

NEWS



LUBBOCK



A QUARTERLY PUBLICATION OF
LUBBOCK MEALS ON WHEELS

WWW.LUBBOCKMEALSONWHEELS.ORG

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JULY 2026

on wheels

#LETSDOLUNCH
#MORETHANAMEAL

806.792.7971

AMERICA IS TURNING 250 — AND LUBBOCK MEALS ON WHEELS KEEPS ROLLING

By Heather McVay

On July 4, 2026, the United States marked the 250th anniversary of the adoption of the Declaration of Independence in 1776. Happy Birthday America!

Some people view the 250th anniversary as a chance to celebrate the country's achievements and ideals, while others see it as an opportunity to reflect on the full complexity of American history—including both progress and shortcomings. Many events are likely to incorporate both perspectives.

Veteran's Day. Memorial Day. The 4th of July. All remind us to remember the sacrifices that many made to ensure freedom and the pursuit of happiness that we should all be entitled to as Americans. Sometimes we may become confused as to what is important, but knowing we are helping those in need can make things become clearer and give us all purpose.

Serving your country and serving your community are deeply connected acts of commitment, responsibility, and care for others. Those who serve their country help protect the freedoms, security, and opportunities that allow people to pursue their dreams and build better lives. In the same way, those who serve their communities—whether through public service, volunteering, education, healthcare, emergency response, or simply helping their neighbors—strengthen the very foundation of society. Service at every level creates safer neighborhoods, stronger families, and greater opportunities for future generations. Together, service to country and service to community work hand in hand to create a better world—one where people can enjoy their freedoms, contribute through meaningful work, and live with hope, purpose, and pride.

Give back to your community & LMOW. With your help, we can make sure our neighbors in need celebrate the freedom they enjoy in living independently as we provide them with not only nutritious food, but also the friendly daily check-ins that mean so much to those we serve.

We can't do it without your support as we receive no government funding, and we are not a United Way agency. Donate, volunteer, become a sponsor of an event. You'll be helping our neighbors remain at home, well fed, and independent.



"WE HOLD THESE TRUTHS TO BE SELF-EVIDENT, THAT ALL MEN ARE CREATED EQUAL, THAT THEY ARE ENDOWED BY THEIR CREATOR WITH CERTAIN UNALIENABLE RIGHTS, THAT AMONG THESE ARE LIFE, LIBERTY AND THE PURSUIT OF HAPPINESS."

— THOMAS JEFFERSON,
FROM THE DECLARATION OF
INDEPENDENCE



OF LUBBOCK MEALS ON WHEELS

Lubbock Meals on Wheels – Keeping it LOCAL!

“Someone is sitting in the shade today because someone planted a tree a long time ago.”

– Warren Buffet

Leaving a legacy is more than leaving behind a name; it is leaving behind a lasting impact. Your legacy can help ensure that Lubbock Meals on Wheels continues to operate and is able to take care of our homebound neighbors in need.

Through planned giving, you can:

- Generate income now and into the future
- Reduce taxes
- Preserve wealth for your family

Outright Gift

Outright gifts are easy, instant and meaningful. Assets such as stocks, mutual funds, real estate or personal property are all great ways to make a difference.

Will or Trust

A simple way to give is through your will or trust. You can give a specific asset, a set dollar amount, or donate a specific percentage of your estate.

Charitable Remainder Trust

No matter if your gift is monetary, real estate, or stock, you decide who gets what and for how long. You can choose a fixed amount or a percentage of the trust and have it paid to you or another for your lifetime, or however long you want. Afterwards, the principal goes to Lubbock Meals on Wheels. This approach provides a reliable income with tax advantages, and creates a long-term endowment that will care for seniors for years to come.

Charitable Lead Trust

During the term of the trust the interest is paid each year to a designated charitable beneficiary. Therefore, in a CLT the income goes to charity and the remainder interest goes to the grantor's heirs or chosen beneficiaries.

