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It's March for Meals Month!

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March for Meals Month: What Is It & How Can I Help?



Throughout the month of March, the hundreds of Meals on Wheels programs across the country reach out to their communities, raise awareness for local seniors, and build support that will help us to serve our seniors all year long.

Fort Bend Seniors is proud to be part of the 17th annual March for Meals Campaign! Join us this month as we share important facts about the seniors in your area, invite you to bring a friend to volunteer, and encourage local businesses and neighbors to support the work we do in the community!

We are inviting local elected officials to deliver hot meals with us on March 21, 2019, so they can see firsthand the need of seniors in our community.

Count me in! How can I help?

1. **Follow us** on our social media channels! (Links below)
2. **Share our posts** throughout the month of March as we raise awareness about the needs of your senior neighbors.
3. **Create your own Crowdfunding Campaign** for FBS to raise money and awareness about our seniors with friends, family, and colleagues!
4. **Create a recurring monthly donation of just \$10** to feed local seniors. When everyone joins in, for just the cost of one lunch a month, we can keep our doors open, the meals hot, and the lights on! <http://bit.ly/donate2FBS>
5. **Bring a Friend Week!** is March 4-15th. Bring a friend to volunteer with you to share the joy of delivering meals and spending time with seniors! Share your selfies to our social media channels.



WHAT'S YOUR REASON FOR GIVING?

Become a Fundraiser for the #MarchForMeals Challenge
bit.ly/m4mchallenge

Sponsor the 17th Annual Community Champions Day

FBS is looking for local businesses to sponsor our Community Champions Day!

Fort Bend Seniors will host local and state officials, along with other prominent community figures, and give them a chance to deliver meals. Throughout the month of March, FBS is speaking out for seniors and raising awareness about the importance of Meals on Wheels. Our Community Champions will join us March 21st to receive a training before heading out to deliver meals with FBS board members or staff leaders.

We are currently looking for sponsors for the March 21st Community Champions Day! If you are interested in donating to this unique event, contact Leah Ghobrial, Director of Development & Public Relations at 281-633-7057 or leah@fortbendseniors.org.

What are the benefits of sponsoring Community Champions Day?

- Company banner at event
- Mention in all event media
- Spoken acknowledgement at event in front of local officials
- Logo on event-day program & materials
- Recognition on FBS website

[Interested in sponsoring one of our other Senior Center Events?](#)

A Decade Serving Seniors

What's the longest time you've volunteered with an organization? 2 years, maybe 5? How about a **decade**?

Meet Gwendolyn Carter, who began volunteering as a meal delivery driver in September 2008 in Waller County. Every week without fail, Gwendolyn will deliver meals and a wonderful smile to the seniors on her route in the Prairie View area. And after 10+ years, she has delivered more than 6,000 meals!

We are so proud to have amazing volunteers like Gwendolyn to work with. To celebrate her amazing achievements, she

was honored last week at the Top Ladies of Distinction Area 1 Conference for Outstanding Community Service. Amber Kay, our Volunteer Department Administrative Assistant, was there to celebrate with Gwendolyn, and both can be seen here holding the beautiful awards, one of which now adorns the FBS Conference Room in Rosenberg.



Gwendolyn is a retired educator and has been a resident of Prairie View for 63 years, making it easy for her to find and deliver meals to every senior on her route! When Gwen is not delivering meals, she is still one busy bee! She is President of the Hempstead Chapter of AARP and she still volunteers at an array of local school activities.

We wouldn't be able to reach the more than 1,400 seniors we serve daily without our volunteers. Thank you Gwendolyn for more than a decade of service to seniors in need.

If you'd like to join Gwendolyn as a meal delivery driver in your area, [visit our website to fill out a volunteer application.](#)

Respite Care Corner

Fort Bend Seniors offers weekly respite care for seniors age 60+ with early to mid stages of Alzheimer's or dementia. Caregivers can take a break for a few hours while their loved one is cared for and participating in engaging activities. Thank you to [CarePartners](#) for partnering with FBS to offer these "Gathering Places" for our seniors.

Your loved one can join us every Tuesday from 9:30am-12:30pm. Contact Jame Hedgemon at 281-848-9906 or jame@fortbendseniors.org for more information.

"When I go to pick her up she is a smiling, laughing and happy person. All because of the program and activities she is presented with and primarily with the way it is all conducted by Jame and the volunteers. My wife never remembers having been there the week before but that doesn't matter. **Because I know that she has been in a loving, caring environment that she enjoyed and that's what I was looking for.**"

- Spouse of Gathering Place participant

It's Spring Break - Volunteer with the kids!

Looking for something to do with your kids during Spring break? Why not make a difference in your community? Next week is a great time to volunteer with Meals on

Wheels! You and your children can socialize with seniors at one of our 12 congregate centers, or help deliver daily hot meals to local seniors in need!

Don't forget, if you are a Meals on Wheels volunteer and **you are unable to deliver your route next week**, email Amber at loveseniors@fortbendseniors.org to let her know!



Does someone you know need Meals on Wheels?

Do you have a friend or relative who has trouble getting out to buy groceries or preparing meals due to mobility issues? We may be a perfect fit! Contact us to learn more about meal delivery by calling 281-633-7049 or **click the button below** to fill out a referral form.

[CLICK HERE to Refer Someone for Home Delivered Meals](#)

Mark Your Calendars

March 4-15: Bring a Friend to Deliver Meals!

March 8: International Women's Day - Share a photo of #InspirationalWomen in your life

March 11-15: Spring Break - Come volunteer with us!

March 21: Community Champions Day

April 27: 14th Annual Cinco de Mayo Fundraiser - [Tickets On Sale Now!](#)

September 13: 2nd Annual More than A Meal Luncheon - **Save the Date!**

A promotional graphic for International Women's Day. It features the Fort Bend Seniors logo (FB SM FORT BEND SENIORS) with the tagline 'Meals on Wheels & Much, Much More!'. The word 'Celebrate' is written in a large, blue, cursive font. Below it, the text reads 'International Women's Day with Fort Bend Seniors!'. At the bottom, there is a collage of six photographs showing diverse elderly women.

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