

Special Events:

"Easy As Pie"

Nov. 12th - Nov. 26th
United Supermarkets
& Market Street

"Holiday Meals"

Nov. 28th - Dec. 24th
Mall of Abilene

Subaru "Share the Love"

Nov. 20th - Jan. 2nd

Giving Tuesday

Tuesday, Dec. 2nd

Meals on Wheels Plus will be closed on

* **Thanksgiving Day** - Nov. 27th

* **Christmas Day** - Dec. 25th

* **New Year's Day** - Jan. 1st

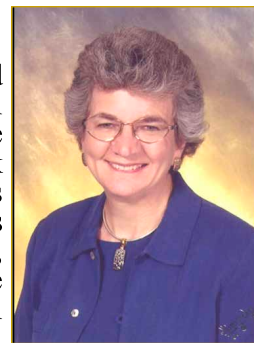
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I thought you would like to know.....

Over the past several months we have been worried about the future for Meals on Wheels since the initial Congressional House Budget included cuts, with the possibility of elimination, of the Social Services Block Grant (SSBG). This was not the first time Congress considered eliminating this funding source that makes up about half of the Meals on Wheels budget. However, the budget that went to the President for his signature did not include eliminating SSBG. We are most grateful for that.



Betty L. Bradley
Executive Director

However, that doesn't mean that the SSBG funding is safe. On July 14 the Department of Health & Human Services finalized it's mass terminations. Some 20,000 people received notice that they were terminated as of the close of business that day. The massive layoffs and elimination of whole departments may include staff that are involved in administering the SSBG. In addition, Congressmen Jody Arrington has said that the new budget is just the beginning of spending reforms.

We are saddened that the new budget included deep cuts to Medicaid and Food Stamps, programs that so many of our most needy clients depend on. We are already overwhelmed with requests for meals and have tightened our eligibility requirements because we simply aren't able to feed everyone who asks for help. We expect the number of requests to increase significantly as the elderly and younger adults living with disabilities deal with the cuts to Medicaid and Food Stamps.

As Texas deals with the cuts in federal funding in so many different areas they could choose to no longer include Meals on Wheels as one of the services funded by the SSBG in Texas. That would negatively impact some 107 meal programs in Texas.

A special word of appreciation goes to everyone who wrote letters, sent emails and made phone calls to Congressman Jodey Arrington, our Senators and others in Congress. You made the difference. Over the next year or so we may be calling on you for your help once again.

Since Title XX funding appears to be safe for now, we are in a much better position to help the most needy who need our services. Because SSBG only covers about half of our budget there remains a great need for contributions from the communities we serve. The other half of our budget is made up of donations & fund raising events. There is also a great need for volunteers to deliver meals. When we don't have volunteers, we have to pay someone to deliver meals.

Let me take a minute to report that the Meals on Wheels Plus 50th Anniversary Celebration on May 24th was a great success! Terry Bradshaw was a most entertaining speaker and one person observed that he doubted that most of us had laughed that much in years. Thank you to all the sponsors, everyone who purchased tickets and supported this special event in any way. What a wonderful way to celebrate 50 Years of driving away hunger in Abilene.

For the past 50 years I am sure there are thousands of stories about the impact Meals on Wheels has made on peoples lives. We would love to hear a couple of your stories. Everyone involved in MOW has my heart felt thanks. This truly takes a village. Or rather, in our case, 15 villages.

In appreciation..

Betty L. Bradley



Thank you so much for the delicious meals.

I'm so grateful to all for taking such great care of us all! God Bless

*Love,
Fran*

SHARE YOUR STORY

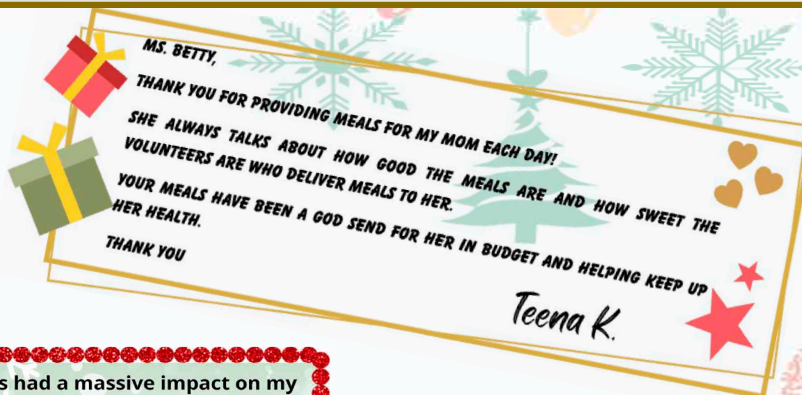
Meals on Wheels Plus has always had a massive impact on my life.

From the smells of the kitchen, the laugh of the volunteers, and the smiles from recipients have not only made an impact on me as a person, but on the surrounding community.

The love and care that has come from this organization heals more than we could possibly know and I am very grateful to have been a part of it.

Thank you Meals on Wheels Plus, for not only changing my family's life, but Abilene and the surrounding communities for the better. Here's to 50!

Laura K.



Fill out a quick form on our website:
www.mealsonwheelsplus.com/share-your-story



Scan QR Code

YOUR STORY MATTERS

I can't think of any particular story. However, over the years that I have volunteered I know there have been many days when I am feeling down and my spirit has been lifted by the expressions of gratitude that I have received from those who I deliver meals to.