Annuity

With a Charitable Gift Annuity you can give just a portion of your assets now, still receive income, and designate that the remaining assets are to be distributed to Lubbock Meals on Wheels at the end of your life.

Non-Probate Assets

There are even ways to give to Lubbock Meals on Wheels that will not disrupt your current estate plans.

- Checking and savings accounts
 - These types of accounts are an easy way to give by naming Lubbock Meals on Wheels as your beneficiary on the account. Simply list the organization as your P.O.D.
- Life Insurance Policy
 - You can make Lubbock Meals on Wheels a beneficiary of any set percentage that you choose. All it takes is a simple form.
 - Also, you can name Lubbock Meals on Wheels as a secondary or final beneficiary which means if someone you're providing for can't claim his or her portion, Lubbock Meals on Wheels can receive those benefits.
- Financial or investment account
 - Similar to a life insurance policy, a simple form can help Lubbock Meals on Wheels provide for those who need it.
- Retirement Plan
 - Similar to your will or life insurance plan, you can designate Lubbock Meals on Wheels as a beneficiary of your retirement plan.
 - The funds that you do not use from your IRA, 401(K), or 403(b) can be passed to your beneficiary. You still have full access and use of the money, but the remaining funds can be put to good use and service by Lubbock Meals on Wheels.

As you can see, there are a variety of ways to support Lubbock Meals on Wheels in your estate planning and all of them will allow you to leave a legacy by making a difference for years to come.



UPCOMING EVENTS

COMFORT KEEPERS' FEED SENIORS NOW –
throughout the month of September

BIG WHEELS DELIVER MEALS –
AUGUST 28, 2026
Lubbock Meals on Wheels

METRO ROTARY'S OKTOBERFEST –
OCTOBER 2, 2026
Frazier Alumni Pavilion

COMFORT KEEPERS' FEED SENIORS NOW
WALMART SATURDAY –
OCTOBER 10, 2026 – 10:00 AM – 4:00 PM
Lubbock Walmarts

THANK YOU FOR GIVING CAMPAIGN
NOVEMBER 10, 2026 – NOVEMBER 25, 2026.
Lubbock area United Supermarkets,
Market Streets, and Amigos

HOLIDAY EXTRAVAGANZA –
NOVEMBER 6 & 7, 2026
Community Christian Church

LMOW MARDI GRAS, 2027 –
MARCH 2, 2027
Lubbock Memorial Civic Center

Community CONTRIBUTORS

Audrey and William Beckman
Endowment

HDS Foundation

Gladys and J.D. Leftwich Estate

Matthew 6:33 Foundation

South Plains Lions Club

Virda Davis Endowment

Vistra Corp/TXU



Remember you can make online
donations, memorials, and tributes
at lubbockmealsonwheels.org

Tributes

APRIL 1 - JUNE 30, 2026

Correne Boyd • Della Rocap
Ida & Al Blessen • Shawna Larson
Karleen Boyd • City Bank
Dr. & Mrs. Travis Bridwell • City Bank
Elena Brown • City Bank
Bill Eubanks • City Bank
Mark Furr • Charles Furr
Kathy Graham • Megan Graham, All Your Kids
Erica & Scott Irlbeck • Shawna Larson
Wonderful Employees & Owner Jones & Associates • Jones & Associates
Charles Key • Beth & Brax Wright
Eddie & Diane Kirkpatrick • Felisa Carson
Law Enforcement Week • Mary Martinez
Ronnie & Dana Madison • City Bank
Chad McDougal • City Bank

Everett & Tonya Monroe • City Bank
Mr. & Mrs. Charles Perry • City Bank
Charles (Governor for a Day) Perry • Brenda Atkins
Kelly Pratas • Greg Pratas
Cyndi Pratas • Greg Pratas
Bersey Romero • Mary Martinez
Danny & Linda Scott • Shawna Larson
Roy & Dee Smith • Sam & Candice Smith
Lynne Strickland, President, 20th Century Club • The Twentieth Century Club
Sawyer Swords • Podi & Alvin Stofel
Ben Trotter • Maria & Charles Darter
Julie Wheeler • Shawna Larson
Dennis Williams • Timothy Williams

Thanks to all those who provided food and door prizes for our 2026 Summer Social.

