



Meals on Wheels and Senior Outreach Services

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A Friendship Years... and Meals... In the Making... continued



Meals on Wheels



C.C. Cafés



Care Management



Fall Prevention



Home Care Referral



Friendly Visitors

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Over the years, Ray and Al continued to volunteer for multiple MOWSOS programs - receiving agency awards and the appreciation of staff and clients. They talk about their experiences and remember their favorite clients fondly. When asked his favorite thing about volunteering for MOWSOS, Al says simply, "meeting with the people." When Linda moved on to work with other nonprofits, Ray and Al, still volunteering for MOWSOS, followed her to support the agencies where she worked. The three call it a "feel good thing."

Time brought other, less welcome changes, and Al developed health issues which have severely limited his mobility. These days, Ray and Al continue to deliver meals for MOWSOS, adapting their routine to work with Al's abilities. Says Linda, "What's so great about them as a pair is that even when it got more and more difficult for Al to move, his mobility was limited, he wasn't getting around as easily as he used to, he would never not go. He wanted to continue." Ray adds, "This is something he looks forward to doing every week. He gets out the sheets, reads the directions for new clients, reminds me which types of meals I should be delivering. He's helping along the way. It's a good program for me and it's also a good program for him." Ray even talks about long-time clients who come to the car to greet Al since he is no longer able to go to their doors.

The desire to give back and be a part of something, a "feel good thing," has kept this trio's friendship growing even stronger. They recently celebrated Al's 80th birthday and have no plans to slow down - volunteering or otherwise. We at MOWSOS are thrilled to hear it!



Meals on Wheels and Senior Outreach Services is a nonprofit 501(c) (3) organization (IRS #68-0044205)