

NEWS

A QUARTERLY PUBLICATION OF
LUBBOCK MEALS ON WHEELS

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APRIL 2026

WWW.LUBBOCKMEALSONWHEELS.ORG

on wheels



LUBBOCK



#LETSDO LUNCH
#MORETHANAMEAL

806.792.7971

THERE'S MORE TO VOLUNTEERING THAN MEETS THE EYE — DID YOU KNOW?

There's more to volunteering than meets the eye—did you know?

- About 23–25% of U.S. adults volunteer through an organization each year.
- Americans contribute more than 6 billion volunteer hours annually.
- That time is valued at over \$150 billion each year.
- Nearly 70% of volunteers say they got involved because someone asked them.
- Most volunteers give 1–4 hours per week. This small amount of time has a big impact.
- Over 50% of serving is informal volunteering (helping neighbors, friends, etc.).
- People who volunteer as teens are twice as likely to volunteer as adults.
- About 1 in 3 volunteers serve with friends, family, or coworkers.
- The average volunteer sticks with an organization for several years once they start.
- Even brief interactions can be the most meaningful part of someone's day.

"THE SMALLEST DEED IS BETTER THAN THE GREATEST INTENTION."

— JOHN BURROUGHS





OF LUBBOCK MEALS ON WHEELS

Lubbock Meals on Wheels – Keeping it LOCAL!

Lubbock Meals on Wheels is excited to celebrate our 55th anniversary in April of this year. Our first delivery of twenty-nine meals was April 1, 1971. Today over 1,100 homebound, elderly, or disabled clients benefit from hot, nutritious meals delivered by over 1,800 volunteers.

The symbol for such a milestone anniversary is the emerald representing strength, loyalty, and growth which seems very fitting for our organization. For the past 55 years, we have overcome many challenges while continuing to successfully serve the growing needs in our community. None of this could happen without the loyal and dedicated staff, volunteers, and donors who make our mission possible.

From the initial vision of two home health nurses who founded our program with meals being prepared by a local restaurant (Horace Mitchell's), then by Coronado High School, to building our own commercial kitchen, adding the weekend meal, holiday meal, emergency meal, and pet programs, renovating and enlarging our entire facility, expanding service to Wolfforth, establishing a breakfast program, and all the extras such as delivering magazines, books, birthday cakes, fresh flowers, Christmas gifts, and holiday treats that has made our program much more than a meal. All these services are funded locally by our generous community as we do not receive any government funds. The various programs are coordinated by our hard-working staff and are achievable thanks to our incredibly devoted volunteers and board members.

We are looking forward to celebrating this significant anniversary and recognizing the commitment of our volunteers at our annual Volunteer Appreciation Dinner on April 23. Thank you to our sponsors for helping us create a special night for our many volunteers who give so much to our community. We are also grateful to all our supporters who have helped us over the years and continue to make sure our homebound neighbors are not forgotten.

Also Uniforms

Ben E. Keith

BJ's Restaurant & Brewhouse

Chickies Tasty Treats

Gayle's Event Rentals

H-E-B

Lubbock Wholesale Florists

Nothing Bundt Cakes

The Balloon B

Walmart

YWCA



UPCOMING EVENTS

**PEACE OFFICERS DELIVER LMOW –
WEEK OF MAY 10, 2026**

Lubbock Meals on Wheels

**VOLUNTEER APPRECIATION DINNER –
APRIL 23, 2026**

YWCA on University

**BIG WHEELS DELIVER MEALS –
SEPTEMBER, 2026**

date TBD – Lubbock Meals on Wheels

**HOLIDAY EXTRAVAGANZA –
NOVEMBER 6 & 7, 2026**

Community Christian Church

**LMOW MARDI GRAS, 2027 –
MARCH 2, 2027**

Lubbock Memorial Civic Center



YOUR GENEROSITY REALLY STANDS OUT.

H-E-B

Pat McAfee, Inc.

The Ware Foundation

*Due to space limitations, we are
unable to list all donors.*

COME ONE, COME ALL Join the Summer Fun with Lubbock Meals on Wheels!

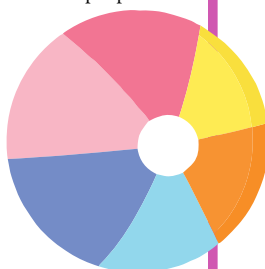
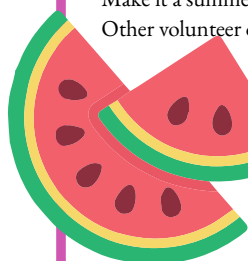
Summer is almost here, and there's no better time to get the whole family involved with Lubbock Meals on Wheels! We have volunteer opportunities for all ages, and we especially need substitute drivers to help deliver meals.