We often think about how we are lifting their spirit by greeting them with a meal and a smile, but I wanted to point out how I have been blessed by the great people we serve.

As always, the giver and the receiver are blessed and uplifted by the opportunity to serve that Meals on Wheels provides.

The staff at Meals on Wheels are also always friendly and uplifting. I am grateful for the opportunity to serve and be served each week.

Ryan R.

I appreciate Meals on Wheels dedication to provide tasty meals, especially the special holiday meals throughout the year.

I want to give a big shout out to the staff and volunteers with a "THANK YOU FOR ALL THAT YOU DO!"

*Love -
Arita M.*

I want to brag about the volunteers—most know my wife has cancer & they are always asking and checking in on her.

We don't have family here and it is so nice to know & feel each day that the volunteers make us feel we DO have family.

Thank you so much

Darlene & Donald



"The Squirrel Surprise"

I have found great joy in delivering meals for Meals on Wheels over the past several years. The experience of greeting clients and sharing a few moments with them has been a true blessing to me.

Some clients ask us to come inside their homes to deliver their meal, which has led to many memorable—and sometimes amusing—experiences. One that still makes me smile happened while helping a client named Janice.

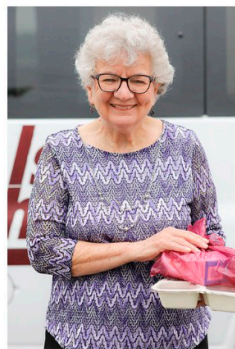
On this occasion, Janice asked if I could check outside her back door because her cat had been meowing and seemed agitated by a noise coming from outside. I walked around to the back and checked the storm door but didn't see anything unusual. When I opened it again, I heard some chirping—and on the third try, a squirrel suddenly jumped out at me, sending me flying backwards onto the ground!

When I told Janice what had happened, we both had a good laugh and wondered how in the world that squirrel managed to get stuck in the storm door. It's a moment I'll never forget and just one of the many reasons I find joy in being a Meals on Wheels volunteer.

Mark S.



Betty's Journey



Betty L. Bradley
Executive Director since July 1, 1975

When the first Board of Directors met in May 1975, I was elected Treasurer. Kind of strange since we had very little money. One of our first challenges was to find someone to be a full time Executive Director. But we couldn't afford to pay a salary or set up an office. We were serving 80 individuals in Abilene and getting meals from three different locations. We bought meals at a discount from Barton's Cafeteria in the River Oaks Shopping Center and a few diabetic diets from Hendricks Hospital. We also picked up meals from the Rose Park Senior Citizen's Center.

There were no records for the people receiving meals nor the volunteers. Home visits needed to be made so we would know which meal recipients to worry about if they didn't answer the door and so we would know who to call if we found someone had fallen or had a medical emergency. We badly needed to have our own kitchen so that we would have one pick up point for the meals and control the menu. We needed donations. There needed to be a Meals on Wheels listing in the phone book so people would know how to reach the program.

There were some really great volunteers delivering meals and they were asked about being our volunteer Executive Director. They would be expected to make home visits to all the clients, seek donors, search for a kitchen, etc. Sadly, we were turned down each time. Finally, I was asked if I would do it. Who me? I had been delivering meals for the past two years and had a passion for the program. But I knew I didn't have the skills nor ability needed. What would happen if I said no? I agreed to think about it. A few weeks later I felt a calling on my life and agreed to try.

In the past 50 years we have never been in debt. But several times we have weathered a period when donations, fund-raising events and grants didn't bring in enough funds to cover expenses. Following one of those very lean times the Board of Directors developed an Endowment Fund. Donations made in memory or honor of someone, or gifts from an estate would go into that "savings account" we call the Endowment Fund. We draw a small percentage from the Endowment Fund each year to be used for operations the following year. The balance can be used at the discretion of the Board of Directors to get us through lean times.

It hasn't always been easy. There have been some really tough times, but there have been many, many times when there were blessings. The meal recipients, volunteers, donors, Board Members, staff and many others crept into my heart. I have been blessed to be allowed to play a small role in this important program that grew from 80 recipients 50 years ago to over 1,700 today. It has been a joy to be able to expand the service to include small near-by communities that never had a Meals on Wheels program, or to be there when their program closed.

Today Meals on Wheels delivers a freshly prepared lunch five days a week to frail individuals in Abilene and 14 small communities. But what is the Plus? It's a lot! Clients have an entrée choice. Trained volunteers do a wellness check for each person on their route. Sometimes they find someone who has fallen or is experiencing a medical emergency. They call 911 and the client receives the care they need. Many times, the volunteer with a meal is the only person that client will see all day. Friendships are formed and lives enriched. Some of the most food insecure, low income individuals also receive a meal for Saturday or food from the "Groceries on Wheels" program. Low income clients can receive a free bag of pet food for their furry family members and a limited number receive a free annual exam plus shots, etc. from a local vet's office. Abilene clients who enjoy reading but can't go to the library are enrolled in "Books on Wheels" and receive home delivered books from the library. Free electric fans, space heaters and microwaves are available for low income meal recipients who need them.

I have been blest to have the privilege to be a part of this program that truly enriches lives.

