



“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” -Helen Keller

The service you give freely to help others touches the hearts of so many. Thank you for your willingness to serve and truly make a difference.

Your contact with our homebound not only provides a nutritious meal, it demonstrates that someone cares, and that they have not been forgotten. As you know, you may be the only contact they have all day, and that your visit is the highlight of their day.

There are no words to truly express our appreciation for your selfless act of kindness but I can tell you that when we count our blessings at Nutrition and Services for Seniors, we count you twice!

THANK YOU FOR YOUR HEARTFELT SERVICE!!!

Elaine Shellenberger

President / CEO



DELIVERING the DIFFERENCE

Sometimes our stories come in a little unique. This is one of those times. One of our seniors had to rely on friends and family to bring her meals. Since she felt bad bothering them, she would snack on unhealthy food rather than ask for help. This contributed to a weight problem that her doctor was concerned about. She decided to give our Meals on Wheels program a go, so that she wouldn't have to depend on others. We at NSS generally think about our MOW program as serving those who have very little food and no one to help. In this case, the client was eating unhealthily, not because she had not food or help, but because she felt bad disturbing others. The unhealthy snacking was causing weight gain. Once she began eating our portion controlled and balanced lunches, she lost 9 pounds. At her next trip to the doctor, he congratulated her on her weight loss and asked how she did it. She lauded the virtues to our MOW program as the catalyst that allowed her a healthier way to eat. She was so excited to call us with her success story. We are proud our program works for all types of people.

DELIVERING the DIFFERENCE

Community Support

WaitrApp Delivers Potatoes



TPC Group Gives to NSS through Golf Event



The DPS Delivers Holiday Meals



Conn's Delivers Holiday Pies



"Sharing the Warmth" with our homebound



Zachary Supports Meals on Wheels



Humane Society Supports AniMeals



HEB Holiday Contribution



We're a proud TOY FEAST recipient



The holidays can be a lonely time for our homebound neighbors, and each year we try to eliminate that loneliness by partnering with Home Instead Senior Care for [Santa to a Senior](#). Thank you to EVERYONE in our community who gave of their time and money to be a Santa to a Senior. We are grateful for your willingness to support our clients!





As we ring in 2019, a reminder about Meals on Wheels procedures:

- 1) Please no deliveries before 10:30. We are held to the 10:30 - 1:30 time frame to ensure food stays at proper temperature.
- 2) If you can't do your route, please call or text me anytime at (409)225-5381, work (409)892-4455, or email me at Lottie@seniormeals.org
- 3) Please do not leave meals on porch, in clients cooler or with neighbors.
- 4) Take a few minutes to look over your route sheet before delivering your route. New clients may be added.
- 5) From time to time, we send paperwork for clients to sign. Please take a few minutes to wait for them to sign and return in your binder.
- 6) Use ballpoint pens to mark delivered or not delivered. No markers, please.
- 7) Please take a minute to list your time that you start delivering and finish your route on your calendar. We get credit for volunteer hours. Calendars are emailed out quarterly and may be found on our website at www.seniormeals.org/volunteer. If you don't it e-mailed, please call my cell at (409)223-5382 or my work at (409) 892-4455.

THANK YOU SO MUCH FOR ALL YOU DO!!!

Lottie Arline
Volunteer Coordinator



Welcome the New 2018 NSS Volunteers

Faith Alford	Terry LaFleur
Ali Hosain	Michael Lopez
Tracy Baker	Rhonda Marks
Wendy Bradshaw	Kasey Martinez
Chandra Brooks	Wilbert McKenzie
Renee Cole	Celia Messer
David Cornwell	Carol Morgan
Lena Craven	Ray Oliver
Daniella DeLaRue	Michael Perez
Scott Deppe	Porsche Perez
Charles Elliott	Charles Frink
Blair Foxworth	Lynda Frink
Robert Hansen	Clarence Piper
Ashely Huebel	Sharlene Sheppard
Lula Fontenette	Bethany Tanner
Forest Lawn	Cindy Shaw
Lisa Hargrave	Sharlene Shigley
Terri Holland	Terri Verde
Wilbert Johnson	Jim Wooding
Lonnet Joubert	Matressa Wooding

Welcome Back

Jennifer Cardinelle
Mary & Don Nixon
Ty Warner

“Volunteers don’t get paid - not because they’re worthless, but because they’re priceless.”