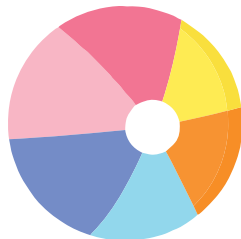
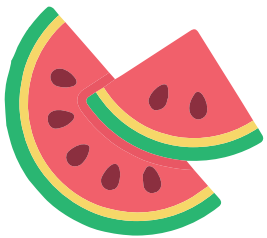
Ben E. Keith
City Bank

Community National Bank
Field House Deli & Catering

Firehouse Subs

Happy State Bank
H-E-B

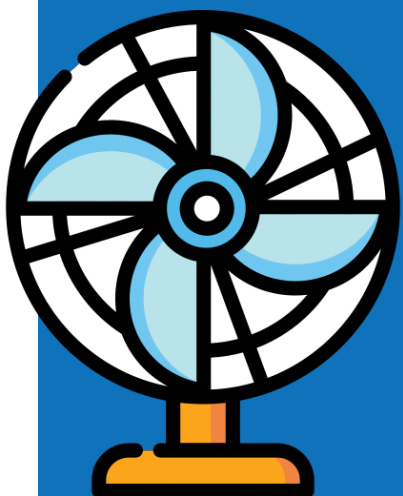
Texas Roadhouse
Walmart



SHOW YOUR SUPPORT *with a* LUBBOCK MOW LUNCH PLATE

Honor someone special or show your support with a personalized lunch plate, proudly displayed in the J. T. & Margaret Talkington Volunteer Center. Each plate is professionally engraved with up to four lines of text (20 characters per line) and is available for \$250.

Order forms are available at our office or online at www.lubbockmealsonwheels.org. Make a lasting tribute—get your lunch plate today!



Fans of Kindness: Delivering Cool Comfort

Thanks to a generous **\$10,000 donation from TXU Energy's Beat the Heat campaign**, Lubbock Meals on Wheels was able to deliver more than **450 fans** to clients helping them stay cooler and more comfortable during the summer heat.

With the support of **more than 50 volunteers**, the fans were delivered directly to Lubbock MOW clients throughout our service area. This annual effort provides much-needed relief during the hottest months of the year.

The response from clients was heartfelt. Many expressed their gratitude to both TXU Energy and Lubbock Meals on Wheels sharing how much this program means to them and how these fans make a real difference in helping them stay cool and safe at home. We are deeply grateful to TXU Energy for its continued partnership and commitment to caring for our neighbors.



Don't Miss Rotary's Annual Oktoberfest

Rotary Club of Metropolitan Lubbock's Annual Oktoberfest is on Friday, October 2, 2026! A portion of the proceeds will benefit Lubbock Meals on Wheels. Enjoy this event and help support this amazing group and the elderly, homebound, and disabled of Lubbock and Wolfforth. This event features music, a silent auction, traditional German food, and, of course, BEER and wine! Don't miss out on the festivities at the Frazier Alumni Pavilion. When tickets are available, they can be purchased at Lubbock Meals on Wheels or on our website at LUBBOCKMEALSONWHEELS.ORG.

BIG WHEELS DELIVER MEALS

FRIDAY, AUGUST 28, 2026

WE NEED **80** CLASSIC OR UNIQUE CARS, CELEBRITIES, AND COMMUNITY LEADERS TO HELP US DELIVER SONIC BURGERS AND TOTS! CALL HEATHER AT 806-792-7971 IF YOU ARE INTERESTED IN PARTICIPATING IN THIS EVENT!