From Start to Present

1975

85 Meal Recipients
in Abilene
10 Routes
66 Volunteers
1 Staff Member

April 2025

1,713 Recipients in Abilene and
14 Rural Communities
114 Routes
803 Volunteers
37 Staff Members

For every dollar spent

90 Cents went towards feeding people in need
8 Cents went to management
2 Cents went to fundraising

1975

Meals On Wheels Plus, Inc.
was formed as a non-profit
with a Board of Directors

1987

University Church of Christ
donated property for construction
of a new building at 949 Mesquite.

2002

Meals On Wheels Plus grows to serve
over 725 meals per day in a kitchen
designed for 600 meals

2015

Meals served per day climbs to 1000.



Through the Years.....

1977

Meals On Wheels Plus opened
its first kitchen at the University
Baptist Church rent free!

1989

One Million Meals Celebration

2004

Meals On Wheels moved into the new
9,573 sq. ft. location at 717 N. 10th with
a debt-free, more modern kitchen

2025

Celebrating 50 Years of Serving the Big
Country and surrounding areas. As of
April 21, 2025, 9,419,191 meals have
been served since 1975.

In Loving Memory

Memorials for January 1, 2025 to September 30, 2025



Allan Adams
Martha & Lane Pinckney

Margaret Adkins
Judy & Dennis Brown-Elliott

Amanda Lea Alexander
Cheri Hines

Billie Louise Allen
Sterling & Linda Robertson

Dub & Evelyn Allen
Monte McGlaun

Harriet Trautwein Allgood
Louise & Ben Gray

John Andrew
Don & Sonja Smith

Margaret Atkins
Michelle Beaty—Eide Bailly

David & Lisa McFall
Monty & Lanny Vinson
Margie Wheeler

Elayne Atwood
Jennifer & Everett Fraser

Ricky Barnes
Connie Harris

Jim Barr
Cal Sumrall

Henry Bayne
Dianne Dulin

Freddy Beall
Sterling & Linda Robertson

Roger Beamer
Bootsy Norwood

Charlotte Becker
Tommy & Vicki Blair

Camilla Becton
Stacia & Adam Looney

Tina Lee Benefield
Betty L. Bradley
Rita Warner

Rudy Biera
Connie Harris

Charlene Bill
Augustine Bill
Friends & Family
Carole Page

Charlotte Eaton Blair
Charlie & Terry Shira

Kaila Blessing
Cindy Wilde

Cathy Boyd
The Jim Boyd Family

Becky Boyer
Frank & Nelda Sims

Ethel Bradley
Michalle Miller

David Bradshaw
Sterling & Linda Robertson

Linda Bratton
Ace Air Conditioning

Marlys Bredeck
Jami Bunnell
Betty Casteel

Charles Brewer
Z.I. Hale Museum

Nancy Smith Brisbin
Sally Carthel

John Robert Brock
Dean & MiMi Schultz

Florentina Brown
Sterling & Linda Robertson

Randy Brown
Michelle Beaty-Eide Bailly

Vickie Brown
Sarah Rodriguez

Warren Broz
Dennis & Ellen Seidenberger

Morris Bunt
Susan Moss

Kay Bunting
Jo Ann Hudson

Jonathan Burrus
Sterling & Linda Robertson

Judy Burton
Tess Burton

Kathy Burton
Vernell Kleypas

Uncle Butch
Barbara & Denny Heathcott

Richard Loyd Campbell
Carol & Joe Melao

Vickie Cardot
Billy & Yodit Jones

Monte Rex Carey
Sterling & Linda Robertson

Roy Joseph Casteel
Jami Bunnell & Family
Betty Casteel

Kenneth L. Chapman
Winona Kinney Migliavacca
& Family

Margaret & Floyd Childs
Roxy & Bill Cox

Lidia Garcia Cisneros
Eide Bailly-FI Compliance
Team

Kay Colburn
Betty Colburn

Greg Cole
Lou & Darlene Dorich

Johnny Mack Conder
Tiffany & Craig Armstrong
Michelle Beaty
B.A. & Jeanette Honey
Lynn & Nancy Wilkinson



Larry Copeland
Rick Bennett
Billy & Yodit Jones

Ruth Ann Cornell
Jami Bunnell
Betty Casteel

George Davis
Roger Sellers

Judy Davis
Guenther, Horton & Kruger
Families
Lou & Beverly Vaughan-Voit

Pranati Davis
Billy & Yodit Jones

Gloria Dawley
Don & Sonja Smith

Margie Dawley
Billie Alderman

Daniel De La Garza
Sterling & Linda Robertson

Bertha Diaz
Hispanic Leadership Council

Jack Dieken
Elaine & Bill Dockery
Ken & Beverly Lenoir
Larry & Suzanne McMillon

Bill Dulin
Dianne Dulin

Cheryl Duttlinger
Ace Air Conditioning

Bobye Eagleston
Mike Eagleston

Sammy Edington
Betty Casteel

Gordon Elford
Lou Dorich

Donna Elkins
Bill & Gena Brown

Bobbie Elliott
James & Ollema Rose

Sally Anne Ennis
M & M Red Hat Ladies

Jean Kay Erwin
Chuck Erwin

Mr. & Mrs. Oscar Estrada
Lou & Darlene Dorich

Harriet Halfmann Fischer
Lorrie L. Black
Linda Bruchmiller
Ronnie Bruchmiller
Allison & Kevin Cargile
Gene Davis
Jo Ann Franke
Marty & Lesli Frey
L..K. & D.L. Gruwell

