

# Meet Puddy... Gets Daily Meal, Too.



*"I always enjoyed preparing meals for Frank and I until my eyesight began to fail," says Barbara McCoy.*

Thanks to The Health Trust's Meals on Wheels program, Barbara and her husband Frank now have hot meals delivered daily for lunch. But the meals, prepared fresh and according to client's dietary needs by O'Connor Hospital in San Jose, are only part of the Meals on Wheels experience that Barbara and Frank enjoy.

Health Trust volunteer Kathee Woodward has been delivering daily meals to Frank and Barbara for over three years. Now Kathee is family. "Kathee is my girl," says Barbara with a big smile, "She's my adopted daughter."

Barbara and Frank's third member of the household also participates in Meals on Wheels. "Puddy," a black and white cat -who is a bit shy- receives daily meals through the Meals on Wheels Pets and Their Loving Seniors (PALS) program.

Once a month, Kathee makes a special visit, arriving with meals not only for the human members of the family but with a month's supply of cat food and cat litter for Puddy.

"The PALS program is such an important service for our homebound seniors," Says Meals on Wheels Director Renee Kellythorne. "For many of our clients, their pets are their family and support system. Many homebound clients, especially those on a fixed income struggle to get the food and supplies they need for their pets."

Kellythorne and the program work closely with local pet stores to secure special orders and to solicit donations. "We used to see clients who would feed their pets the meals that we deliver to them each day because they couldn't go to the pet store. It made us realize what an important need there was for a program like PALS."

92 year old Martha Vlach knows that first hand. She and her dog Meagan live in Sunnyvale. Getting out to the store is difficult. "Meals on Wheels has been such a blessing for me and for Meagan," she says. "Now I don't have to worry about how I am going to feed myself or take care of her needs."

89 year old Lita Eisenberg of San Jose agrees. She shares her one bedroom apartment with a Maltese named Bibi and a parakeet named Skye.

"My pets are the most important things in my life. They love me and I love them. It is wonderful to not have to worry about how I am going to feed them," says Eisenberg.

Each year, The Health Trust Meals on Wheels serves more than 700 clients and delivers more than 97,000 meals to Santa Clara County residents.

52 clients and 73 pets also participate in the PALS Program. The Health Trust Meals on Wheels Program is unique in that it offers its daily hot meal program to both seniors and non-seniors who are disabled and homebound. A daily wellness check is also provided.

The program relies heavily on volunteers like Kathee Woodward who volunteer to drive delivery routes once a week. Volunteers arrive at O'Connor and Saint Louise hospitals to pick up the meals and deliver to 6 to 12 clients between 10:30 a.m and 1:00 p.m. "The relationships that form between clients and our volunteers are heartwarming and essential in maintaining both parties' health and well being. It's a win-win volunteer opportunity," says Kellythorne.

The Health Trust is always looking for volunteers for Meals on Wheels as well as other programs, as well as for financial support. More information is available at [www.healthtrust.org](http://www.healthtrust.org) or calling 408.961.9804.

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**CHUCKLES  
CHUCKLES  
CHUCKLES**

- ★ Inside every older person is a younger person wondering, "What the heck happened?"
- ★ Life isn't like a box of chocolates. It's more like a jar of jalapenos. What you do today might burn your butt tomorrow!
- ★ If you think nobody cares, try missing a couple of payments. - Author unknown

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