LUBBOCK AREA PEACE OFFICERS LEND A HAND — AND A WARM MEAL

In honor of **Peace Officers Memorial Day**, first established by President John F. Kennedy in 1962, local law enforcement joined together once again to serve the Lubbock community. On Thursday, May 15, members of the **Department of Public Safety, Lubbock Police Department, and Lubbock County Sheriff's Office** delivered hot meals on more than 35 Lubbock Meals on Wheels routes.

This marks the sixth year all three agencies have partnered in this meaningful effort. We are truly grateful for their continued support. Our homebound, elderly, and disabled clients were thrilled by the surprise visit and deeply appreciated the care and kindness from our dedicated peace officers.

SUPPORT COMFORT KEEPERS' FEED SENIORS NOW CAMPAIGN THIS SEPTEMBER!

Every September, **Comfort Keepers of Lubbock** joins with local businesses, churches, and community organizations to help ensure that no Lubbock MOW client goes hungry over the weekend. With food and financial donations, the community supports Lubbock Meals on Wheels' Weekend Meal Program which now provides over 675 meals each week to seniors and homebound neighbors in need. This effort is a natural extension of Comfort Keepers' mission to help seniors live healthier, safer, and more independent lives while remaining in the comfort of their own homes.



MARK YOUR CALENDAR!

The Feed Seniors Now food drive will be held on **October 10**, from **10:00 am — 4:00 pm**, at five area Walmarts.

We are currently seeking sponsors for this year's campaign. If you, your business, or your church would like to get involved by sponsoring, hosting a food drive, or collecting donations please contact Comfort Keepers at **806-687-7800**. Together, we can continue to make a difference!

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

APRIL 1 - JUNE 30, 2026

Barbara Acker • Jouana Stravlo, Shawna Yarborough, Michel Oliva, Cara Brown
Woody Adair • Terry & Deanie Thrash, Jacqueline & Russell Starr
Gordon Alley • Ross Shamburger
Joan Allsup • Larry & Jan Rogers
Fred & Ingrid Armstrong • Herb Armstrong
Julie Arrellano • Elsa Montes
Ted Bell • John L. & Betty W. Gibson
Mozell Biles • Top of TX Depression Era Glass Club
Bob Bodovsky • Top of TX Depression Era Glass Club
Angie Bowe • John & Caryl Ann Nelson, Randy & Donna Harman
Kara Boyd • Lindi Stapp - Gary, Bowers & Company, Eric Miller - Gary, Bowers & Company
Matt Brasuell • John L. & Betty W. Gibson
Steven Brock • Ernie & Scott Farley
J.D. Buckle • Patricia Buckle
Sue Bybee • Gladys & Shirley Owen
Anna Byrd • Arnold Hall
Rosalio Calderon • Bobby & Dorothy Britton
Charlie Cannon • Liz Padgett, Jone & Johnny Fisher
Mrs. Jaquano Carter • Lillian N. Jefferson
JL Castro • Eloisa Castro
Rodney Childress • Bruce & Karen Cottrell
Kent Clark • Cecil Puryear
Jan & Gloria Clawson • Melinda Clawson Standefer
Lee Click • Kenneth & Ann Kerr
Carolyn Cloud • Gwen Morgan
Pat Coleman • The Moegles, Brian & Terri Irlbeck, Brenda Irlbeck, Joy Rasberry, Bill & Ann Philpott, Wolfforth Caregivers, Inc.
Tom Copple • Garry & Roberta Grau
Minal Cordero • Hemlata Mehta & Rupal Turner
Janice Sue Curry • Jim & Wanda White
Jeff Dailey • Greg Cartwright
Maureen Davis • Steve & Cheryl Jones, Lucy Williams, Judy McEachern, Jim & Janice Conkwright, Kasey Thompson
Alice Dawson • Laci Richardson
Patricia C. DeLamar • David DeLamar
JoAnn Dillard • Edward Reissig Family Members, Janie Rogers, B&R Plumbing & Mechanical, Diane Hocutt, Buzz & Donnie Williamson, Jeanette & Family
Capt. Richard E. Dodson, USN (Ret) • Deborah Dodson
Dr. Bill Edwards • Anne Burkeholder Schaub

