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(DONORS continue on pg 6)

# Christian Senior Services

Dear Meals on Wheels people:

I would like to thank you all - the many drivers - who delivered meals to my Mom, Marie

Your care and assistance was very much appreciated. Your drivers were so kind to Mom, and we are so grateful.

My Mother is with my sister in Temple, Texas. Could you please relay to your drivers that she is doing OK. Some memory loss, but overall she is fine.

Thank You all again, Christe (her oldest daughter)

United Way Member Agency

The CSS News

Christian Senior Services  
4306 NW Loop 410  
San Antonio, TX 78229-5140

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SAN ANTONIO, TEXAS

FRIENDSHIP FOR TWO

HOW A FEW HOURS CAN QUICKLY DEVELOP INTO A STRONG BOND, PG. 3

RETIRED OR STILL WORKING?

WHY IT'S NEVER TOO LATE TO BECOME A MEALS ON WHEELS VOLUNTEER



SENIOR NUTRITION with Celeste Carpenter

COMING SOON!

Hi, my name is Celeste Carpenter and I am the registered dietitian with Meals on Wheels of San Antonio and Christian Senior Services. As a registered dietitian with over 40 years experience in clinical dietetics, nutrition/food service education, and food service management, I have developed a "Senior Nutrition" blog on our new website to provide nutritional health information to our senior community. Please visit me every month starting in October for the latest on senior nutrition... See you there!

4306 NW Loop 410  
San Antonio, Texas 78229



# NEWS

PARTY IN THE PASTURE 2010, TRUE "BLESSING" AT GRACE PLACE, AND MUCH MORE INSIDE!

## Christian Senior Services

is a non-profit, nonsectarian 501(c)(3) agency founded at both St. John's Lutheran and Grace Lutheran church in 1977.

### Our Mission

is to promote the dignity and independence of seniors who are in need of nutritious meals, companionship, and Alzheimer's care.

### Our Programs

Grace Place - Alzheimer's Center  
Meals On Wheels of San Antonio  
Senior Companion Program

### Board of Directors

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Bill Mahony, Meals on Wheels Program Director  
Carol Lozano, Senior Companion Program Director

Heather Finerghty, Development Director  
Jerry Arellano, Marketing and Communications Director  
Minnie Lozano, Office Manager

## MARKETING UPDATE New Look, Same Programs

Christian Senior Services has revised the look and feel of all four brands thanks to the direction of a new marketing committee. "We patiently reviewed each brand to truly understand who we are as an organization and the direction we want to go," said Jerry Arellano, Director of Marketing and Communications. "Once we determined our core identity, we developed a strategic marketing plan to accomplish our goals." The new marketing plan called for an immediate "refresh" of the program logos to help unify the brands under the Christian Senior Services umbrella. In addition, the organization has revamped their website by improving the functionality of the site, adding user-generated content, and introducing a *Senior Nutrition* blog for their clients. "We are truly excited about the new website, as we hope to attract new compassionate volunteers and supporters to the organization." To learn more, please visit us online at [www.christianseniorservices.org](http://www.christianseniorservices.org).

## CEO VISITS WITH COMPANIONS



Top (left to right, clockwise): Cruz Avitia, Eliza Rejina, Patrick Corvington, Oralia Lopez, Olivia Hernandez, Maria Bustamante, Valentine Tristan

Recently, a group of volunteers were interviewed by Patrick A. Corvington, CEO of the Corporation for National and Community Service, to discuss their experiences as participants of the Senior Companion Program. Mr. Corvington is a recognized expert on nonprofit sector leadership and capacity issues, new and emerging philanthropy, and volunteerism. Our sincere appreciation goes out to Mr. Corvington for visiting and sharing his ideas with our dedicated volunteers!

## VETERAN FINDS NEW CALLING AT GRACE PLACE

Grace Place provides care to former veterans, homemakers, and many other skilled professionals. Our most recent client is Curtis Michael, a distinguished veteran who served in civil service and the military for 44 years. His wife of over 50 years explains that after leaving the military, Mr. Michael returned to school to receive his Doctorate of Ministry. He went on to teach bible classes for many years at Grace First Baptist Church and had the distinct honor of becoming State Chaplain for the Disabled Veterans Association. Mr. Michael held his position until two years ago, when he

was diagnosed with dementia. The news devastated him and he slipped into depression until his wife decided to enroll him at Grace Place Northwest. Today, Mr. Michael no longer suffers from depression and spends three days a week teaching bible study to his colleagues. And though his



Curtis Michael

wife believes his involvement at Grace Place has been a blessing, our facility is blessed to have a client like Mr. Michael.

## HAPPINESS GAINED THRU COMPANIONSHIP



Marcela Rios (left) holding up her "crucifijo" with Companion Janie Soria.