Harriet Halfmann Fischer-cont.
Lori & Dennis Gruwell
Amy & Troy Hoffman
Jarita Jansa
John & Mandy Kainer
Patty Kainer
Sara Kainer Family
The Kainer Family
Vernell Kleypas
Christie Knott
Dickie Knott
Amy McGuire & Family
Alan & Mary Lee Pegl
David & Sharon Rohmfeld
Joey & Gail Schroeder
& Bruce
Ricky & Teresa Strube
Mr. & Mrs. Fred Wilde
Darla Williams

Alton & Mary Fisher
Alan M. Fisher

Rodney Flanagan
Marla Schaefer

Marjorie "Margie" Flasher
Connie Harris
Mark & Donna Haynes

Gloria Downing Fletcher
Gus & Jan Temporello

Smick Fletcher
Susan & Todd Threlkeld

Bertha Alicia Flores-Barron
Sandie Rees

Doris Fomby
Bill & Elaine Dockery

Patricia & J.B. Fooshee
Roxy & Bill Cox

Marie Foote
Guy Lucas

Alice Fournier
Linda Jo Cottros
Steven & Sandra Dismuke

Bobby Wayne Freeman
Sterling & Linda Robertson

Holly Frizzell
Larry & Suzanne McMillon

Sam Fulgham
Ace Air Conditioning
Pattie Miller

Joe Galloway, Jr.
Lynn & Nancy Wilkinson

Francine Gandy
Sterling & Linda Robertson

Lupe Garcia, Jr.
Keith & Tonya Benfer






In Loving Memory Cont.



Patsy Geeslin

James & Ollema Rose

Robbie Gholson

Judy Elliott

Dale Gibbs

Dru & Franklynn Hall

Mrs. Pat Gibbs

Dru & Franklynn Hall

Kenneth Glover

Larry & Suzanne McMillon

Tom & Gloria Gonzales

Rose Branch

Terry Goodman

Ace Air Conditioning

Shirley Gossard

Larry & Suzanne McMillon

Barbara Jean Goza

William & Sharon Bradshaw

Jimmie Graham

Sterling & Linda Robertson

Harold Green

Anniversary Batko

Lauren Minor

Tommy GreenwayGene, June, Destry, Daven,
& Ninia**Charline "Sparky"****Greggerson**

James & Ollema Rose

Maynard Gulley

Vance & Chris Goddard

Dan Hale

Bob & Betty Hale

Harriet Halfmann

First Christian Church

Lucille Halfmann

Clifton & Maxine Michalewicz

Daniel Hallmark

James & Ollema Rose

Charles Hambrick

Cecilia Hambrick

Brian Hamner

David & Sharon Rohmfeld

Judy Hancock

Omer Hancock

Robert Leo Harris

Connie Harris

Thomas Mitchell Harris

Sterling & Linda Robertson

Ron Hart

Terry & Brenda Stremmel

Joveta HarveyLorrie Anding
Becky Wallace**Joveta Harvey-cont.**Cynthia Wallace
Linda Wallace Bull**Bentley Hawley**

Josh & Patti Ensor

Ella Parmelly HaynesJoy C. Beard
Dewayne Chitwood
Vic & Carol Corely
Dru & Franklynn Hall
Tom & Dianne Hawkins
Gary Lisa Linn
Debra & Brett McCracken
Kathy & Phil Morehead
Jimmy & Michele Newcomb
Nancy Nichols
Annette Parmelly
Monty Vinson**Molyan Haynes**

Josh & Patti Ensor

Kenneth Hays

Connie Harris

Lenell HaysBill & Gena Brown
Gene Davis
Rodney & Debbie Gordon
Phillip & Donna Springer**June Lois Helwig**

James & Ollema Rose

Officer Daniel Henning

Charlie & Terry Shira

Beat Heri

Lou & Darlene Dorich

Owen HethcockDelpha Caudle
Deean & Family
Dusty & Family**JoAn Hightower**

Dru & Franklynn Hall

John Hightower

Helen & Glen Smyth

John Hodgson

Chris Bradshaw

Vernon Hoelscher

Vernell Kleypas

Catherine Hohensee

Cindy Wilde

Vernon Hohensee

Cindy Wilde

Carrol "Buck" D. HoodSteven Henderson
Bonnie R. Hood
Charlene Randall
Carol & Art Reese
Sterling & Linda Robertson
Rhonda Spurgin
Ken & Paula Weissman**Dean Hopkins**

Ann Hopkins

Easter HothanK.D. & Kay Harbin
Larry & Suzanne McMillon**Rose Marilyn Howard**Debra & Brett McCracken
Janice Weiss**Michael Hudgens**