Ray Ford • Rachele Ford
Marcille Garcia • Larry & Lisa Gilliland
Randy Garner • Larry & Lisa Gilliland
Archie Hall • Greg Belleny, Texas Tech Law School Foundation Board, Jenny Alcausin, Nina McGrath, Christine Lamar, Henry Galindo, Brian Furrow, Johnny Bartholomew Harris, Kim Traylor, Laura Powell & John Hartman, Dwayne & Casey Traylor
Jane Hamood • Abdul Hamood
Dale Hayden • Jone & Johnny Fisher
Terry Hodges • Dave & Sue Houser
Joe & Ann Horkey • Erika & Dean Shuman
Joe Horkey • Jone & Johnny Fisher
Bob Iseral • Estelle Tanner, Barry Surratt, Jim Wagoner, Maryann Luper
Alvie & Kathryn Ivey • Barbara Smith
Kerry Jackson • Jeff & Pam Brown
Jarrell Jenkins • Jeff & Paola Jenkins, Leland & Melissa Brockman
Teresa Jennings • Brad & Marla Dabbert
Dr. George Jury • Nancy Bethea
Robert Kaiser • Jane Tustin
Joe Karam • John & Caryl Ann Nelson
Roger Key • Paula Loveless
Lena & Perry Killman • Michael Goldsmith
Bart Krogman • Lubbock Chapter No. 76
Willie Lampp • Eva Richardson, Estelle Tanner
Peggy Lane • Don & Cray Pickering
Sally Lawson • Larry & Jan Rogers
Valerie Lopez • Jan & Larry Rogers
Eloisa Martinez • Beverly McBeath
LaJoyce (Joy) Martin McBee • Jerry & June Hogue, Christy Cole, Nancy Stargel, Sharon McCartney & Alice Bell, People's Bank, Abby Drake
Clinton Math Deatherage • John L. & Betty W. Gibson
Sharon McDonald • Cheri Sides
Craig McDonald • Jone & Johnny Fisher
Beverly McDuff • Lisa & Larry Gilliland, Janice Justice
Harvey Morton • Lady Brown
William Mull • Thomas L. Brown
Dirk Murchison • Jack Thompson
George Nelson • Allan Mackenzie & Carolyn Moore, Beverly Bowen
Margaret Nelson • Van & Phyllis Combest
Wesley Ninemire, Jr. • Windows by Chad
Trois Payne • Mike & Marilyn Wragg
Deidre Price McCoy • John L. & Betty W. Gibson

Howard Reynolds • Glenda Reynolds
Annyce Rhodes • Lynda McCleery
Mike Riethmayer • Larry & Jan Rogers
Clay Robertson • Dick & Sue Weddige
Sandra Rushing • Jody McCauley
Carl Sanders • Allan Mackenzie & Carolyn Moore, Ronnie Phillips, Betty Sanders
Maurine Selman • Diane Gossett
Nan Shropshire • Realty Refined, Tommy Bartley, Joe & Pam Murfee, Whole Team at LPTSR, Tony Lloyd, Russ & Tiffany King, TJ, Michael, Philip from Travelers, Windows by Chad, Deb Williams, Jay Eagan, Mr. & Mrs. Tom Jones, Donny & Janalee McClendon, Philip Crew, Becky Wilcox
Pam Smith • Jim & Diane Drake
Judy Stalcup • Joe & Pam Murfee, Mike, Carla, Ryan, Nancy, Leo, Whitney, Johnathan, Kevin, Kim, Alaya, Brenna, Caleb, Michaela, & Pat
Jo Ann Stevens • Gae Ludecke, Lisa Ludecke, & Bobbie George
Paul Tabor • Janet Lusk
Sue Tabor Phares • Janet Lusk
Delbert R. Tallman • Estelle Tanner
Gaye Tanner • Wilburn Tanner
Floyd Oscar Taylor • John L. & Betty W. Gibson
Gaines Teague • Janice Gilmore
Judy Thayer • Estelle Tanner
Helen Thomas • The Happy Girls Club
Idris Traylor • Jone & Johnny Fisher
Mrs. Kitty Umstot • Gay Word
Connie Vestal • Lynda McCleery
Marilynn Wagoner • Eddy & Shirley Holloway
Shirley Walton • Charlotte & Ray Cragar
Esther Warren • Top of TX Depression Era Glass Club
Skippy Weiss • John & Caryl Ann Nelson
Maureen West • Mary Martinez
Jean Westfall • John L. & Betty W. Gibson
Leon Whetzel • Cecilia A Whetzel
Joyce White • Rick Wells
Alan Whitebread • Julie Farley, Heritage Study Club, Tonya Stremlau
Marie Williams • 1951 Class of Girard, TX School, Eva Richardson
Nita Louise Williams • Carolyn Culwell
Linda Wyatt • Becky Berryhill