On a humid afternoon inside a small West Side home, two friends exchange pleasantries as they show-off their "crucifijos" (or crucifixes) made from clothespins. "We just made these," exclaims Rios. "Janie always has something for us to do." The feeling seems to be mutual as Soria chimes in, "Well I keep her busy and she keeps me busy."

Five years ago, Ms. Soria joined the Senior Companion program after her husband of 54 years became very ill. "My husband could not do as much anymore and I was getting bored, so that's when I decided to volunteer with the Senior Companions," said Soria. As seen with Rios and Soria, a bond is

## Did You Know?

Surveys on independent living demonstrate that Senior Companions provide highly valued assistance that helps elderly and disabled clients feel less isolated and remain independent in their own homes.

- SENIOR COMPANION PROGRAM

typically developed once a companion is paired with a client. Often times, volunteers help with keeping their clients active with hands-on projects or simply by engaging in conversation. "I even started exercising again," said Ms. Rios. "When she comes, I'm so happy... though when she leaves, I feel so lonely. But I thank the Lord she comes, (even for) a couple of hours."

Do you know someone over the age of 55 who would like to befriend a homebound senior? If so, please refer them to Carol Lozano, Director of the Senior Companion Program, at (210) 599 - 7405. To learn more, visit [www.christianseniorservices.org](http://www.christianseniorservices.org).

## SAN ANTONIO SPURS NIGHT OUT

Saturday, October 30 and use the keyword "Meals on Wheels (promo code) "CSS" or Night" at the AT&T Center when the San Antonio Spurs take on the New Orleans Hornets at 7:30PM! Purchase tickets online at [Spurs.com](http://Spurs.com)

and use the keyword (promo code) "CSS" or call Lindsay Beale with the San Antonio Spurs at (210) 444-5802 and Meals on Wheels will get a portion of the sale. Go Spurs Go!

## THANKSGIVING MEAL DELIVERY

MEALS ON WHEELS  
NOW ENROLLING VOLUNTEERS  
TO HELP DELIVER MEALS ON  
THANKSGIVING DAY - NOVEMBER 25th  
SIGN UP TODAY @ (210) 735 - 5115

## Party In The Pasture 2010

Under a canopy of beautiful Pecan trees, delicious Texas BBQ and live country music will be a staple at Christian Senior Services' 7th Annual "Party In The Pasture" Fundraiser sponsored by Tesoro.

During the event, we will have a huge selection of fun activities for the entire family including a *KIDS CORRAL* complete with face painting and hot dogs, a wine ring toss for adults, dancing, hayrides, and so much more! And like in previous years, our wonderful silent auction items will entice you to bid. Proceeds will support all three programs of Christian Senior Services including Meals on Wheels, Grace Place Alzheimer's Center, and the Senior Companion Program.

A special thank you goes to Henry Christopher and family (proud owners of Rio Cibolo Ranch), who have once again graciously donated the use of the facilities so that all funds generated will go directly to helping seniors. We would also like to thank Tesoro for being the events title sponsor.

## EVENT FUNDRAISER Party In The Pasture 2010 Sponsored by Tesoro

Sunday, November 7, 2010  
@ Rio Cibolo Ranch

\$20 = Adults  
\$10 = Children 13 yrs & under  
FREE = Children 2 yrs & under

**Purchase Tickets**  
Call (210) 735 - 5115,  
or purchase online at  
[www.christianseniorservices.org](http://www.christianseniorservices.org)

**Volunteers Needed**  
2 hour shifts (includes FREE admission)

If you can help, please contact  
Heather Finerghty at (210) 735-5115.

## RETIRED TEACHER VOLUNTEERS TO FEED HUNGRY SENIORS

If you ever wondered what makes an outstanding volunteer, you may want to visit with retired teacher and volunteer extraordinaire Ms. Dorothy Spencer. At 85 years of age, Ms. Spencer serves as a *Meals on Wheels Volunteer Coordinator* for MacArthur Park Lutheran Church. Entering her 16th year of service, we asked Ms. Spencer why she continues to volunteer... "It just gives me a good feeling to help people," replied Ms. Spencer. Her love for helping others stems



*Thank you Ms. Spencer for delivering nearly 12,000 meals as a volunteer!*

from a successful career as an educator and a life spent volunteering. For Ms. Spencer, there is one simple reason to show compassion... "Well I get hungry [pause] and I figure most of these people who are housebound get hungry," explains Ms. Spencer. "(So) it makes me feel good to know they get at least one good meal a day." To learn more about Ms. Spencer or to sign up to be a volunteer, visit us at [www.christianseniorservices.org](http://www.christianseniorservices.org) or call (210) 735 - 5115.