Sterling & Linda Robertson

Marie Hudson

JoAnn Hudson

Deris Hutchenson

Larry & Suzanne McMillon

Myrna Insall

Joe & Karen Sharp

Ethel Jansa

James & Ollema Rose

Shirley Jividen

Billy & Yodit Jones

Marylon Johnson

Jimmy & Annie Harris

Roy Johnson

Connie Harris

Birdie Jones

Robin Burrow

Delight Ash Harris Jones

Betty Casteel

Jim & Susan Wilson

Sharon Jones

Betty Casteel

Sterling & Linda Robertson

Lynn & Nancy Wilkinson

Stormie Jones

Condley and Company, LLP

Catherine Jorgensen

Marty & Lesli Frey

Carol Kaercher

Marion & Glenda Simpson

Lana Jordan Kearney

Jean Jordan

Freda Kennedy

Patti Miller

Peter Kenny

Western Bank

Johnny Kincaid

Norma Saunders

Rosemary King

Gretchen Shultz

Billie Wayne Kirbie

Belinda Seals

Sam Kirbie

Belinda Seals

Merle KnoxDenise Decker-Eide Bailly
Russell Guthrie-Eide Bailly
Connie Harris**Daniel James Kotrlík**Nancy Haechten
Cindy Wilde**Diane "Dee" Laird**

R.J. & Justin Laird

Andrew LangeBarbara Heathcott
Clifton & Maxine Michalewicz
Mark & Penny Zentner**Audrey Lindsay**

Patti & Josh Ensor

Gary Litke

Zelma Hunt

James Otto Lively

Carolyn Flanagan

Eloisa Lopez

Sherri & Randy Chapman

Sarah & Billy Lucas

Connie Harris

David Lundgren

Sterling & Linda Robertson

Anita "Nita" MacgregorPatti Bertoia
Betty Casteel
Larry & Rhonda Davis
Jay & Martha Estes
Michael & Melissa Murphy**Bill & Lina Manriquez**

Lou & Darlene Dorich

Lina Manriquez

Lou Dorich

Carl R. Martin

Ava & Robin Walker

J.V. Martin

Lynn & Nancy Wilkinson

Mickey Mathis

Charles Mathis

Charlene Matthiesen

Vernell Kleypas

Cindy Wilde

Belinda McAlister

Marty & Lesli Frey

Della McBride

Lisa McBride

Joe & Pat McCarthy

Connie Harris

Ron E. McCaskillSterling & Linda Robertson
Lynn & Nancy Wilkinson**Jimmy McDonald**

Lynn & Sherolyn Nichols






In Loving Memory Cont.



Lue McHan

Bootsy Norwood
Sue Siltman

Gail McMillan

Abilene Writers Guild
Cindy Davis
Carol Dupree
Young at Heart Bible Class—
Hillcrest Church of Christ
Taylor Extension Education
Association Council
Sunshine Club-Texas Extension Education Association

Dot McNeil

Mary Jo Crowder

Jo McWhorter

Lynn & Nancy Wilkinson

Sarelda Meink

Ace Air Conditioning
Patti Miller

Paul Melton

Jean Dunn

Sherri Merket

Rodney & Debbie Gordon
Glenn & Kay Hunter

Edward Dale Miller

Ty McNeer
Tricia Noll
Athena Portas
Jennifer Portas
Susan Scott

**Mom & Dad**

Darin & Lek McMullin

Norbert Monatt

Lou & Darlene Dorich

Marvin Morrell

Charlie & Linda Perkins

Martha Morris

Charles & Lynette Coody
Patti & Josh Ensor

Joe Morton

Linda & Barry Hoefer

Shirley Jean Mosley

John & Frances Schroth

Rose Mueller

Marty & Lesli Frey

Jay Grindstaff

Jeff Grindstaff

Vernell Kleypas

Michelle Moussa

Athlene Mullins

David Ballard

Rolf Murray

Sterling & Linda Robertson

Jim Nadeau

Michalle Miller

Harris Napier

Dru & Franklynn Hall

Marilyn Bowlin Johnson**Nesrsta**

Jami Bunnell

Marshall Newcomb

Susan Moss

Evelyn Niblo

Lynn & Nancy Wilkinson

Harvey Lee Nichols

Sterling & Linda Robertson
Cal Sumrall

Betty V. Novak

Frederick V. Novak

Raymond Ortiz

Sharon Deike

Joyce Patterson

Sterling & Linda Robertson

CSM Mike Perkins

Robin & Ava Walker

Lora Belle Perry

Candace & David Samuelson

Cindy Peterson

Michalle Miller

Patti Phariss

City of Tuscola

James "Dub" Pierce

Donnelle Sayger
Lynn & Nancy Wilkinson

Karen Pierce

Joe Bob Davis

Pearl Pilgreen

Betty Casteel

Eloise Quintanilla

Bobby & Kathy Brooks

Johnny Ray Reyes, Sr.

Bill & Gena Brown

Jane Rhodes

Cindy Rhodes

Doris Rial

Kathy Leving

Jody Rieken

Marty & Lesli Frey

Evelyn Rimes

Cathy Puzan

Joyce Rimes

Helen Smyth

Mary Ripper

Jim & Susan Wilson

Bill & Suann Roberts

Donna Bullock

Zach Roberts

Melissa & Michael Bailiff

Janet Robillard

Don & Marti McKee

Zelma Robinson

Zelma Hunt

Sarah Dell Robison

Marty & Lesli Frey

Aunt Rose

Lou Dorich

Carmen Ruelas

Connie Harris
Alex & Nancy Ruelas
Alejandro Ruelas, III

Dora Salas

Robin Burrow

Margarito Saucedo, Sr.