◆◆◆◆◆ Convergent's Social Responsibility Day, 2026 ◆◆◆◆◆

On June 5, 2026, **Convergent** spent the day working at Lubbock Meals on Wheels for their 25th Annual Convergent Social Day of Responsibility. They delivered routes, cleaned the building inside and out, touched up paint, worked in the kitchen, and checked our security system and cameras. We appreciate Convergent choosing to work with Lubbock MOW on this special day for the past several years and for helping our clients experience a true **season of kindness, service, and community connection**. We're incredibly grateful for your continued support and commitment to our mission. Thank you, Convergent! We look forward to welcoming you back next year!

A big shout out to **Chick-fil-A** for donating lunch for the hungry workers!



HOLIDAY EXTRAVAGANZA

Community Christian Church (96th & Indiana) will be having their **19th annual Holiday Extravaganza on November 6 & 7** this year. This is the perfect sale to get everyone checked off your Christmas list! They have gift baskets, home décor, beautiful wreaths, baked goods, and a country store. Proceeds benefit **Lubbock Meals on Wheels**, so while you're shopping you are also helping our elderly, homebound, and disabled neighbors in Lubbock and Wolforth!

As always, Community Christian Church is accepting donations for Holiday Extravaganza. The items they need are...

Baskets of all sizes

Pint & jelly Mason jars (8oz)

Mason jar rings & flats (& bands for canning jellies)

Grapevine and greenery wreaths

Christmas craft picks

New & very gently used kitchen items for baskets

Christmas, fall, and spa items for themed gift baskets

Donations can be taken to Community Christian Church at 3416 96th Street or to Lubbock Meals on Wheels at 2304 34th Street.

If you would like to help put together all the fun baskets for the sale, (you don't need to be crafty) contact Ann at 806-441-4531. If you would like to volunteer for the event itself, contact Heather 806-792-7971.

Over the past 19 years, Community Christian Church has donated over \$200,000 to Lubbock Meals on Wheels!



H-E-B DELIVERS

Thank you to H-E-B for donating your time & delivering meals to our homebound clients. We appreciate your efforts, each month, & value the partnership that has developed through your volunteers, employees, and donated funds and items. You truly know what it means to give back to your local community. **THANK YOU** for your service!



Helping Here.

MAKE YOUR MARK WITH LUBBOCK MEALS ON WHEELS!

Leave a lasting mark by purchasing a **Memorial Brick** at Lubbock Meals on Wheels. These engraved bricks are professionally installed at the entrance of our volunteer center, serving as a meaningful tribute or unique gift.

Each brick includes up to three lines of personalized text (15 characters per line) and is available for **\$100**.

Order forms can be picked up at our office or downloaded at www.lubbockmealsonwheels.org. Make your impact permanent—get your brick today!