School's out, so bring the kids along! Grandkids? Absolutely. Great-grandkids? The more, the merrier! We can't get enough of those bright young faces spreading smiles across Lubbock.

Make it a summer of giving back. You bring the energy, and we'll provide the purpose!

Other volunteer opportunities include

- Food Service •
- Office help •
- Cooler carry out and cleaning •
- Pet transportation •
- General cleaning and organizing •
- Special projects •
- Fundraising events •



To become an LMOW volunteer, go to lubbockmealsonwheels.org and complete our volunteer application.

OVER THE PAST YEAR, WE HAVE LOST SEVERAL BELOVED VOLUNTEERS. WE HONOR THEIR COMMITMENT AND THE MEANINGFUL DIFFERENCE THEY MADE, AND WE KEEP THEIR FAMILIES AND LOVED ONES IN OUR THOUGHTS, WISHING THEM COMFORT IN THE MEMORIES THEY HOLD DEAR.

**Pat Harrison
Thurman**
5/13/25

**Donna
Blackwood**
5/14/25

Bailey Mayo
5/22/25

Charles Jack
6/7/25

Mike Chase
6/9/25

**Keith
Hendricks**
7/8/25

Alice Craig
7/17/25

**Jo Ann
Corbet**
10/17/25

**Mary
Cocanougher**
10/25/25

**Craig
Goodwyn**
2/22/26

Kent Clark
2/28/26

*"Grief does not change you...
It reveals you."*

– JOHN GREEN

Tributes

JANUARY 1 - MARCH 31, 2026

Correne Boyd • Della Rocap
Mark Furr • Charles Furr
Judy Bullard • Lou Ann LaFever
Preble & Wayne Davis • James & Claudia Gammill
Deb Ernst • Jaye & Rick Johnson

Fr. Rene Perez • Mary Martinez
Mr. & Mrs. Robert Fortney • Your Valentine's Guests
Angel Garcia • Shannon Lol
Todd W. Johnson • Dale Lange
James, Pam, & Emma McSpadden • Aunt Lizzy

STAFF BIOS



Name and Occupation: Heather McVay – Development Coordinator

Start Date: September 11, 2025

How did you get involved with LMOW? My Mom volunteered for years, along with my Dad. My Aunt currently volunteers. My Mom sent me the email regarding this job opening & told me to apply & it worked as I got the JOB!

Do you have any kids and/or pets? I have a 17-yr-old daughter, Kennedy who loves cats more than anything (as a result, we have 4!) & she is a great artist...keeps me on my toes & teaches me to accept those who are unique. We also have 2 dogs...a full house of pet fun.

What is your favorite thing about being a nonprofit professional? I think it is life affirming to work toward helping others. What else are we doing here on the planet? Very proud to be here & love those who are like-minded.

Who do you find inspirational? As of late, Jane Goodall. She lived a completely unselfish life finding voices for mostly animals who could not speak for themselves. Her compassion for helping animals & ultimately helping others was & is absolutely inspiring. We can all do better & be kinder to each other!

If you could switch jobs with anyone for one day, who would it be and why? Heidi Klum as I think it would be fun to be a supermodel + she is a great business woman & helps produce several tv shows like America's Got Talent & Project Runway.

What can you simply not resist? Mexican food. Ice cream.

If you could have dinner with any two people, dead or alive, who are the two you would choose? Elvis & my Dad.

What would I find in your refrigerator right now? Leftover BBQ, chicken salad, celery, fruit, OJ, lemonade, tea, coconut milk (that only I drink!), sandwich meat, lots of cheese, yogurt, eggs, hot sauce & many more condiments.

What is your middle name? Ann.

What is the number one dish that you absolutely won't eat? Veal. Nope. Never.



Name and Occupation: Rayven Munoz – Kitchen Assistant

Start Date: December 1, 2025

What is your favorite thing about working at LMOW? I love the volunteers soo much. I love my big work family: Nicole, Pat, Korn, Shana, Rudy...we sing & laugh! We work as a team, everything is intentional.

Who do you find inspirational? My best friend, Gil. Every day, when I come to work, he is always there with a smile, and he always speaks life into me. He pours his good wisdom and knowledge and never judges me. He is my go-to when I need a prayer. Also, Pat. She is a very strong-minded woman. I look up to her. She is always there to just listen to me or cry with me or just give me a hug. Korn is like my big brother. He picks on me, lol, but it's all out of love. Shana is my sister in Christ. She may not say much, but when she does, it's all life, all positive. I love Kevin. He is good to me, and he has a good voice (Go Billy Jean!)

