AT&T Mobility | Lubbock Hospitality House Nursing & Rehab |
| Calvert Home Health | Lubbock National Bank |
| Cam Fannin Insurance Agency | Peoples Bank |
| Chapman Harvey Architects | Phillips & Associates CPA |
| City Bank | Premier Sportsplex |
| Comfort Keepers | Prosperity Bank |
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| Heritage Oaks Nursing & Rehabilitation Center | Sanford & Tatum Insurance Agency |
| IntegraCare | The Garrison |
| Interim HealthCare | Tyler Technologies |
| Jones & Associates | UMC Physician Network Services |
| Keller Williams | The United Family |

FACT: According to the United Healthcare Do Good Live Well Study, 2010, "92% of people who volunteer through their workplace report higher rates of physical and emotional health."

you CAN help!

There is no limit to the amount of times aluminum cans can be recycled.

Bring your aluminum cans to Lubbock Meals on Wheels at 2304-34th Street during office hours, Monday - Friday, 8:00a.m.-4:30p.m. - we recycle!



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If you would like to receive our newsletter via email, let us know at 806-792-7972 or mgerlach@nts-online.net. Please include your name, physical address and email address.



Want to know how to make fool proof quiche?

Come by Lubbock Meals on Wheels and pick up a quiche for your evening meal. We are open Monday – Friday from 8:00am – 4:30pm. Just pick one up, and pop it in the oven frozen! Our 10 inch, ready-to-bake quiche is made in house and comes in five varieties: Mexicana (vegetarian), Ham & Cheese, Spinach & Mushroom (vegetarian), Italian Sausage, and Florentine (spinach and bacon). Quiches are \$12.99 or two for \$25.00 (plus tax). These delicious, cheesy quiches are perfect for bridal or baby showers, a Mother's/Father's Day treat, a weekend brunch, or just whenever you want a great and simple meal for your family. Be sure to get your "frequent quiche" card (buy 10 quiches and get one free)! You'll know that your purchase is also feeding the homebound, elderly, and disabled in your community as all proceeds go to Lubbock Meals on Wheels.

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

The pecan is heart healthy and contains antioxidants, 19 vitamins and minerals, and healthy fat. One of the mineral components is zinc, which is important in producing testosterone in both males and females. So get nutty and stock up now at Lubbock Meals on Wheels! **\$9.00/pound for locally grown halves and pieces all year around!**



@LubbockMOW | #WhatADifferenceYourLunchHourCanMake