Connie Saucedo
Theresa Valles

Ted Savard

B.A. & Jeanette Honey

Donald Saverance

Susan Springer

Ann Scheffel

Cathy & Danny Scheffel

Clare Frances Fischer

Schniers

Howard & Denise Beimer
Alice & Sam Boggess
Keith & Mitchell Boggess
Sherri & Randy Chapman
Gene Davis
Mindy Davis
Sharon Duesterhaus
Alvin & Eddie Dunn
Sharon Farmer
Marty & Lesli Frey
Deborah Gaeke
Rodney & Debbie Gordon
Dorothy Gottschalk
Denny & Barbara Heathcott
Keystone Bank
Vernell Kleypas
Iris & Steve Matthiesen
Clifton & Maxine Michalewicz
Donna & Larry Ripley
David & Sharon Rohmfeld
Cindy Wilde
Bob-O & Virginia Wright

Roy Schultz

Connie Harris

Ida Jean Schulz

Susan Schulz

Andrew Schwertner

Nancy Hoechten

Cindy Wilde

Don Seamster

Carolyn & Richard Young

Mary Frances Self

Betty Casteel

**Joe Sellers**

Betty Casteel

Ernestine Shiria

Gail & Paul Thames

Ann Siewert

Sean & Margie Siewert

Doug Simmons

Connie Harris

Marion Simpson

Josh & Patti Ensor

Darlene Sims

Billie Alderman

**Sue Sims**

James & Ollema Rose

Dan Sloan

Janice Weiss

Carmen Smith

Marty & Lesli Frey
Clifton & Maxine Michalewicz

Iona Louise Baldree Smith

John & Frances Schroth

Jerry Smith

Sterling & Linda Robertson

Lois Smith

Rodney & Debbie Gordon
Mark A. Willingham

Orita Smith

Naomi Gerhart

Peg Smith

Robin Burrow

William Spaunhorst

Wayne & Nancy Jowers
Sterling & Linda Robertson

Erline Springer

Clifton & Maxine Michalewicz

Rebecca D. Stanley

Art & Jerri Gazaille

John C. Stevens

Dan Garrett

Glenda Stringfellow

Benjamin Alexander

Rose Stubbs

Linda & Barry Hoefer

Mary Sullivan

Dru & Franklynn Hall

Barbara Seidel Swagerty

William & Janelle Collins

Terry Tacker

Larry & Suzanne McMillon

Viane Talbott

James & Ollema Rose

Gloria Tamlin

Lou & Darlene Dorich

In Loving Memory Cont.

Chris Tamporello
Gus & Jan Tamporello
Bernard "Bernie" William

Taylor

Lou & Beverly Vaughn-Voit

Gertie Teaff

Betty Casteel

Casey Terrell

Mary Ruth & Mark Grose

Irvin & Ada Teten

Richard & Carolyn Teten

Jimmy Tittle

Lynn & Nancy Wilkinson

Bob Tornai

Lou & Darlene Dorich

Mr. & Mrs. Frank Tornai

Lou & Darlene Dorich

Douglass Gwenn Torres

Sterling & Linda Robertson

John Tucker

Cindy & Dennis Arrick

Cheryl Brenner

John Tucker-cont.

Jami, Scott, Bailee, Beau, & Blaine
Bunnell

John Tucker-cont.

Betty Casteel
James & Cindy Parker

Denny Turner

Sterling & Linda Robertson

Lynn & Nancy Wilkinson

Frances Ward

Betty L. Bradley
John & Jan Lineweaver

Gary Weatherby

Rodney & Debbie Gordon

Dan West

Jerry Matthews

Melissa West

Betty Davis

Emogene R. Whaley

Casandra McBride

Bernard Whaley

Janet Brooke Whiteside

Tess Burton

Beefy Wilkerson

Joyce Jones

Patsy Williams

Linda Taylor

Barbara Willis

Bill & Elaine Dockery

Gary Dean Wilson

Clifford & JoAnne Wilson

Joyce Wilson

Cindy Arrick

Cheryl Brenner

Betty Casteel

Beverly Tucker

Tony Wilson

Jaime Pena

Richard Willman Wilwant

Jerry Mathews

Becky Windham

Kathy Leving

Ken & Pam McComas

Water Administration

Mary Wisneski

Lou Dorich

Ann Workman

Cathy & Danny Scheffel

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Living Honor Gift - pays tribute to a well-loved or respected person

Memorial Gift a way to show love, respect and sympathy when someone passes.

If you would like to make a Honor or Memorial Gift, please use the enclosed envelope, or call us at (325) 672-5050.

You can also visit the website at www.mealsonwheelsplus.com

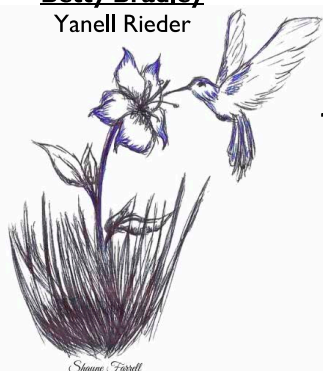


In Honor of

Cheryl Adams
Thanks for your help
Loyce Stephens

Chris Albertson
Alan Jenkins

Betty Bradley
Yanell Rieder



Laura & Dave Cardwell
Wallace & Barbara Hauschild

Barbara Edwards
Monday
Meals on Wheels Deliverer
Becky McDonald

Ray Holder
Nelda Sims

Rosa Huerta
Loyce Stephens

Paul & Sue Macdonald
Sandra Nash

Jasmine McCabe-Gossett
Beltway Ladies Life Group

Cindy McCarty
Monday
Meals on Wheels Deliverer

Dot McNeil
Mary Jo Crowder
Anne Reno

Barry Moak

Rae Ann & Lee Hamilton

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Wayne & Nancy Hamilton

Erin Walker
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Maudie & Charles Webb
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Happy Birthday