If you could switch jobs with anyone for one day, who would it be and why? It would be Nicole at work. She gets to see and interact with the volunteers, and she gets to see all the pretty flowers on Fridays. She gets to see all the puppies and decorate the building for every holiday.

What is your favorite food? I love when Korn cooks food. He makes everything soo good. He can make anything in 5 minutes. LOL. Well, that's what it feels like. He makes the best Pico. I love Mexican food anything hot or with lemon pepper on it.

If you could have dinner with any two people, dead or alive, who are the two you would choose? Charlie Kirk and Stephen Furdick.

What kind of music do you listen to? I love all music, basically. Anything I can vibe to. I love oldies, R&B, and Christian.

What is your middle name? Maria

If you could visit anywhere in the world, where would you go? The Amazon.

WE'RE GROWING. WE NEED YOU!

As our client base continues to grow, many of our delivery routes are filling up. To ensure we can serve everyone in need, we'll soon be adding three new routes. We're looking for **15 new volunteers each week** to help make this possible.

Join us at: <https://lubbockmealsonwheels.org/volunteer/>

SHOUTOUT TO OUR AMAZING CORPORATION AND GROUP DELIVERY VOLUNTEERS!

Our corporation and group volunteers play a vital role in helping us serve more than 1,100 people each day. We're proud to partner with **39 corporate teams and 19 community groups** who give their time to make a difference across Lubbock. Want to get your team in on the action? We'd love to have you! Call **(806)792-7971** or visit **lubbockmealsonwheels.org** to get started.

2026 CORPORATE VOLUNTEERS

Alliance Credit Union	Lubbock County Sheriff's Office
Atmos Energy	Lubbock Hospitality
Caprock Home Health Services	Lubbock National Bank
Calvert Home Health & Hospice	Lubbock Power & Light
City Bank	Mighty Wash
Comfort Keepers of Lubbock	Moss Law Firm, PC
Community National Bank	Peoples Bank
Covenant Health	Phillips & Associates CPA
Crowning Point Day Activity Center	Plains Roofing
FedEx	Texas Tech Procurement
Happy State Bank	Texas Tech Health Sciences Center
H-E-B	Turner & Witt Plumbing
High Point Village	Tyler Technologies
Holy Spirit Catholic Church	UMC Physician Network Services
HubCity Lube	United Supermarkets
Llano Logistic, RC Taylor, & Praters	Visual Edge IT
Interim HealthCare of Lubbock TX	Walmart
Jones & Associates	Whisperwood Nursing & Rehabilitation
Lubbock Christian University	

CLUBS/GROUPS

Greater Southwest Lubbock Rotary Club
Junior League of Lubbock
Lubbock Llano Lions Club
Lubbock Bourbon Society
Lubbock County 4H
Monterey Church of Christ
National Charity League, Inc. - Lubbock
New Neighbors Club of Lubbock
Pilot Club of Lubbock
Rotary Club of Metropolitan Lubbock
South Plains Lions Club
Sunset Church of Christ
Westminster Presbyterian Ladybugs
Young Men's Service League
Zeta Omicron/Delta Kappa Gamma

Memorials and Honorarium Gifts

HONOR SOMEONE SPECIAL WITH A GIFT THAT GIVES BACK

A donation to Lubbock Meals on Wheels is a great tribute for a:

BIRTHDAY • ANNIVERSARY • HOLIDAY • SPECIAL EVENT • MEMORY OF A LOVED ONE

~ With each tribute or memorial donation, we'll send a personalized acknowledgment card to the person(s) you designate. ~

TO MAKE YOUR TRIBUTE OR MEMORIAL CONTRIBUTION, PLEASE DONATE ONLINE OR FILL OUT AND MAIL THE FORM BELOW TO:

Lubbock Meals on Wheels • 2304 34th Street • Lubbock, TX 79411

THIS GIFT IS FROM: _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

☐ MEMORIAL (NAME OF PERSON TO BE REMEMBERED) _____

☐ TRIBUTE/ SPECIAL OCCASION (SPECIFY THE OCCASION) _____

☐ PET MEMORIAL (NAME OF PET TO BE REMEMBERED) _____ DOG/CAT/OTHER _____

CASH/CHECK/CARD AMOUNT _____ CARD # _____ EXP DATE _____ CVV _____

PLEASE SEND AN ACKNOWLEDGMENT CARD TO: (PLEASE PRINT)

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

YOU CAN ALSO HELP OUR PROGRAM IN THE COMING YEARS BY:

✓ Giving Monthly by Bank Draft ✓ Remembering Lubbock Meals on Wheels in Your Will