Volunteers Needed to Fill the Following Routes

Please consider subbing one of these routes with your regular route or calling Lottie at (409) 223-5381 on days that you would like to cover a route.

BEAUMONT

1A	4th & College	Tue. & Thu.
4B	College & Yorktown	Wed. & Fri.
5D	Villas of Sunnyside Apt.	Mon, Tue., Fri.
5F	Off 23rd & Dowlen	Fri.
16C	Gateway Village Apt.	Mon.

HARDIN COUNTY

11A	Village Mills	Tue., Wed., Thu., Fri.
11B	Kountze Area	Mon.
12A	Lumberton	Tue. & Fri.

PORT ARTHUR / MID-COUNTY

7B	Edson Square	Wed. & Thu.
9C	Nederland Area	Thu. & Fri.
9 D & G	Turtle Creek & Legacy	Thu. & Fri.
9F	Nederland Area	Tuesday
10B	Heatherbrook Apt.	Mon, Tue., Wed., Fri.
10C	Crystal Creek Apt.	Mon. & Tues.
10F	Nederland Area	Wed.
10H	Nederland Area	Mon.

NEW - Download VOLUNTEER CALENDARS on our website - www.seniormeals.org/volunteer

CALENDAR of EVENTS

MARCH 20

Real Food Feast

Benefiting 'Grow to Share' Garden
seniormeals.org/real-food-feast

Join us for a gluten-free meal prepared and served by Chef Charles Duit and the students of the Lamar University Hospitality Program. We're excited to welcome back Dr. Robert Corbett, Lamar University Professor of Botany for a special presentation.

MARCH 28

BBQ Baked Potato Sale

Meals on Wheels Fundraiser
seniormeals.org/potato-fundraiser

It's BACK! Our bi-annual BBQ Baked Potato Sale is back by popular demand! Place your orders now! Each order comes with a baked potato, bbq chip beef, butter, cheese and sour cream on the side for only \$8.00 each! To place an order, call Lottie at 409.892.4455.

MAY 2

Deliver the Difference

Meals on Wheels Luncheon Fundraiser
seniormeals.org/deliver-difference-luncheon

Save the Date and join us for the 8th annual Deliver the Difference Luncheon benefiting Meals on Wheels. This year, we are honoring Leonard Joubert, Sr., Ida McFaddin Pyle & Cynthia and Michael Wolf for all the ways they deliver the difference in our community.

VOLUNTEER DINNER

SAVE THE DATE - FRIDAY, APRIL 26

DATES CLOSED

APRIL 19

Good Friday

MAY 27

Memorial Day

JULY 4

Independence Day

Follow Us:   
Snap Code: snapsbynss

VOLUNTEER AT MEALS ON WHEELS WE NEED U

Anyone interested in volunteering to help deliver the difference in the lives of our homebound neighbors, please call or email **Renée Smith**, Community Outreach Coordinator >>> 409.892.4455 | renee@seniormeals.org

The Facts About MOW



Meals on Wheels is the only federally supported program designed specifically to meet the nutritional and social needs of seniors.

Millions of volunteers enable **225 million meals** to be delivered to **2.4 million seniors** each year.

9 out of 10 recipients say the service improves their health, thus positioning Meals on Wheels well to work alongside healthcare providers to deliver better care while reducing costs.



Meals on Wheels can serve a senior for an entire year for the same cost as just one day in a hospital or 10 days in a nursing home.

