

MAKE YOUR DAY A LITTLE SWEETER. SPRINKLE SOME KINDNESS INTO IT!

"Share with God's people who are in need. Practice hospitality."

Romans 12:13

St. Mark's Episcopal Church invites you to **SPRINKLE SOME KINDNESS** by delivering meals to a senior in need.

Fort Bend Seniors Meals on Wheels is committed to helping seniors remain independent by enhancing their quality of life through services and resources.

This organization was founded in 1974 by community leaders who recognized a need to provide older adults with regular, hot meals. During its first year of service, Fort Bend Seniors provided meals to 20,000 seniors. They now provide more than 1,000 nutritious meals to seniors daily throughout Fort Bend and Waller counties. Fort Bend Seniors is the only organization in Fort Bend or Waller County that provides Meals on Wheels to all persons 60 years of age and over who are unable to cook for themselves, regardless of income. Although income is not a qualifying factor, statistics indicate that 87 percent of senior adults live at or below the poverty level.



The average Fort Bend Seniors Meals on Wheels participant is 78 plus years old, lives alone, reports needing assistance with at least two independent activities of daily living, is unable to prepare their own meal, and does not have family or someone to assist with meal preparation. For these senior adults, age 60 or above, a home delivered meal is crucial to sustain their independence.

Fort Bend Seniors is accredited through Meals on Wheels America as a Certified Nutritional Program.

Please consider one of the following ways to **sprinkle kindness** in a senior's life:

DELIVER MEALS to homebound senior adults throughout Fort Bend and Waller Counties. Meals are picked up Monday through Friday between 10:00 am—1:30 pm.

PACK MEALS for daily routes Monday through Friday from 9:00 am—10:30 am at the Rosenberg and Sugar Land distribution sites.

CONGREGATE CENTER VOLUNTEERS host parties, assist with arts & crafts, provide bingo prizes or monthly birthday cakes, etc.

To find out more about this program, contact Arlene Rivenes at **281-545-9561**, by email at arlenerv@comcast.net or fill out this form with your name, phone number and email address and give it to Arlene. You can also visit the Fort Bend Seniors Meals on Wheels website at www.FortBendSeniors.org. Applications for **Fort Bend Seniors Meals on Wheels** are available in the hospitality room.

Name _____

Phone: _____

E-mail: _____

But the fruit of the Spirit is Love, joy, peace, forbearance, **KINDNESS**, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23