Memorials

JANUARY 1 - MARCH 31, 2026

Barbara Acker • Dawn, Phillip & Cooper Payne, Patty & David Vannoy, Carla Peevey, Cindy Canale, Jill Johnson, Mark White, Merry Fiolka, Christina Perez, Tom & Clarice Acker, Don & Margaret Conner, Janice Justice, Sara McKee, Colin & Donna Shillinglaw
Waylon Adams • Jan & Larry Rogers, Jenny & Mitch Watson
Joe Anthony • Estelle Tanner Family
Fred & Ingrid Armstrong • Herb Armstrong
Randy Arnold • J. Laren, Vickie Craig, & Shirley Arnold
John Ashe • Belinda Ashe
Munevver Bac • Julie Farley
Tommy Barnett • Paul & Vicki Faulkner
Brian Baugh • Kim Allison
Wanda Beauford • Bell Raines
Helen Bingham • Bruce & Karen Cottrell
Michael Branum • New Neighbors of Lubbock
Leann Brenner • Lance & Danna Murfee
Steve Brown • John & Edda Paduch
Steve Carson • Mike & Penny Harkey
Mike Chase • The Bright Family
Nathan Chesser • Betha Chesser
Carmen Cisneros • Mary Martinez
Billy Clark • Benny & Diane Lobstein
Kent Clark • Karen Palmer, Linda & Richard Willis, Renee Lawson, Nifty 50's Car Club, Brenda Bobo, Bobby & Pat Meeks
Dale Clay • Cindy Canale
Bob & Pauly Cope • Patrick Dunne
JoAnn Cotton • Brenda Allen, Bernice Thomas, Cara Brown, and Rhonda & Tony Romero
Patricia Craddick • Mary Martinez
Lynn Davis • Patrick & Ray Porter
Jill Dea • Charlotte McDonald & Sharon Jeffreys
Henry O. Dewberry, Jr. • WHEC-TV
Jimmie Dickey • Ann Latham
Gloria Doederline • Marci & Devin Baugh
Winton Dorow • Rhonda Thomas
Darlene Douma • Kevin & Gay Atkins
Estella Doyal • Leslie Smith
Ruthanna Drake • Eva Richardson
Bill Edwards • Jerry Casstevens, Ann McDonald
Cindy Eulenbach • Wayne Eulenbach
John Fay • Jan & Anthony Stanford
Corrine Gallegos • Paul & Vicki Faulkner
Craig Goodwyn • WPC Sunday School Class, Brian Hodge, Elizabeth Kallus Charitable Foundation, Mary Kallus Charitable Foundation, Laura Baldwin, Sam Hopper, Debra Stamm, Matrix Ministries, Gwen Scharp, D'Ann Hall, Roshan Mehdiabadi, Craig Smith, Doug & Robin Morgan, Edwin Ford, Regina Ford, Elaine Emery, Stan & Vicki Matthes

Joanne Hale • Jimmy Garth
Adolph Hanslik • Ken Spain
O.P. & Alyce Harlan • Dennis & Sally Robinson
Mark Harlan • Dennis & Sally Robinson
Johnny Henderson • Paul & Vicki Faulkner
Ami Hill • Lance & Danna Murfee
Joe Rice Horkey • Mia & Gerry Maddoux, Amy Underwood, David & Lisa Alderson, Jack Thompson, Bruce & MA Wilchar, Pieter & Lou Ann Bergstein, Mark Hayden, Civic Lubbock, Inc., Jimmy Garth, LizAnn & Tom Coleman, Linda Brown, Lyn Vandiver, Leigh Smith, Nina Leonard, Terrie Klein, Becky Holmes, Kim Baccus, & Clair Arnett-Johnson, Jane Piercy, Robin & Don Walker, Betty Bowen
Sonja Hubbard • Madeline Douglas
Daniel Irlbeck • Mark & FA McVay, Kevin & Kelly Johnston and Linda HENZLER
Carol Ann Jackson • Sean & Morgan Vaughan
Peggy James • Glenda Hughlett
Adree Jeffers • Aly Gwinn
Clifford "Buddy" Jones • Iris Hodge, Joe & Colleen Hodge
Jerry Wayne Jones • Stan & Vicki Matthes, Judy Walton
Jerry Jordan • Janice Justice
Dr. George Jury • Aly Gwinn
Leroy King • Rhonda Stewart
Doris Kochanek • Jeffrey Klotzman
Gary & Linda Lightfoot • John L. & Betty W. Gibson
Norma Long • Steve & Cheryl Jones
Bill Manney • Arlyce Manney
Kimberly Martin • Betti & Lloyd Whetzel
Ivan "Buddy" Mayfield • Patty & David Vannoy, Cara Brown
Bryan McDowell • Ann & Jerry Casstevens
DeeAnn McKinney • Lynda McCleery
Traci Milam • G. Griffith
Patricia Miller • Windows by Chad
Sheila Morgan • Ryan & Vicki Richmond, Ron & Peggy Gover
Peggy Morris • Top of Texas Depression Era Glass Club
Sherman Howard Norton, Jr. • Charles & Paula Key, Pieter & Lou Ann Bergstein, Paul & Vicki Faulkner, Kelly & Cynthia Pratas
Allison Ridley Osment • Bobby & Dorothy Britton
Cheryl Lee Dicks Garrison Owen • Diane Beecher, Jerold & Martha Irish, David Key, Don & Jeanine Thomas Charitable Fund, Bill & Cynthia Black, Tim & Sandy Spott
Tonya Patton • Allan Mackenzie & Carolyn Moore
Joy Perry • Donny & Janalee McClendon