Dbrian
Dashrathbhai &
Bhavnaben Patel

Brenda Pringle
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Leo Holloway
Marge Wheeler

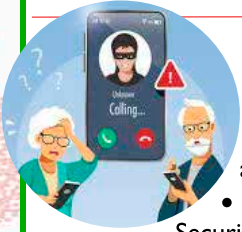
Roy Meyer
Marge Wheeler



Bill Alexaander
Bill & Suzy
McMaster

Phone Scams Targeting Seniors: How to Spot the Red Flags and Stay Safe

Senior citizens are often the targets of phone scams, with callers using fear, urgency, or kindness to trick victims into sending money or sharing personal information. Understanding how these scams work — and knowing what to do — can help protect you and your loved ones.



What Scammers Try to Do

Phone scammers use many different stories to gain trust or create panic. Common tactics include:

- **Pretending to be a family member in trouble.** A caller might say, “Grandma, I’ve been arrested and need money for bail,” often claiming the situation is urgent and begging you not to tell anyone.
- **Impersonating government agencies.** Scammers may pose as representatives from the IRS, Social Security, or Medicare, claiming you owe money or that your benefits will be cut off unless you pay immediately.
- **Amazon or PayPal scams.** You might get a call or text saying there’s a “problem with your recent purchase,” “unauthorized charges on your account,” or “a large order placed in your name.” The scammer then asks you to confirm your account information, give remote access to your device, or send money to “fix” the issue. Legitimate companies like Amazon and PayPal never call you directly to ask for payment or personal details.
- **Offering fake prizes or investments.** You might be told you’ve “won a sweepstakes” — but must pay taxes or fees before receiving your prize.
- **Tech support scams.** A caller may say your computer has a virus and offer to “fix” it — but they really want remote access to steal passwords and financial information.
- **Charity scams.** Some con artists pretend to represent a nonprofit or disaster relief effort, taking advantage of your goodwill.

Red Flags to Watch For

Be cautious if the caller

- Pressures you to act quickly or keep the call a secret.
- Requests payment by gift card, wire transfer, or cryptocurrency — legitimate organizations never ask for these forms of payment.
- Asks for personal or financial information, such as your Social Security number, bank account, or credit card details.
- Claims to be from a well-known company (like Amazon, PayPal, or your bank) but refuses to provide a callback number or proof of identity.
- Makes the call sound too good to be true — it usually is.

What To Do If You Receive a Suspicious Call

- Hang up immediately. You don’t owe the caller any explanation.
- Never share personal or financial information over the phone unless you initiated the call to a verified number.
- Don’t trust caller ID. Scammers can “spoof” numbers to make it look like they’re calling from a local business, government office, or even Amazon or PayPal.
- Report the call to the Federal Trade Commission (FTC) at www.reportfraud.ftc.gov or your local police department.
- Contact the company directly using the phone number or website listed on your account statements — not the number given by the caller.
- Involve a trusted family member or friend. Consider adding a trusted person to your bank account’s release or contact Information, so the bank can speak with them if there’s ever a question about suspicious activity or a call you’ve received. Having another set of eyes and ears can help prevent a costly mistake.
- Talk to someone you trust. If a call seems suspicious, check with a friend, family member, or caregiver before taking any actions.



Help Us Share the Joy of the Season!

We would like to provide a holiday food basket for about 90 families at Thanksgiving and another 90 families at Christmas. **You can help make it happen!**

If you would like to help provide a turkey (10 to 15 lbs) or a ham (8 to 15 lbs)

Please contact Brandi Thompson at (325) 672-5050

or bthompson@mealsonwheelsplus.com for further information.

You can also drop off your donations at the Meals on Wheels office at 717 N. 10th St. Abilene.



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Thank You! 2025

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April 28, 2025

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Name Sponsors

Betty Bradley
Sterling & Linda Robertson
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Thank
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SUPERBOWL

Dian Graves Owen Foundation

May 22, 2025

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Sindy Shelton Durham

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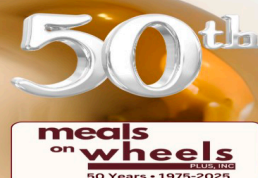
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Sandra Surratt	Charlie & Terry Shira Ken & Karon Shira	The Shed	Sam Townsend & Friends	United Supermarkets	Varner Pipe	Whitten Inn



Thank
you

Aug 23, 2025

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Marinell Watts

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MEALS ON WHEELS PLUS

Easy as Pie
give it a try!United
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PIEWith a \$5 donation to Abilene
Meals on Wheels

November 13th - 27th

Support Our "Easy as Pie" Fundraiser!

Visit any United Supermarket or Market Street in Abilene for a free pie!

For each \$5.00 donation to Meals on Wheels you can provide a warm meal for someone in need this winter and in return "dessert" is on us!

Simply ask the cashier at checkout to make a donation to Meals on wheels. You will receive a coupon for a Free Pie for each \$5.00 donated.