VOLUNTEER APPRECIATION, 2026

Lubbock Meals on Wheels would not be the organization it is today if it weren't for our volunteers. We have over 1,800 active volunteers. They answer the phone, check on clients, clean coolers, package food, prepare special deliveries (weekend sacks, pet food, holiday meals, etc.), and work on our special events. They allow us to operate with only 15 staff members (10 full-time and 5 part-time.) They are part of our LMOW family, and we appreciate them all. Special CONGRATS to our Outstanding Volunteer of the year: **Kevin Raleigh!**

THANKS TO OUR VOLUNTEER APPRECIATION DINNER SPONSORS:

Alsco Uniforms

Ben E. Keith

BJ's Restaurant & Brewhouse

Chickies Tasty Treats

D'lish Sweets & Gelato

Gayle's Party Rentals

H-E-B

Lubbock Wholesale Florist

Nothing Bundt Cakes

The Balloon B

The Cakery

Walmart

The YWCA

WE WOULD LIKE TO GIVE A SPECIAL THANKS TO THOSE WHO HELPED WITH DECORATIONS AND SETUP, DOOR PRIZES, AND OTHER PREPARATIONS.





PAWS & CLAWS

HELPING HUMANS AND THEIR PETS STAY TOGETHER!



APRIL 1 - JUNE 30, 2026

Pet Memorials

Angel Balderas Siller, beloved dog of Abel & Martha Siller, Jr. • Abel & Martha Siller, Jr.
 Benji, beloved dog of Deborah & Tim Champion • Margaret & Randy Christian
 Buster, beloved dog of Darla Clayton • Danny & Linda Scott
 Cy, beloved dog of The Weathers Family • Dana, Jessie, Alexa, Sara, Neely, & Ashlee
 Freddy, beloved dog of Linda Collins • Jan Rinard
 Jake, beloved dog of The Raglands - Kelly, Donna, & Spencer • The Baxters - Carole, Jan, & Rex
 Jazzy, beloved dog of Steve & Mercedes Lemons • Olivia Lemons
 Jovi, beloved cat of Margaret Perez • Donna & Lacie Kirk, Kelly Zinsmeyer
 Lily, beloved dog of Alison & Ben Toro • Mike & Carla Mansell
 Little Rocky • Dora Geiger
 Lizzie, beloved cat of Maureen Chadwick • Jody McCauley
 Luci Jo, beloved dog of Judy & Jay Tarwater • Lisa & Larry Gilliland, Lola & Doreen
 Lulu, beloved dog of Danene Hudson • Eddie & Liz Sebastian
 Mac, beloved dog of Deborah Webb • Jane Tustin
 Maggie, beloved dog of Harold Love • Lisa Gilliland
 Melinda, beloved cat of Zack & Jessica Miller • Melissa Dahlberg
 Minnie, beloved dog of Gail McEachern • Judy McEachern
 Murphy, beloved dog of Laura & Mark Vinson • Les & Mindy Hatch
 Natasha, beloved cat of Edson & Jenny Way • Lola & Doreen
 Raven, beloved cat of Dona McCanlies • Thomas & Marvel Otto
 Sadie • Deborah Vitellaro
 Savannah, beloved cat of Julie Smith • Julie Farley
 Shaggy Delano, beloved dog of Monica Delano • SarahLee Morris
 Sophie, beloved dog of Richard Weddige • Mom & Dad
 Toby, beloved dog of Kyle & Kippy Broderson • Donna & Lacie Kirk, Kim & Kelly Zinsmeyer

Lubbock Meals on Wheels Pet Program is currently helping clients care for 432 dogs and 148 cats and sending out over 3,500 pounds of kibble each month. Recognizing that pets are often the only source of comfort for isolated seniors, LMOW partners with L.E.A.P. program and local veterinarians to help with some wellness visits and other veterinary care. Your support for this program ensures that vulnerable seniors and their beloved pets can stay together, healthy, and well-fed.