Jimmy R. Pharr • Lynn & Debbie Rowan, Windows by Chad, Paul & Vicki Faulkner, Donny & Janalee McClendon
Annie Phipps • Helen McCauley
Ella Lou Pierce • Marty Adcock
Joe Porras • Mary Martinez
Eric Posey • Debbie Weakes
Tammi Priddy • Glenn & Martha Vaughn
Ruth Priestly • Lillian N. Jefferson
James Prothro • Billie Alley McMinn
Charlie Quade • Ann & Jerry Casstevens
Lois Ramsey • Estelle Tanner Family
Antonio Rangel • Mary Martinez
Allison Ridley • David & LaVonna Lester, Mike & Julia Kerr
Mary Francis Ringener • John L. & Betty W. Gibson
Anne Rowntree • Janice Justice
Doris Rutter • Larry & Jan Rogers
Robert Sampson • Morgan O'Brien
Yvonne Schmidt • Lynda McCleery
Aunt Margaret Smalts • Tammy, Toni, & Melissa
Margaret Ann Smalts • Becky D. Lui & Family
Frances "Dee" Dolorice Smith • Earlene Hendrickson, Peggy & Tony Malone
Mike Smith • John & Caryl Ann Nelson
Dr. Ron Sosebee • Lance & Danna Murfee
Judy Stalcup • Windows by Chad
Shirley Stretch Stephenson • Heritage Study Club
Elizabeth 'Beth' Ann Stiles • Windows by Chad, Janice Justice
Bobbi Linnette Stufflebone Williams • Lance & Danna Murfee
Gaye E. Tanner • Wilburn Tanner
Reginald Thiagarajah • Morgan O'Brien
Anne Thomas • Michael Martin
BJ Thomas • Irene Cox
Idris Traylor • Betty Bowen
Michael 'Mike' Trout • Truett & Mona Bryan, Blane Voyles
Ronnie Upton • Bonnie Craig
Marilyn Vieregge • Debbie Weakes
Marilynn Stinchcomb Wagoner • Donna & Ricky Box, Sara & Willie Huskisson, Barry Surratt, Vickie Coles, Beverly Smedley, Sherry & Ray Kachel, District Clerk (Maria)
Glynda Kay Washburn • Pat & Susie Luckie
Lila Waters • Rhonda Thomas
Todd White • Toni DuBois
Nita Williams • The Wolfenbargers
Chip Woody • Kathie Moody
Cindy Young • Bob & Bonnie Iseral

PROTECTING, SERVING... AND DELIVERING MEALS

In 1962, President John F. Kennedy proclaimed May 15 as **National Peace Officers Memorial Day** and designated the surrounding week as **National Police Week**. Established through a joint resolution of Congress, this time is set aside to honor the brave men and women in law enforcement who have made the ultimate sacrifice in service to their communities.

In recognition of this important week, the Lubbock Police Department, Lubbock County Sheriff's Office, and the Texas Department of Public Safety will once again partner with Lubbock Meals on Wheels to deliver routes on the week of May 10th, 2026.

We are deeply grateful for the continued support of our local law enforcement professionals. Their willingness to serve extends far beyond their daily duties, and their commitment to protecting and strengthening our community does not go unnoticed.

During Police Week—and every day—we encourage you to take a moment to thank a Peace Officer. Their dedication, courage, and sacrifice help keep our community safe in ways we may never fully see.

TTU STUDENT INVOLVEMENT FOOD DRIVE

TTU Student Involvement recently came together to support our Weekend Meal Program through an incredible food drive, and what a success it was!

A total of 22 student organizations participated collecting an impressive 4,800 items which is equivalent to nearly \$13,000 worth of food. These generous contributions will provide weekend meals to 675 people for almost two months!

We are so grateful for the Red Raider spirit and commitment to serving the community. Go Tech!