It's that easy - \$5.00, one free pie, one meal served!

Head to any United Supermarket or Market Street location in Abilene, make your donation at checkout, and spread a little warmth this season.

It's As Easy as Pie!

SCAN
ME!Pie coupons are also available
On-Line at www.mealsonwheelsplus.com
and at the Meals on Wheels office,
717 N. 10th - Abilene, TX
just come see Betty or JoAnne

Tuesday, December 2, 2025

GIVING
TUESDAYGiving Tuesday is a global day of giving, held after
Thanksgiving to encourage generosity.
It's a chance to support causes you care about and
make a positive impact in your community.Visit our website www.mealsonwheelsplus.com/events/givingtuesday

Scan to donate

Holiday Meals for the Homebound

November 28th to December 24th

🎄 Give the Gift of a Holiday Meal for Just \$10! 🎁

Every \$10 donation provides a hot, homemade holiday meal delivered on
December 24th to someone in need right here in our community.

🛒 Shopping at the Mall of Abilene?

Stop by our booth, say "Hi," and help support Meals on Wheels
this holiday season!🌟 Together, we can make the season warmer —
one meal, one smile at a time.

Scan to donate

🎄 CAN'T MAKE IT TO THE MALL OF
ABILENE? 🎁No worries—you can still share the
holiday spirit!Scan the QR code, visit
www.mealsonwheelsplus.com,
stop by our office, or mail your gift to:717 N. 10th St., Abilene, TX 79601For more information, contact JoAnne
Glantz at (325) 672-5050 or
jglantz@mealsonwheelsplus.com.VOLUNTEERS
NEEDED

📱 Scan to View the Schedule & Sign Up!

🎁 Spread Joy. Serve Meals. Share the Magic. 🎄
Be a Holiday Hero This Season!From November 28 – December 24, join us for
our "Holiday Meals" Fundraising Event and help
bring warmth, food, and festive cheer to the
homebound in our community.🌟 Just 2 hours of your time can make a BIG
difference.Whether you're flying solo or bringing a friend,
your helping hands can light up someone's
holiday.✅ Sign up today — Make memories. Make an
impact. Make the season brighter!

Meals on Wheels Volunteers Corner

The Critical Role Volunteers Play

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." — Margaret Mead

Volunteers are the heart of Meals on Wheels. Every day, they deliver nutritious meals, wellness checks, and friendly smiles to homebound seniors — helping them stay independent and connected. Many have served faithfully for decades, forming the foundation of the program's success.

Across the country, however, volunteerism is declining. Fewer Americans are giving their time, especially in rural areas. As a result, one in three Meals on Wheels programs now has a waitlist, with some frail individuals waiting months for help.

The need has never been greater. To continue serving vulnerable seniors and individuals with disabilities, Meals on Wheels depends on people like you. One meal can make a difference — one person at a time.

Everyone has a role to play. Whether delivering meals, checking on neighbors, or spreading the word, every volunteer helps build a stronger, more compassionate community.

If you'd like to volunteer, please contact Volunteer Coordinators Nancy Ruelas or Maria Jimenez at 325-672-5050 or visit mealsonwheelsplus.com to register online.

A Poem for a Volunteer

You give your time, your hands, your heart,
And play a quiet, vital part.
Without a price, you choose to care,
To lift a burden, just be there.

You see a need and say, "I'll go,"
Your kindness planted where seeds grow.
From food drives to a listening ear,
You show up strong and persevere.

No Spotlight seeks the work you do,
yet lives are changed because of you.
You give with joy, not for applause,
But for the hope that fuels your cause.

Dear Volunteer, you're heaven-sent,
A selfless soul, a life well spent.
You shine where others pass on by-
A servant's heart, a spirit high.

Honoring Volunteers
who found a Meals Recipient
in a Crisis Situation

Care Plus Award

"Compassion to Action"



Sterling Robertson
Lynn Wilkerson



Holiday
Volunteers
Needed
For more
information
call Volunteer
Coordinators
Nancy or Maria

**Looking for a truly meaningful
gift this holiday season?**

CHRISTMAS GREETINGS

Meals on Wheels invites you to celebrate the special people in your life with a gift that makes a real difference.

Instead of traditional presents, honor your loved ones by donating any amount to help feed the hungry. Skip the holiday rush and give a gift that matters.

With just a donation, we'll send a special Christmas Greetings on your behalf to notify your honorees of your thoughtful gesture.



Simply include a list of names and addresses with your donation, and send it to:

Meals on Wheels Plus
P.O. Box 903 • Abilene, TX 79604
or stop by our office at 717 N. 10th St.
Abilene. For more information call (325)
672-5050

meals on wheels

PLUS, INC

717 North 10th St.
P.O. Box 903
Abilene, Texas 79604

Phone: 325-672-5050
Fax: 325-672-6870

Website: mealsonwheelsplus.com
E-mail: bbradley@mealsonwheels
plus.com



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Driving away hunger one meal at a time.

The Mission of Meals on Wheels is to enhance the quality of life for seniors and other eligible adults by providing nutritionally balanced meals and supportive services.

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RETURN SERVICE REQUESTED

We wish you a
MERRY CHRISTMAS
& a happy
NEW YEAR

***From the Meals on Wheels
Board of Directors and Staff***

Nicky Boehm