“A dog is the only thing on earth that loves you more than he loves himself.” – **Josh Billings**

FUN FACTS

- Cats can make over 100 different sounds, while dogs can make about 10.
- Black cats are often wrongly associated with superstition, but they are just as friendly, playful, and loving as any other cats.
- Pets can help reduce stress & loneliness & improve heart health.
- Despite their tiny size, Chihuahuas have a large brain relative to body.
- Both cats & dogs can dream during sleep.

STAFF BIO



Name and Occupation: Vicki Lawson – Administrative Assistant

Start Date: June 24, 2026

How did you get involved with LMOW? LMOW helped my mother-in-law in the past with meals. Also, Rosemary was a quilt student of mine in the past and she highly recommend me to put in an application with LMOW.

Do you have any kids and/or pets? 3 adult children that still live with me. I have 5 precious cats that are the boss of our home.

What is your favorite thing about being a nonprofit professional?

The opportunity to support a meaningful mission.

Who do you find inspirational?

“A journey of a thousand miles begins with a single step.” — Lao Tzu

If you could switch jobs with anyone for one day, who would it be and why? David Goggins (Retired Navy Seal), because of his unmatched discipline, resilience, and “never quit” mindset. There is so much to learn and to spend a just a moment would be an eye opening experience.

What can you simply not resist? Quilt store (just going in to look lol)

What's one thing people are surprised to learn about you? In 2025, I entered my craft projects in the fair for the first time because of my family's encouragement. My quilt won First Place, and my crochet blanket earned Best of Show. It was a proud and rewarding experience that boosted my confidence as a crafter.

What would I find in your refrigerator right now? Cold coffee my go to treat

What is your middle name? Shawna.

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

I love meals on wheels! They actually make me want to get out of bed and live. They give me and my husband a reason to live when we get really depressed. We did not ever know that growing older would be so hard.

These people are the best friends we have.

Thank you Lubbock Meals on Wheels for Loving us!

God Bless every one of you. Please do not grow tired of us.

*My parents used MOW in the 90's and 2000's. They both spoke so highly of Lubbock Meals on Wheels.

Thank you all for your wonderful support.

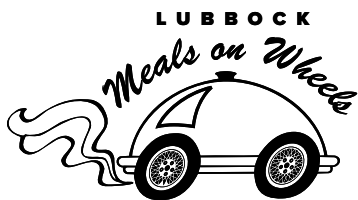
We are so glad we live in Lubbock, Texas!

We have been with you all since

“Fall 2020” ourselves

Thank you for helping us take care of our little dog GRACIE too.

Ronny & Lorette



NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS, INC.

2304 34TH STREET | LUBBOCK, TEXAS 79411

806.792.7971 | www.lubbockmealsonwheels.org

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



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

H-E-B

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SWEET CREATIONS

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WORX PAYROLL



Quiche is a tasty, easy, healthy summertime meal.

Looking to add something delicious and easy to your home-cooked meals? Lubbock Meals on Wheels' house-made quiche is the perfect solution! Whether you're planning breakfast, lunch, or dinner, these quiches go straight from your freezer to the oven for a quick, satisfying meal.

Stop by our office Monday through Friday, 8:00 am – 4:30 pm, and choose from eight tasty varieties: **Chicken & Broccoli, Veggie Medley (vegetarian), Mexicana (vegetarian), Green Chili Chicken, Ham & Cheese, Italian Sausage, Spinach & Bacon, and Southwest Cheeseburger.**

Each quiche is just \$15.50 + tax, or grab two for \$30.00 + tax. Plus, with our "frequent quiche card," buy 10 and get one free! Quiche gift certificates also make a thoughtful gift for any occasion—and every purchase supports Lubbock Meals on Wheels, a local nonprofit making a difference in our community.



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

NEWS ON WHEELS

LUBBOCK MEALS ON WHEELS
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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.