WHAT A NIGHT! MARDI GRAS 2026 WAS ONE TO REMEMBER!

Lubbock Meals on Wheels' 27th Annual Mardi Gras fundraiser was an incredible success, and we couldn't have done it without you! From the energy of the event to the generosity of our community, it was truly a night to celebrate.

Thanks to our amazing sponsors, dedicated staff, talented entertainers, more than 300 volunteers, and the incredible generosity of our community we raised over \$145,000.

A special shoutout to our Mardi Gras royalty, King Jacob Riley and Queen Brandi Driggers of KLBK, for helping make the evening even more memorable!

Best of all, 100% of the funds raised stay right here in our community, helping our neighbors remain at home, well-fed, and independent.

Thank you for being part of such a meaningful night. We're already looking forward to doing it again!

Save the date: **March 2, 2027**

Bringing Care to Every Doorstep: Celebrating Our Volunteers

At Lubbock Meals on Wheels, our mission would not be possible without the incredible dedication of our volunteers. With more than 1,800 individuals giving their time and energy, our volunteer team is truly the backbone of everything we do.

Each day, volunteers step in to ensure our homebound and disabled neighbors receive not only nutritious meals, but also care, connection, and compassion. From early mornings spent packing meals, breakfasts, and weekend sacks, to organizing deliveries across, soon to be, 80 routes, their impact reaches every corner of our community.

Behind the scenes, volunteers keep our operations running smoothly by answering phones, assisting with billing, preparing letters, and helping train new volunteers. They lend their talents to fundraisers and special events ensuring we can continue expanding our reach and services.

Many also play a vital role in our Pet Program—helping transport beloved pets to and from vet appointments and delivering much-needed dog and cat food. For many of our clients, these pets are cherished companions, and this support makes an immeasurable difference.

Perhaps the most meaningful role our volunteers play is simply being there. As they deliver meals, they bring more than food - they bring a smile, a conversation, and a moment of connection. For some clients, this visit may be the only human interaction they have all day. That friendly face at the door becomes a lifeline of care, comfort, and reassurance.

Our volunteers embody the spirit of service and community. Their kindness, generosity, and commitment remind us daily that small acts of care can create a profound impact.

To each and every volunteer: **thank you!** You are the heart of Lubbock Meals on Wheels, and our community is stronger because of you.

If you're looking for a meaningful way to give back, we invite you to join our volunteer family. Your time and energy can make a lasting difference. Sign up today and help us continue serving our neighbors with compassion and care. Head to **www.lubbockmealsonwheels.org** to fill out an application.

If volunteering isn't the right fit, there are still plenty of ways to support Lubbock Meals on Wheels. You can attend our fundraising events, purchase our pecans or quiche, donate dog or cat food, or make a monetary gift.

However you choose to give, you're helping make a meaningful difference in the lives of those we serve.

KING LEVEL SPONSOR

Earl's Plumbing & Air

PURPLE LEVEL SPONSORS

Ben E. Keith
City Bank
Combest Family Funeral Home
Convergint
Dan Baze Agency/
Baze Insurance Agency, LLC
H-E-B

GREEN LEVEL SPONSORS

Cavender Auto Family
Chapman Harvey Architects, Inc.
Civic Lubbock, Inc.
Discount Self Storage
Lubbock National Bank
Alexis Postar
Schwarzentrub Foot Clinic
Silver Star
South Plains Electric Coop
Teinert Construction
TXU Energy

GOLD LEVEL SPONSORS

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Bailey Boiler Works
Blue Layer IT
Caprock Home Health
Comfort Keepers of Lubbock
CPCS Personal Care
CRI
Jon & DeAnn Drake
Larry D. Duke
Kirk Franklin
Gandy's
Terry Hawkins & Doug Klepper
Hospice of Lubbock
KAMC/KLBK
Kitten Land Company
Lama Shoukfeh, DDS/
Advanced Dental Care
Live Oak Animal Hospital
LORCH
Loveless Butavan
OPSol TX
Sanders Funeral Home
Sonic Drive-In
Sysco
UMB Financial Corporation
Warren CAT
West Texas Realtors

SILVER LEVEL SPONSORS

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Diversified Lenders, Inc.
Lautman Mask Neill & Company
Lively Party Co.
Lubbock Power & Light
Vinson Everett Argullin &
Alvidrez LLP
WORX Payroll
Yates Flooring

KREWE LEVEL SPONSORS

Chad & Karen Caddel
Julie Farley
Lubbock Senior Link Magazine
Mighty Wash
Peoples Bank
Sheri & Jim Phillips

RESTAURANTS

Aspen Creek Grill
Back 40 Grill
Bahama Buck's
Ben E. Keith
Big Chicken
Bigham's Smokehouse
BJ's Restaurant & Brewhouse
Bombshells
Brass Tap
Bubba's 33
Danny's Fins & Hens
El Molino Tortillas
Farmhouse
Fieldhouse
Georgio's Pizza
HTeaO
Johnny Fab's
La Madeleine
Lone Star Tea
McDonald's
Meadowbrook Golf Course
Parry's Pizza
Pedro's Tamales
Picoso's
Pie Five
Smoothie King
Stacked
Stella's
Sweet Creations
The Cakery
The Kettle Corn Guy
The Ruffled Cup
The Shack
The Toasted Yolk
True Texas BBQ

ENTERTAINMENT

Danny Rodriguez Jazz Quartet
Bo Garza
Brent Smith

KING & QUEEN

Jacob Riley
Brandi Driggers

OTHER PARTNERS

Character Selfies Photo Booth
Dion's
Domino's Pizza - Michelle Dumais
Essence Bottling Company
Jerry's Jumpers
Lubbock ISD Agri-STEM
Maniac Game Shack
Officewise
SES Southwest Exposition
Service-a division of Grady
Henly Decorators, Inc.
West Texas Balloons & Rentals

"Wherever there is a human being, there is an opportunity for kindness." – Lucius Annaeus Seneca



PAWS & CLAWS

HELPING HUMANS AND THEIR PETS STAY TOGETHER!



JANUARY 1 - MARCH 31, 2026

Pet Memorials

Abel, beloved dog of LaTisha Garrison • Julie Farley
Ali, beloved dog of David & Donna Perdue • Lola & Doreen
Bella, beloved cat of The Lizann & Gary Woodson Family • Deborah Bigness
Bristol, beloved dog of The Lowry Family • Milltry
Buddy, beloved dog of Erla Cason • Iris Hodge
Crystal, beloved dog of Kim Ansolabehere • Shirley Berk
Gracie, beloved dog of Jan Rigsby • Lola & Doreen
Griffin, beloved dog of Andrea Watson • Gayle Morris
Lollie, beloved pet of Sarah & Aaron Belgara • Hilary & Nannette Petersen
Lozean, beloved dog of Mike Murfee • Lance & Danna Murfee
Meatloaf, beloved dog of Slade & Jennifer Wright • The Holbrooks Family
Millie, beloved dog of Judy Richardson • Robert & Driscilla Storrs
Minnie, beloved cat of Tom & Brock Ellibee • Deborah Bigness
Minnie, beloved dog of Sue & Johnny Franklin • Lisa & Larry Gilliland
Moses the WonderCat, beloved cat of Laura Worley • Leslie Smith
Niles, beloved dog of The Kelley & P.J. Hickey Family • Deborah Bigness
Percy, beloved cat of Julie Farley • Linda Whitebread & Ronda Ingle, Julie Farley
Rico, beloved dog of Nicole Thomas • Lisa & Larry Gilliland, Pam Brown
Rosie, beloved dog of Marle & Debra Dickson • Margaret Christian
Roxie, beloved dog of Mike Cole • Rebecca Vickers & Pam Mann
Shiloh, beloved dog of Terri Morgeson • Sara Hudman
Stormy, beloved dog of Tenley Adamson & family • Julie Farley
Tim, beloved dog of Holly & Charlie Russell • Jackie Kennedy
Tiny, beloved dog of Nona Doss • Anonymous
Tipp, beloved dog of The Wes Mitchell Family • The Holbrooks Family
Tristee, beloved dog of Neill & Manon Carter • Sondra Staggs
Windsor, beloved cat of Holly Bundock • Doreen Hutton

Pets bring comfort, companionship, and unconditional love, something many of our clients rely on every day. That's why Lubbock Meals on Wheels started our Pet Program more than 25 years ago.

Today, we care for **575 pets** (427 dogs and 149 cats) delivering over **3,000 pounds of food each month**.

For some clients, these animals are their closest companions offering daily connection when family isn't nearby. By caring for their pets, we're helping care for them too.



Featured Pet: Dot Thomas

"No one appreciates the very special genius of your conversation as much as the dog does." – **Christopher Morley**

FUN FACTS

CATS

- **A cat's purr can help healing** – The frequency of their purr is linked to reduced stress and even bone healing.
- **Cats have a "righting reflex"** – They can twist mid-air to land on their feet.
- **Cats use their tails to communicate** – a raised tail often means a happy, confident cat.
- **Slow blinking is a sign of trust** – When a cat blinks slowly at you, it's like a "cat kiss."

DOGS

- **Dogs can smell time** – They can detect how long ago something happened just by scent.
- **Dogs dream about their lives** – They often replay favorite moments while they sleep.
- **Some dogs know over 1,000 words** – That's comparable to the vocabulary of a young child.
- **That head tilt has a purpose** – It helps dogs hear and understand us better.

PET PROGRAM CONTRIBUTORS

Neil and Virginia Abernathy Mona Bromley
H-E-B Jon & Eve Avent Animal Trust

WHAT OUR VOLUNTEERS ARE SAYING.

Question: What is your favorite part about volunteering?

"Helping people who don't have a lot of food – I like that!" (May, 9 yrs old)

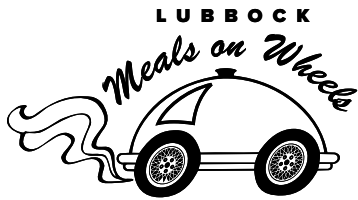
"Making people's days better by bringing them their meals." (Jane, 11 yrs old)

"Meeting and seeing all the people and making a difference in their days. My Mom was a client the last year of her life, and it really made a difference for her. I have now been a volunteer for 19 years & counting because of her." (Larry Duke)

From Clients:

"I'm very grateful for the food being delivered, physically and emotionally. At times I feel sad, but when I see my Meals on Wheels people come up it makes me happy! Someone with a big smile! Thank you for the love and care making my day!" – LMOW client

"We can't find the words to express just how much we appreciate Lubbock Meals on Wheels. When we didn't know how we were going to continue not having a daily meal, our prayers were answered and LMOW came through right on time. It has been a blessing to us ever since." – LMOW client



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NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS, INC.
2304 34TH STREET | LUBBOCK, TEXAS 79411
806.792.7971 | www.lubbockmealsonwheels.org

ADDRESS SERVICE REQUESTED

LEAVE YOUR MARK – ONE *lunch plate* AT A TIME.

A **\$250 donation** to Lubbock Meals on Wheels is a fun and meaningful way to honor a loved one, celebrate a special occasion, or recognize a business or organization. Our LMOW Lunch Plates hang proudly in the J.T. & Margaret Talkington Volunteer Center — showing off your generosity while supporting a great cause. Each plate helps provide nutritious meals and friendly visits to our neighbors.

Order forms are available on our website, lubbockmealsonwheels.org (under the donation tab), and at our office.

WOULD YOU LIKE TO RECEIVE YOUR LUBBOCK MEALS ON WHEELS NEWSLETTER BY EMAIL?



It's a great way to stay informed while helping us save on printing and postage!

Just send a quick note to mary@lubbockmow.org with your name, physical address, and email address, or give us a call at 806-792-7971 to sign up.

THANKS FOR KEEPING US GOING!

THESE PARTNERS HELP KEEP OUR CLIENTS SUPPLIED WITH TREATS, FLOWERS, AND THE EXTRA TOUCHES THAT MATTER WHILE ALSO HELPING KEEP US RUNNING AND ON THE ROAD.

CHICKIES TASTY TREATS
HUBCITY LUBE
JOHNSON PUMPING & GREASE SERVICE
LUBBOCK WHOLESALE FLORIST
SWEET CREATIONS
TEINERT CONSTRUCTION
WHITE'S SERVICE COMPANY
WORX PAYROLL



*We've got new quiche varieties.
LMOW quiche: the perfect meal, ready when you are—don't forget to stock up!*

Our homemade quiche is an excellent way to ensure that you always have an easy-to-prepare, delicious meal on hand. All proceeds from quiche sales stay local and support Lubbock Meals on Wheels. Monday – Friday from 8:00 am – 4:30 pm you can come by our office and pick up quiche that will work for any meal. It goes straight from the freezer to the oven.

We have eight varieties to choose from: **Chicken & Broccoli**, **Veggie Medley (vegetarian)**, **Mexicana (vegetarian)**, **Green Chili Chicken**, **Ham & Cheese**, **Italian Sausage**, **Spinach & Bacon**, and **Southwest Cheeseburger**. Quiches are \$15.50 + tax for one/two for \$30.00 + tax.

With your “quiche card” you buy 10 and get one free!

Mexicana Quiche is back!!!



FOLLOW US! @LubbockMOW #LetsDoLunch #MoreThanaMeal SUBMIT ONLINE DONATIONS/MEMORIALS/TRIBUTES at lubbockmealsonwheels.org

NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS
QUARTERLY PUBLICATION

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MISSION STATEMENT: Respecting the dignity of every human being, no matter their need or physical condition, Lubbock Meals on Wheels will provide nutritious, home-delivered meals to those who are homebound, elderly, or disabled. We shall seek to break the social isolation experienced by the homebound, by providing warm, caring, friendly contact through our volunteers.